



Betsy Arlinghaus

Betsy Arlinghaus is a two-time Women in Training program participant. She began her running career about a year ago and joined program last year because she wanted something more structured and the staff at Fleet Feet Sports had always been helpful and knowledgeable when her daughter began running a few years ago.

Betsy believes women are givers and make sure the needs of others are taken care of before they think of themselves. She thinks the best part of the program/race is it gives women a chance to do something beneficial for themselves and have fun at the same time. Betsy really likes the relaxed, non-competitive, yet supportive atmosphere.

See you on the roads Betsy!