

**Eat, Drink, Win!®**  
**Suzanne Girard Eberle, MS, RD, CSSD**  
**Portland, Oregon**  
**503.223.5243, #2**  
**Suzanne@eatdrinkwin.com**

**Athletic Achievements**

National Class Competitive Runner

- ◆ Five-time NCAA All-American for Georgetown University
- ◆ US Track & Field Outdoor 5000 Meter Champion
- ◆ Member of USA World Cross Country Team
- ◆ Member of IAAF World 15K Road Race Championship Team
- ◆ Member USA World Team vs. USSR and Japan - 800/1500 meters

Personal Records

- |         |         |
|---------|---------|
| ◆ 800m  | 2:04.25 |
| ◆ 1500m | 4:09.20 |
| ◆ mile  | 4:28.65 |
| ◆ 3000m | 9:00.45 |
| ◆ 5000m | 15:41   |
| ◆ 10K   | 32:40   |
| ◆ 15K   | 50:12   |

Outdoor Enthusiast

- ◆ Avid cyclist—2005 Oregon Bicycle Racing Association State Time Trial Championship (2<sup>nd</sup>, Senior Women 4/5), 2002 1-day rider Seattle to Portland Bicycle Classic (~200 miles in 11 hours)
- ◆ Climbed various peaks throughout United States, Europe and Africa, including Mont Blanc (15,771 feet) and Mount Kilimanjaro (19,340 feet)
- ◆ 5.10 rock climber—2003 Complete Exum Route/Grand Teton (WY)-one day
- ◆ TUBBS Snowshoes 10K Eastern Regional Champion
- ◆ Nordic skier