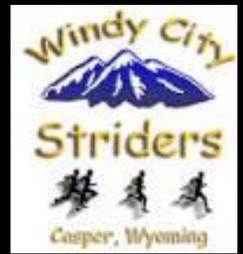


November 2015 Member Profile

Jason and Tara Dye

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By: Marlene Short

Meeting with Jason and Tara Dye on an early Wednesday morning, their unmistakable core of family values was self-evident. We enjoyed a cup of coffee and I appreciated being able to spend some time getting to know them.

Jason and Tara have been Strider members for 3 years. They've faithfully participated in the winter series events and enjoy meeting other members and getting new ideas. They say participating with other WCS Members keeps them motivated and "Keeps the Spark"

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While taking a trip to Jackson 5 years ago, they decided they need to do something to stay healthy - so they decided to start running. On the first run, Tara said that Jason wouldn't let her walk and she progressively got better. **(I think She's Amazing!)**

Since then they've participated in the trail runs, Denver Rock & Roll Half Marathons, The Klondike Run, GT Relay (that's 200 MILES) and multiple 5 and 10K's.

Jason and Tara are both Casper Natives and graduated from Kelly Walsh. They had a long distance relationship while Jason went off to Chadron College in Nebraska and Tara stayed in Casper and earned her master's degree in nursing.

They celebrated their 12 year anniversary in June. Congratulations!

These days you can find Jason and Tara spending their mornings cross training at Lifetime Health and Fitness. Their schedules are full with Lifting on Monday, Wednesday and Friday, fitting in a spin class and then running on Tuesday, Thursday and Saturday. The distance is usually light during the week with the long runs on Saturday. They start on the east side and run with strider member, Chad Thornton. When planning the Saturday morning routes, they usually end at Eggingtons. (YAY!) Although they're not particularly fond of hills - then don't shy away from them, saying it's hard to avoid a route in Casper that doesn't have a hill in it. They plan on running throughout the winter this year to stay motivated. They've extended the invitation to other members to join them on Saturday mornings if you're interested!!!!

Their ultimate running goal is to stay healthy and make this a family adventure.

In addition to running and working out, Jason and Tara make time to spend with their daughters, Tawnee and Taelyn.

Tawnee is on the traveling Volleyball team, so they make frequent trips to surrounding cities.

Their daughter also dances with rising star dance studio and is often involved in competition events.

They say that finding balance is important to them - it seems they've done a great job of that.

Their youngest daughter also participated with them in the biggest loser run.

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Outside of working out, running, and their daughter's volleyball and dance - Whew!!, the Dye family spends time together Camping, Boating, Snow mobiling and going to the lake.

Following information in a book by Dan Dryder, Tara has tried Chai Running. Going without music to work on her breathing and form. When she does listen to music while running - she tunes into iTunes Radio.

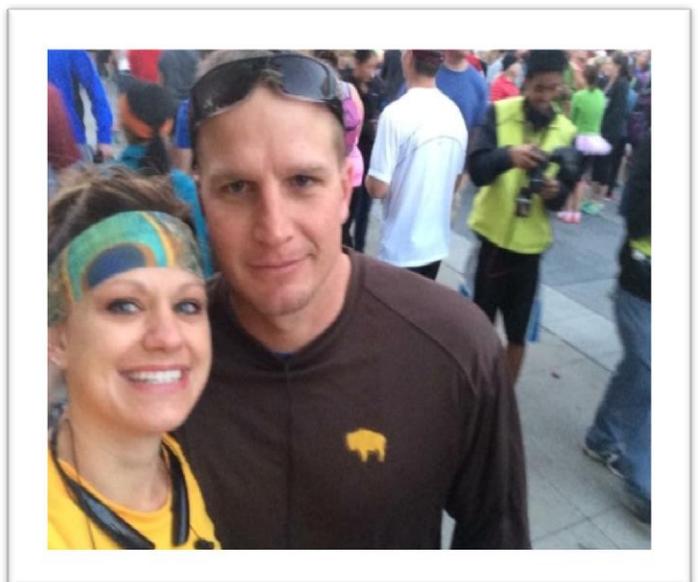
Jason changes up the music that he listens to and he uses running to clear his mind and as a stress reliever.

Although they've tried other brands of running shoes - they keep coming back to the Asics Nimbus.

As our coffee time came to a close, I couldn't help but think what a real blessing this family is to the Casper community. Not just running - but everything they are involved in.

We wish good health, prosperity and happiness to your family for many years to come.

Way to go Taelyn!





Tawnee and Taelyn

