

## **2015 Tussey mOUntaiNBACK Previews: Profiles in Hillage**

### **Team: Bedraggled Mountain Gypsies**

*From Mark Knapp, Team Captain*

*Q: What made you decide to do the mOUntaiNBACK race? Have you done it before?*

A: For me as Team captain, I was supposed to be on a team last year, but got hurt two days before the race... so a friend subbed for me and I drove the support van. It was exciting, but tough for me since I had trained and was so ready to run when I got hurt! This year my other teammates have not run Tussey before, but heard all about it from me and others. I also know the mountain as I ran Rothrock this year.

*Q: Could you describe your team?*

A: We are 4 master runners, two of us mid 50s, two mid 40s. Two ladies, two guys. I am a lawyer, one teammate is a retired real estate agent who has a farm. We are all parents. We are also all part of North Park Trail Runners (NPTR) and from Pittsburgh, PA.

*Q: How are you training for this race?*

A: Hitting hills in North Park, and we will be training soon on similar dirt roads in Moraine State Park north of Pittsburgh. Some farlteck on trails too. We train everyday. We want to place in the Masters Mixed Gender category!