

## About a Gator #58: Michelle Sipe

April 2016



Spartan 2015



Queen of the Crest Sprint Tri

1. **SVYMG:** What is your endurance sports background?

**Michelle:** I didn't have an endurance sports background. My first taste was at the 2007 Caesar Rodney Half Marathon (Wilmington, DE) when I THOUGHT I was only running a leg of a half marathon relay. Nope... I had to run the whole thing with six miles being my longest run prior to that. I crossed the finish line with the biggest smile on my face, and I couldn't walk right for days! After that it didn't take much for friends to convince me to do bigger and harder events... Marathons, ultras, Spartans, and triathlons!

Since 2007 I have logged 56 running events of 26.2 miles or longer; this includes one 100 miler (2015 Pumpkin Holler Hunnerd; Tahlequah, OK), two 100K's (Pine Creek Challenge; Wellsboro, PA), three 50 milers, and four 50K's. I've also completed two Spartan sprints, one successful tri sprint (Queen of the Crest; Wildwood Crest, NJ), and one failed tri sprint.

**SVYMG:** What are your top 3 endurance sports goals?

**Michelle:** My goals are...

1. To finish a marathon in every state (31 down, 19 to go!)
2. To complete a sprint tri with 100% confidence in all events
3. To complete a sprint tri with a decent time that I'm happy with

2. **SVYMG:** What has been your favorite race in which you've participated?

**Michelle:** The West Virginia Trilogy, which is a 50 mile event. It was the most difficult and challenging race for me, but even while I was cursing I was smiling as we made our way to the highest peak in West Virginia and back down. It was a beautiful and unique experience.

3. **SVYMG:** What is the race that you'd most like to do?

**Michelle:** The Coastal Challenge! WHY? This is why....."The course is set along Costa Rica's tropical Pacific coastline but weaves at times into the Talamancas, a coastal mountain range in the Southwest corner of the country. You'll finish near the border of Panama in a serene fishing village that until recently was only accessible by boat."

“Terrain: jungle and rainforest trails, mountain trail, and single track across ridge lines, highlands, and coastal ranges; beaches, rocky outcroppings and reefs, river and estuary crossings, and ends in Corcovado National Park, one of the premier rainforest experiences in the world as well as a Unesco World Heritage site. Much, much more. It really defies description!”... <http://thecoastalchallenge.com/>



100 Miler... Half way!



Florida Keys 50 Miler



Spartan 2014

4. **SVYMG:** What song would you most like to hear at the starting line of a race? How about the finish line?

**Michelle:** At the starting line... “Back in Black” by AC/DC and at the finish line... “Raise Your Glass” by Pink.

5. **SVYMG:** What has been your best endurance sports experience to date?

**Michelle:** My 100 miler in October... A race I will never forget.

6. **SVYMG:** Do you have an endurance sports tip or two that you'd like to share?

**Michelle:** Take care of your feet, eat and drink often, and make sure the loudest voice in your head is the one screaming you got this!



Florida 50 Miler Finish Line!



7. **SVYMG:** What is one interesting thing about yourself that has nothing to do with endurance sports that you'd like to share?

**Michelle:** I like beer. :D I've become a beer snob over the years after someone made fun of me for drinking Miller Lite. Now I look forward to flights of beer, and any opportunity to add a new beer to my Untappd account!

8. **SVYMG:** Any other background info you'd like to share?

**Michelle:** I'm married to a wonderful guy who doesn't like to admit that he's a runner, but he is one. I have four children... ages 24, 21, 20, 14... and a 4 year old grandson. I work full time as an office manager at a non-profit counseling center, but my dream is to at some point work with animals. I dabble in photography, and I love it. I was the race photographer for a bunch of the Bucks County series events, and hopefully I'll get out there for some more.



**My Four Kids and Daughter-in-Law**