

Nursery Clinicians

Kaiser Permanente Northwest | Portland Area

The birth of your child is exciting! We would like to introduce you to our Nursery Clinicians that are here to help your experience go as smoothly as possible. Our team is ready 24/7 to support you during and after your delivery.



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Kaiser Permanente Northwest



Brittany S. Bassitt, MD

PEDIATRICS

About me

My husband and I thrive on exploring – trail hikes, Oregon coast beaches, and experiencing local breweries with friends. I am a proud native of the Pacific Northwest, and am glad that many of the joys of my Washington upbringing have also been a part of my Oregon life.

I also thrive on periods of stillness, and sitting on a park bench and listening to music is an old pastime of mine. Snoqualmie Falls is a favorite Washington spot for me, and I hope to venture to more Oregon waterfalls in the near future!

I am hoping to improve my cooking skills (to catch up to my husband, essentially) and I also enjoy learning American Sign Language and playing my acoustic guitar when I can.



Erica E. Benthin, MD

PEDIATRIC NEWBORN CARE

About me

I am a native Oregonian, having grown up in the Willamette Valley. I went in to medicine to help people live better lives and it is Pediatrics that captured my heart because of the great potential that each child has. Watching children of all ages, babies to teens, blossom is so delightful and uplifting.

About my practice

You will see me working with newborns and their families as a member of the newborn nursery hospitalist group and also treating children of all ages in the outpatient clinics. My approach with each patient care encounter is to learn from families and children what concerns them most, so that I can frame the visit within that perspective and offer useful reassurance, education and treatments. I consider parents and teens as partners in clinical decision making. My aim is to facilitate an open straight-forward conversation with my patients and their families.

How I thrive

Exercise is the most effective way I have found to improve my mood and motivate me. I dabble in lots of different ways to get my heart beat up and clear my mind - jogging, zumba, tennis or cardio kickboxing are the most common things I do. The other way I soothe my soul is to spend quality time with family and friends. My husband and I most enjoy hiking, snow skiing, camping, biking and traveling together. My creative outlet is planning celebrations for the special people in my life, cooking, and shopping. I get the most satisfaction from my work when I feel I have made my patients and their families feel better physically or emotionally.



Mary P. Boyer, MD

PEDIATRICS

About me

I was born in an Army hospital in Japan to parents who are from the Midwest. When my father's service ended, we moved to California where I was raised. I am the oldest of four children. Growing up, we would spend time outdoors playing tennis, swimming, rafting, camping, and waterskiing in the summer or snow skiing in the winter. I am a third generation doctor and grew up understanding the long hours and commitment involved in a career in medicine. When I was 8 years old, I helped bandage my brother after a bicycle accident and knew then that I also wanted to be a doctor. I studied biology and communication at the University of California, Davis, then attended St. Louis University School of Medicine, where I was active in campus ministry and spent a month working in a clinic in Belize. I moved to Oregon for a Pediatric residency at Oregon Health and Science University, which was closer to the mountains, ocean and my family. Here I met my husband, who is a fifth generation Oregonian. We have two teenage boys and spend most of our free time either skiing, swimming, playing soccer or taking our Labrador hiking.

About my practice

I chose Pediatrics because it combined preventive care of well children with kids who had intellectually challenging cases. I have practiced in Urgent Care, general Pediatrics and most recently in a newborn nursery. I feel blessed when I can develop ongoing relationships with members and their families. I enjoy watching children grow and develop through their different stages. I especially enjoy helping families make informed decisions for their overall health. Working for Northwest Permanente has allowed me to concentrate on member care rather than the administration involved in a private practice. I try to provide the very highest quality of care.

How I thrive

I believe in a balanced life. I try to model the behavior and choices that I recommend to my family and members. Holistic lifestyles pay attention to body, mind and spirit. For our bodies, we try to eat healthy and exercise regularly. We focus on eating dinner together as a family each night so we can catch up with each other's day. We encourage our boys' interest in sports; swimming, soccer, and basketball, and also love to hike, ski and travel as a family. For my mind, I read to keep up with advances in medicine and spend time practicing new songs on my guitar or learning new instruments such as the mandolin. For the spirit, I take a little quiet time each day. I spend time with my husband and boys. I share my love of skiing, medicine and music by volunteering and playing guitar and singing for church. I have volunteered internationally in clinics in Belize, American Samoa and Haiti.



