

Rouge-Orleans Girls On The Geaux Media Bios



Katie Key is an avid runner turned new mom. After starting running in 2004 to "just lose weight," she quickly found her passion for running and the running industry. Within a few months of picking up the sport, she signed up for her first 5k, which she jokingly calls her "gateway drug" for her "running habit." In 2010, she completed 40 races in 52 weeks. She planned to keep the momentum going into 2011, but when she found out she was expecting, she slowed down...just a little. Last year, she managed to carry her baby bump through a marathon, two half marathons, a sprint triathlon, as well as several other 5k and 10k races. This year will bring a return to racing as she learns to work with her new post-baby body and figures out the delicate balance between being a runner and being a mom! Be sure and check out her website at katieRUNSthis and follow her on Twitter at [@katieRUNSthis](https://twitter.com/katieRUNSthis) to check out her tips on gear, races, training and to find out where she is running next!



Heather Montgomery has always been an athlete, but did not begin her distance running journey until three years ago. Along with running races of many different distances, Heather decided to bring her love for running into her work and become a sales representative for Running Skirts.com. In 2011, Heather ran a marathon, six 5k races and five half marathons, with many more on her 2012 schedule. In addition, Heather blogs at [Running With Sass](http://RunningWithSass), where she discusses running and healthy living with a touch of sass. She also enjoys helping and motivating others. You can follow Heather on Twitter at [@runningwithsass](https://twitter.com/runningwithsass) or on Facebook at www.facebook.com/runningwithsass.



Lindsey deBlieux started her journey to Rouge-Orleans in Fall 2010 with the Couch To 5K program. In 2011, she completed her first 10K, two sprint triathlons and a sprint duathlon, falling in love with multisport along the way. In 2012, Lindsey plans to PR at all the races she competed in last year, as well as complete her first half marathon and participate in a two day, 150-mile bike ride. You can follow Lindsey on Twitter at [@ldeblieux](https://twitter.com/ldeblieux), where she mostly talks about running, food and her dog.



Kristyn Gunter started running in November 2010 with the Couch To 5K program and has been hooked ever since. She ran four 5k races and a 10k last year and is excited about what her future as a runner holds. Her 2012 calendar is quickly filling up with relay races, including the Rouge-Orleans Ultramarathon Relay, and her first half marathon in March. Be sure to check out her blog at [Life In Running Shoes](http://LifeInRunningShoes) where she is documenting her training and her life as a new runner. You can also follow her on Twitter at [@KristynKG](https://twitter.com/KristynKG).



Erin Skinner was raised an athlete, playing basketball and volleyball for years, but did not begin distance running until 2010. Inspired by friends and family members, she started training to run a half marathon before her wedding that October. Although the race chosen did not pan out, she kept running anyway. She completed her first half marathon, the St. Jude in Memphis, in December 2010 and has since run three other half marathons in Tennessee and Louisiana. This year, Erin expects to complete three half marathons and the Rouge-Orleans Ultramarathon Relay, as well as other 5K and 10K races throughout the year. In addition to her love of running, Erin also loves to eat and considers herself a “foodie.” She blogs recipes, restaurant reviews and her favorite dishes at [The Speckled Palate](#). You can also follow Erin on Twitter at [@erinparker](#), where she talks about her freelance photography work, life, running, food, and pretty much everything in between.



Jennifer Macha-Hebert has pretty much always been an athlete, which she attributes to growing up sandwiched between two brothers. It was much more fun to play kick ball with siblings than to play Barbies alone. Growing up she tried out just about every sport, including collegiate Rugby, and enjoyed the spirit of competition as well as the physical challenges presented by sports. As an adult, she has transitioned her love of sports and desire to stay healthy into a very active lifestyle, which includes hiking, mountain biking, kayaking, wake-boarding, running and endurance racing, a life-style she hopes to pass on to her two beautiful boys, ages 2 and 6 months.