



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALL BETTER TOGETHER SUCCESS STORIES

Tina Crabb July 2011



"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run the race that is set before us, looking to Jesus, the founder and perfecter of our faith..."

Hebrews 12:1-2

Gentle spirited Tina Crabb is an amazing mom on the run, literally. She ran her first half marathon in May, "It was an incredible feeling. To know that I trained hard and accomplished something like that was unbelievable." With the support of her loving husband and three adorable kids, she will participate in two triathlons and the Warrior Dash this race season. "Some day I will run a full marathon. I am inspired by others that push themselves beyond what they think is possible and succeed."

In 2004 Tina started attending the Y when she worked in our Drop-In childcare. Healthy living has been a major priority, "Exercise has made my body fit and my mind strong. I schedule workouts into my day and make it non-negotiable like an appointment. It's a break for me and a stress relief." She has recently started swimming and frequents the fitness center. "We love to swim, play, attend Preschool and make new friends. The Y is a place to come and work out but also to socialize with friends and take a break from the day."

If you are interested in starting to run, Tina's best advice is to start small then gradually add on when you are capable, "Make goals that are reachable so you can accomplish them. Never give up and keep striving to be better at what you're doing. Most of all, treasure Christ in your heart and through your life."