



good energy

Athlete of the Month



AMY ROARK MAHWAH

Congratulations to Amy Roark! "Hard Work, Pays Off!" **October's Athlete of the Month** received this honor for competing in two 5K Races in October and taking her **TRAINING & FITNESS GOALS** to a higher level!

Amy and her husband **Warren Roark** are **GE REGULARS**, and are residents of **Mahwah** with their three children: **Brady** (6), **Camden** (4) and **Delaney** (3). **Amy** began her training at **Good Energy** shortly after the birth of **Delaney** and wanted to get back into "pre-pregnancy" shape. Following a brief "hiatus" from our gym, **Amy** decided that she was going to re-commit to her fitness route and a healthier lifestyle. She came back to **Good Energy** with a better FOCUS to perform **Resistance Training & Body Sculpting**. **Good Energy** designed a program for her to maximize results including the training she performs on her own.

Amy excelled in the **Ho-Ho-Kus 5K Run** on October 1, 2006 finishing in 28:15. Despite a steady rain, and not running a 5K in over six years, **Amy** was thrilled with her time. She finished several minutes ahead of her training times and her goal of under 30 minutes. Two weeks later she ran in the **Family Reach Foundation 5K** at Darlington Park in Mahwah, NJ where once again she disregarded the wind and cold, damp air to better her time by 2 seconds - thanks to her final 200 yard sprint! **Amy** is a **WINNER** in our program, because not only did she sign up and compete in two 5K's in October, but she has made exercise a priority both at **Good Energy** and on her own!

Amy - your determination in achieving your running and fitness goals is an inspiration for the entire **GE Team!**

GO GOOD ENERGY!



good energy

PROFESSIONAL TRAINING CENTER

260 W. Crescent Avenue #2, Allendale, NJ 07401

201-760-9900

www.goodenergytraining.com