



### **Tracy Snyder**

Tracy Snyder is another one of the women in your No Boundaries for Women Training Program. Tracy is a perinatal social worker as well as a mother of two children: Madison, age 6 and Zachary, age 1. She has been running off and on for the past three years.

Tracy has been more "off" than "on" recently but hopes that joining the No Boundaries Training Program will help her have some accountability and also learn how to run "right."

Tracy has participated in everything from boot camps to classes, running, walking and cross training but nothing has ever stuck.

We're glad you're in the program, Tracy and we'll be with you every step of the way!