Karoline Brock, MD

PEDIATRIC NEWBORN CARE

About me

I grew up in the San Francisco Bay Area where I attended UC Berkeley as an undergraduate student. I moved to Houston, Texas to attend Baylor College of Medicine and remained there to specialize in Pediatrics. I met my husband

while I was a medical student and although we loved the Texas Medical Center, we chose to move to the Pacific Northwest in 1995 as we love the outdoors and wanted to raise our family in this beautiful area. Our children, have thrived here and we are all outdoor enthusiasts enjoying hiking, biking, skiing, snowboarding and organized recreational sports such as soccer, basketball, and baseball.

About my practice

I continue to love children and have chosen to specialize in Pediatric Newborn Care. I enjoy caring for both well and ill newborns and supporting their parents. The birth of a child is a unique and memorable experience, every time, and I enjoy assisting babies and their parents in the first hours and days of their babies' lives. I am supported by a wonderful group of nurses and colleagues where we work as a team, with the parents, to assist the newly born baby in starting out life on strong footing.

How I thrive

Although I love my work in the hospital, I have chosen to spend my time off with my children, assisting with homework, helping them balance their lives with good food, exercise, and adequate play time. We enjoy our family meals together most nights and love to spend the day hiking or skiing together. An evening sharing a good movie together or playing games is also always relaxing and popular in my family. I strive to exercise daily playing tennis, lifting weights, or simply walking my dog. Life moves along too fast and I feel it is important to balance physical and emotional well-being every day.



Allison R. Carroll, MD

PEDIATRICS

About me

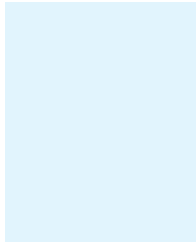
I was raised in North Texas, in the suburbs, and received a bachelor's degree in biology at Baylor University before completing medical school at the University of Texas Health Science Center at San Antonio. I was thrilled to relocate to Oregon where I completed my pediatrics residency and served an extra year as chief resident at Oregon Health & Science University. My husband, who works as a brewer, and I love every minute we spend discovering the Pacific Northwest and currently reside in Portland with our two golden retrievers.

About my practice

As a pediatrician, I make it a priority to foster a trusting relationship with my patients and their families. I believe in shared decision-making and providing high-quality care while supporting patient and family goals. I am fortunate to work with caring staff who value teamwork and communication. My special interests within pediatrics include breastfeeding medicine, newborn and infant care, and early literacy. Furthermore, I am a strong advocate for immunizations in preventing childhood disease.

How I thrive

I spend my time outside of work re-energizing with family and friends. I enjoy baking, reading, hiking with my dogs, and experiencing new local food and craft beer in Portland and the surrounding areas. Confident in the power of humor to uplift and heal others, I strive daily to generate laughter and joy.



Christy Perel Coss, MD

PEDIATRIC NEWBORN CARE

About me

I am originally from Memphis Tennessee. I moved to Portland Oregon to train here and have wanted to stay ever since. I only work about 1-2 times a month. I'm like a substitute doctor for the nursery. I spend most of my time at home taking care of my family and until recently, I homeschooled both my kids.

About my practice

I love working in the nursery helping family start a new chapter of their lives together. An added bonus, the patients are smaller than me!

How I thrive

When I'm not working I enjoy playing with my pets, 4 cats and a dog. I also love reading and am currently interested in learning more about making pottery.



Rachel M. Effros, MD MPH

PEDIATRIC NEWBORN CARE

About me

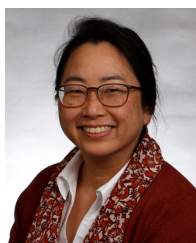
I have practiced general pediatrics in a wide variety of settings and locations, including private practice in Boise, Idaho, a community health center in downtown Los Angeles, and at Southern California Kaiser Permanente before moving to Portland and joining Northwest Permanente. In addition to my interest in general pediatrics, I have pursued study of health care policy, specializing in national health care reform. When I am not at work, I enjoy backpacking, cycling, travel, and cooking.

