



Coach Karen Brown started running in March 2010 with a couch to 5K program in an effort to lose weight for her wedding later that year. She completed her first race - the National Police Week 5K in Washington, DC in May 2010 and was officially bitten by the running bug. She continued running 5K races throughout the summer and then a 10K on Thanksgiving. Karen lost 55 pounds for her wedding, but she didn't stop running. She joined Team Challenge for the Spring 2011 season and completed her third half-marathon - the Virginia Wine Country Half Marathon on June 4th, 2011. Karen continued running half-marathons and 5Ks, and is currently training for her first full marathon.

Karen came back to Team Challenge as a Mentor for the Fall/Winter Vegas 2011 season because she just can't get enough Orange and Blue. She first joined the team because her cousin has Crohn's Disease. Her cousin can't run anymore because of Crohn's, but Karen continues to run for her. The friends and now family she met during Virginia and Vegas has her back for a third season and as excited as ever. Karen believes that whether you run, walk, or crawl across the finish line every step counts in the fight against Crohn's and colitis.