



**Q. What inspired you to start the inaugural Hippie Chick run/walk?**

**A.** I was inspired to create the first Hippie Chick out of necessity. I was coaching a group of women and wanted a safe, caring, compassionate race to send them to. Hippie Chick was the first all women's race in our area.

**Q. Why the name Hippie Chick?**

**A.** Hippie Chick was a name our group threw around at one another during our runs and track workouts and it stuck. I think running and hippie go hand in hand, both bring up feelings of feeling free and unencumbered. We all know as moms and wives and friends that we have a lot of responsibility in taking care of our families and relationships. When running and training together we are able to support each other in healthy ways that make our lives easier, better. Hippie Chick! It just made sense.

**Q. Tell us your favorite story, or experience, inspired by Hippie Chick?**

**A.** Hippie Chick took on a life and culture of it's own. So many amazing women have come through the event and so many have come back, inspiring others to join them. I love meeting the Hippie Chicks and from time to time get an authentic Hippie Chick that knows the true and real meaning of being a Hippie. It's awesome! I am always touched by the women that is running or walking her first half marathon and surprises herself as she crosses the finish line. It's so inspiring!!

One of my favorite stories is when I watched two women walk across the finish line and they noticed some of the finishers wearing their finisher medal. They told me they were wondering who these superstars were and that they must be very special. That was right before the volunteers placed a medal around their necks. Their faces were priceless!

**Q. What do you think it means to women to have a race exclusively for women on Mother's Day weekend?**

**A.** Hippie Chick is on Mother's Day weekend because we are celebrating women and all of the great things women do. Hippie Chicks are not going to wait around on Mother's Day for someone to celebrate them, they are celebrating themselves! Brunch can come after! They are inspiring their kids, co-workers and friends to do something healthy so that you can be the best you and better take care of others. Because of events like Hippie Chick, 50 is the new 40. These events keep us young and healthy

**Q. We heard that you have a big day coming up next month. How do you plan to celebrate that special day?**

**A.** I want to do something special for myself when I turn 50. I am considering doing something scary like skydiving but as my best friend Amanda says, "why would you jump out of a perfectly good airplane?". I know I will be running somewhere continuing my running streak and hopefully I will be somewhere fun with Dave, my kids and my good friends. A good Cabernet and dancing to a fun band are on the list. . 🌿

**THANKS PAULA!**