About my practice

My current practice is focused on care of newborns as they transition from birth to discharge from the hospital. I am a strong advocate of family-centered care and want to help provide the best experience for families as they get to know their newborns. I seek to utilize the many valuable resources within the hospital to promote breast feeding and provide anticipatory guidance to families before they go home from the hospital.

How I thrive

My life is enriched by exercise; I am a regular yoga practitioner and find time to run and hike with my dog, bicycle and swim. I am also a voracious reader and the stack of books next to my bedside is ever-growing. I try to travel abroad during my vacation time, recent trips have included Peru, Israel, Croatia, Colombia, and the Galapagos.



Carol Y. Endo, MD

PEDIATRICS

About me

I grew up in Southern California. After medical school in Chicago and pediatric residency in Colorado, I opened up a pediatric practice in Eastern Washington. I moved to Portland in 2007 and since then have enjoyed the opportunity to work with patients and their families, as well as students and residents, and to volunteer with a variety of organizations both in Portland and abroad.

About my practice

I consider it a great privilege to be a pediatrician. I see my role as being a partner with my patients and their families – so that they can thrive together. One of my mentors once told me that every child deserves great health care, and all parents deserve to have the information they need so that their children are as healthy as possible. I try to practice in a way that embodies that approach.

How I thrive

Spending time with family and friends helps me thrive, and so much the better if it includes good food or traveling to new places! Working and volunteering with like-minded people also keeps me energized and motivated – the opportunity to work with groups like the Head Start Health Services Advisory Committee, HealthShare's Foster Care Alignment Committee, Foster Parent's Night Out, and Compassion Connect have definitely helped me to find the "why" for my work.



Emma S. Germann, MD

PEDIATRICS

About me

I grew up in California as the oldest of six children. From a young age I knew I wanted to be involved in helping to take care of children. This led me to a career in pediatrics. I attended the University of California, Berkeley, for college and the University of California, Davis, for medical school. While living in Sacramento, I was fortunate to meet my husband, and the two of us moved to Seattle, where I completed a pediatrics residency at the University of Washington and trained at Seattle Children's Hospital. We have two young children and love spending time with them enjoying the beautiful Oregon outdoors.

About my practice

I enjoy taking care of children of all ages and backgrounds, including those with chronic illnesses who may be more medically complex and require specialty care, and those who were in the NICU as infants. I believe in the importance of taking time to listen to the concerns of parents – and caregivers. Having grown up with three adopted siblings, I also have an interest in foster care and adoption. I spent a year receiving some extra training at the Floating Hospital for Children's International Adoption Clinic in Boston. I speak a little bit of Spanish, which I try to use when meeting with families – with the help of an interpreter whenever possible!

How I thrive

I enjoy hiking, biking, and going for walks with my husband and children in the beautiful Oregon outdoors. I also enjoy reading about mountain climbing adventures even though I am afraid of heights! But perhaps my most important pastime is cooking and eating good food.



Awbrey N. Gilliam, DO

PEDIATRICS

About me

As a general pediatrician, I partner with my patients and their families to help children reach their fullest potential. This involves supporting not only their physical health, but also their mental and social wellbeing. I am passionate about Lifestyle Medicine that applies evidence-based therapies in nutrition, exercise, sleep, and stress management to prevent and treat lifestyle related diseases. I also use osteopathic manipulative techniques to aid in the treatment of a range of conditions including musculoskeletal injuries and pain. ¡Hablo español!



Meveshni Govender, MD

PEDIATRIC NEWBORN CARE

About me

I was born on the East Coast of South Africa, and it was there that I developed an interest in medicine. My love for pediatrics started in a small community hospital. It was the daily reminders to play, laugh, and be happy and the unexpected hugs that influenced my decision to be a pediatrician. I moved to the USA in 2012, and completed pediatric residency in Kalamazoo, Michigan. Training and working in the USA has taught me the importance of work-life balance.

About my practice

I am currently a newborn hospitalist, which means I only see babies in the hospital. I enjoy learning about families' experiences and teaching them about their babies. I am a minimalist at work and in life. My philosophy is "Less is more." I try to limit interventions by adopting a stepwise approach to management. I believe in shared decision-making, listening to families, and tailoring my practice to individual needs.

