

### **MIKEY BEAL “DIVER”**

Hey guys! It's been a great year in the world of Corn Fed Spartans, and I've been so happy to see so much positivity and support of the current board, and I hope that everyone has been thrilled with the year thus far. We've had great events, a lovely gear order, and great race representation. And I would like to believe morale is higher than it has been in a long time.

Alas, here we are back at election time and I'm back to be part of the crew once again! For those new faces that joined earlier this year, I guess I'll introduce myself:

I'm Mikey Beal, member since 2016, and a board member for the first time for 2019. Ever since my first race I've believed in everything CFS stands for, and if I had to say the mantra in an acronym: Courage, Family, and Solidarity. We've always stood together as one unit. I stand at my tallest when it comes to our legacy: the Guardian Heat. While most race companies and racers are staying competitive, I like to believe in those trying to cross their first finish line, or those who are struggling to gain that tough medal they thought was out of their reach.

In 2020, I'd like to be able to race more often (I had a lot happen in 2019 that made finances super tight, and a baby coming in 2020 mayyyy do the same. Not sure), because my CFS family is everything to me. I'd love to see all of my loves as often as I can. I'd also like to get more gear out there! I love our logo, and our story, and I'd wear it all over proudly. I do hope you all feel the same. There's more, but I'd like to not be so long winded. If you have any questions at all, feel free to tag me! See you all in 2020!

### **SALLY CONOVER “SPARKY”**

I am a mother, wife and provider for my family. My wife and myself are also licensed foster parents regularly attend our local Cross Roads Community church. I have worked at an automotive steering column technology facility for the past 8 years. I was Vice President of UAW #3053 for 3 years and President for 4 years. My current position is a material handler / forklift operator, trainer and a founding member of the Emergency Response Team.

A friend introduced me to OCR in the spring of 2016. I had my first encounter with Cornfed at Chicago Super 2016. I vividly remember them helping people everywhere. I was one of the people that was helped and a Cornfed that handed me a bracelet and asked me to look them up. I have been a member of Cornfed Spartans since 2016.

I have grown to love the community that we share. I have been blessed to have met so many kind and helpful people. I always make it a point to help any way possible during races because of the impact of kindness shown to me during my first race.

In 2018 I had the honor of Cornfed and Oscar Mike to extend a helping hand to my family in helping my mom complete a bucket list wish to do a Spartan with my wife and myself. During that race I had an awakening. I wanted to be part of something bigger, not my race anymore but to be a part of a team. A team with like minded goals together finishing as one.

As a board member I hope to become a valuable team member that has a mission greater than one person. Be more involved in adaptive events to help others achieve their goals. I would like to shine light on memorial runs and be more involved with adaptive runners and children with needs.

Honestly, I'm not sure exactly what duties will be expected of me as a board member. I function very well as team member in a board setting and understand how they function. I guarantee this. I will not quit, give up or sandbag our team. I will learn, adapt and succeed and give my 100% for our membership.

### **CLIFF CUNNINGHAM "SEXY BEAST" #getyoursexyon**

Good evening Corn Fed cool kids!

A lot of you know me but some don't. I have been a member of this team/ family since early 2013. I have been a very active member since day one. Although I may have the ability to be a competitive athlete I choose to spend most of my time with the cool kids in the back. I don't like talking about myself or try to build myself up to get your votes. I could be considered the leader or organizer of the Corn Fed guardians.

As far as credentials. I am a decent athlete but I like to think my skills are working with people. I pride myself on motivating and supporting others. I happily spend most of my race weekends on the course with some of the most amazing humans, just conquering fears and doubts to keep them Oscar Mike(on the move). I would be honored to stay on the board and continue some of the things we have been working on. We have made great progress this past year working hands on and building a relationship with one of our charities "The Oscar Mike Foundation ". I would love to continue to grow that relationship. I have spent the past 4 years as one of your captains. We/I have had some ups and downs but I love this team/ family and want to continue to represent us to the best of my ability. It has been an honor serving you and if you will have me I would love to continue to do so.

My goals for 2020.

- To continue to support our own and continue to get people off the couch and on the move. We will work with other organizations to learn proper ways to ensure safety while on the course.
- To work with other organizations to support their athletes.
- To continue to keep the page and team positive, respectful and active.
- To work with the other members to organize events and get-togethers a little better.
- To work with board to keep the challenges coming for the year to come.
- To keep exploring options to work more hands on with both of our charities.

There are many other goals. Just wanted to label a few.

No matter the outcome. I am and always will be a Corn Fed Spartan, here to help however I can. Please read and try to vote based on what's good for the team not popularity. We're all here to do what we can to keep this amazing family moving forward. We are very fortunate to have a great group of captains. I am

very confident that no matter what 3 board members stay for the next year we will be in good hands. It has truly been an honor to serve this past year with the other members

### **TODD TROWBRIDGE "THE TODD"**

It has been an honor and a privilege to represent you as a team and get to know so many of you.

2019 has been a busy but great year, and I'd like to say Thanks to Joe, Laura & David for the great challenges this year.

Team wise: I have worked together with the other great board members to help guide the team and get us to where we need to go. Growing myself, helping other people grow and get where they want to be in their race journey and in everyday life, & growing the bonds of our team.

We have had our ups and downs, there have been struggles for sure, but together we as CFS can make a difference in the lives of those around us on a daily basis and support each other's goals, either on the course or just daily words of encouragement.

My background: I have ran off and on most of my life, running track in high school. Then continuing on after. In 2012 my son-in-law said I needed to try the race called a Warrior Dash. About a mile in I looked at my son and said "I Love This!!"

I joined Corn Fed in December of 2013 & only knew Cliff, but in March of 2014 I jumped in a van with some CFS that I had never met before, drove to Atlanta and completed my 1st Spartan race & my 1st run with Corn Fed. Needless to say I was hooked on Spartan Races & more importantly on Corn Fed.

I have met so many amazing people that have become friends and my Family.

Qualifications: I am a Territory Manager for a major welding supply company. I have been dealing with customers' needs and problems since the early 90's. Handling several million dollars in sales each year and growing my business.

I am active in my local church, I'm on the leadership team, committees, and play guitar on the Praise team.

I feel I can bring my experience to help the rest of the board lead the team in a positive direction that would be beneficial to us all as a whole. As with the Church leadership decisions, I feel that the decisions that are made in regards to the team must be made with the best interest of the team as a whole, not just one section, group, or individual.

I have learned a lot about running, nutrition, fitness, OCR and have done my best to embrace what I have learned and to share that information with anyone that needs help on or off the course.

While I am very competitive and like to run a lap to do my best & achieve my own personal goals (push for time, place in my age group & qualify for OCRWC) I am always willing to run a second or third lap to help push someone to reach their goals and thru the course.

I have enjoyed working with the other team captains on the team direction & the various projects.

Moving into 2020 as a board member I will continue to work with the other captains to help guide and grow our team with hopes of making it better and stronger, because together we help inspire others to grow on their fitness journey. I will work together with them to help grow our team charities through our challenges and try to help keep us all involved and moving forward.

If you chose to re-elect me to the board I will do my best to represent the team in the best way possible. I will do my best to make decisions that benefit the whole team. I have been honored to serve the team and give my time to help us grow together. I look forward to serving the team again in 2020.

Either way, I am here for you if you need anything and I look forward to running with you and pushing you further than you think you can go. It's been a great year with many great memories with all of you that I've had the pleasure of running with or just hanging out with over the years.

Corn Fed!!!