How I thrive

I thrive by cooking, reading, meditating, and being outdoors. I enjoy exploring the world, learning new cultures, and discovering different cuisines.



Nicole Hinkley-Hynes, MD

PEDIATRIC NEWBORN CARE

About me

I grew up in culturally diverse Miami, Florida and received my undergraduate degree from the Honors Program in Medicine at the University of Miami. I attended the University of Miami Miller School of Medicine for medical school and the University of South Florida for my pediatrics residency. My husband and I moved to the Pacific Northwest in 2002 and could not be happier. I love my practice and our adopted hometown of Portland, Oregon.

About my practice

My favorite of many roles since joining Kaiser Permanente is that of a general pediatrician. I am currently working in the Newborn Nursery at Westside Medical Center and love helping families welcome new members! I also work in the Urgent Care Department seeing children under 18 and am one of two pediatricians in our Eating Disorders Program for Children and Adolescents. I believe that education is key to understanding illness, whether acute or

chronic. I take time to explain situations and diagnostic or treatment options. It is very important to me that families feel involved in the care of their children. I see the relationship between me, my patient and his/her family as the key to good medical care.

How I thrive

My husband and I love day adventures, making new friends and enjoying the amazing local food. Rain or shine, you can find our two children and us outdoors most days! At the end of a long day of work or play, eating a fresh home prepared meal is something we cherish together.



Catherine L. Kent, MD

PEDIATRICS

About me

I grew up in Portland, and after graduating from Grant High School, I attended Tufts University, in Boston. At Tufts, I played soccer and double-majored in Community Health and American Studies. After college, I spent the summer as a camp counselor for children and teens with serious illnesses. This experience and my community health background solidified my interest in pediatrics, and from there, I began the long road to becoming a pediatrician. I completed my training at Oregon Health & Science University and am thrilled to be practicing with the wonderful pediatrics team here at Kaiser Permanente.

About my practice

I feel fortunate to be a general pediatrician because I truly enjoy supporting children and families through all stages of childhood and adolescence. As the mother of two, I can relate to the joys and struggles of parenthood, and I bring this perspective to my daily practice.

How I thrive

In my free time I enjoy playing soccer, baking cookies, taking weekend trips to the Oregon Coast and Central Oregon, and most of all spending time with my husband, our two children, and rescue dog.



Wendy Lin, MD

PEDIATRICS

About me

I was born in Taiwan but have lived in the United States since the age of 6. I grew up in Chicago and studied music history at the University of Chicago, then remained there for medical school. I completed my internship at the University of Illinois in Chicago and my pediatrics residency at the University of Iowa. I am fortunate to have been part of group private practice, a smaller private practice, and a university-based clinic. We moved to Portland in 2004 in pursuit of a balanced life, and I'm thrilled to say we've found it. My husband is a pediatric nephrologist and general pediatrician, and we have adult children. I am based at the East Interstate Pediatric Clinic and also care for newborns at our affiliated hospitals.

About my practice

I feel so privileged to share in the lives of the families that I care for. I love every phase of childhood – yes, even adolescence. My hope is that I can help families be healthy and happy by educating parents about the different stages

and challenges they face. Life is full of surprises, though, and I appreciate the lessons that families teach me as well. I will seek answers to those questions that perplex us all.

How I thrive

Music and exercise help me live life well. I enjoy playing the piano and ukulele, playing alto sax in a big band, and singing. Exploring new forms of dance, and hiking with my family, dogs, and good friends, help me keep everything in perspective.



Cassandra P. Loren, MD

PEDIATRICS

About me

After growing up in Portland, I stayed in the Pacific Northwest and studied bioengineering at Oregon State University. While I loved engineering, I was drawn to medicine because of the opportunity it provided to directly improve the health and quality of life of those in my community. I relocated to Nashville, Tennessee, to attend medical school at Vanderbilt but was eager to return home to Oregon to complete my residency in pediatrics at Oregon Health & Science University.

About my practice

Being a pediatrician is a privilege. I am so fortunate that I get to partner with patients, families, and the amazing health care team at Kaiser Permanente to help further my patients' development, promote formation of healthy habits, care for children during illnesses, and ultimately form long-lasting relationships with my patients through which I can help them build a foundation for healthy and successful futures. As a parent, I know that every stage in a child's life brings a new set of exciting milestones while also often presenting new challenges. As a pediatrician, I strive to work with my patients and their families to celebrate these milestones while also helping navigate these challenges.

How I thrive

Outside of medicine, I thrive by hiking, biking, running, skiing, and baking with my husband and son. Our family loves to spend time being active outdoors as a way to recharge. We have also recently begun volunteering with Portland Fruit Tree Project – a local nonprofit gleaning organization aimed at reducing food waste and increasing equitable access to healthy foods.



Molly K. Molloy, MD

PEDIATRIC NEWBORN CARE

About me

I grew up in a small town in Colorado. My career in pediatrics allows me to pursue two of my passions which are working with children and advocating for preventive medicine. I am married and we are having a blast raising two young boys.

About my practice

I work as the main newborn rounder for our patients at Southwest Medical Center. I absolutely love helping welcome new babies into the world every day. I find it very rewarding to help parents navigate through all the enormous transitions that are encountered when they are having their first child or

adding to their family. I feel like when I walk into a post-partum room in the hospital that I have many new patients (baby, mom, dad, siblings) and my part of my job is to help them all get through the new changes in their lives. I also have a special interest in late preterm infants and enjoy providing them with the extra care they require in our special care nursery.

How I thrive

I feel happiest and healthiest when I have balance in my life. Working for Kaiser Permanente has allowed me to work part time so that I can also spend good quality time with my family and do things to take care of myself as well. I enjoy yoga and dance classes. I am starting to free up some time in the late afternoons to try to cook healthier and more varied dinners for my family.



Kendra E. Nguyen, MD

PEDIATRIC NEWBORN CARE

About me

I grew up in rural Oregon and obtained my medical degree from Oregon Health and Science University. After completing my pediatric residency at Phoenix Children's Hospital, I was eager to return home to Oregon. I worked in private practice for several years before joining the Northwest Permanente group.

About my practice

I have been practicing with Northwest Permanente since 2014. The majority of my practice is in nursery pediatrics. I feel privileged to be an integral part of such a momentous and joyful event in patients' lives. My goal is to work in close collaboration with families in order to help children thrive in their environment.

How I thrive

I love living in the Northwest. My interests outside of work include reading, camping, home renovation and repurposing furniture.



Amelia J. Priesthoff, MD

PEDIATRICS

About me

I grew up on a small farm on Whidbey Island in Washington state. I attended undergraduate school and eventually medical school in Florida. I made my way back home to the beautiful Pacific Northwest via residency in pediatrics at Oregon Health & Science University. My interest in medicine was originally born from my time in Senegal as a Peace Corps volunteer and a desire to have a continuing impact on those around me.

About my practice

As a pediatrician, I work with children of all ages – from newborns in the nursery for the first time, to routine follow-up well-child visits, to sports physicals, and all the questions or concerns in-between. My greatest joy comes from hearing everyone's unique story. I strive to build lasting relationships with my patients and their families with the goal of becoming a trusted partner for all their medical needs.

How I thrive

I thoroughly believe a balance between work and rest is vital to thriving! I enjoy both urban and wilderness hiking with friends and family. I have a

passion for horseback riding, rock climbing, bicycling, and tending my many houseplants. Although I have a travel bug, I am continuing to find endless fun exploring the local Portland and Oregon areas.



Michael S. Salinsky, MD

PEDIATRICS

About me

I grew up in Brooklyn, and spent 12 years of college and medical training in the Midwest, before finally moving to the West Coast. I live in Portland with my wife and 2 sons. We enjoy travel, theater, live music, and just about all sports. I chose medicine because of the combination of art and science, people skills, and medical investigation, and I chose pediatrics simply because I enjoy kids – in medical school I looked forward to my pediatric rotations much more than those in other areas of medicine.

About my practice

I enjoy practicing with Kaiser Permanente, where I've worked for more than 15 years. I like seeing and helping kids grow from infants to teenagers and consulting with their parents and families. Continuity of care is important to me, so I make my best effort to see my members, especially for health-maintenance visits and severe issues. In my role as a consultant, I present information as clearly as I can and often offer suggestions, but ultimately I accept the parents' right to decide what is best for their children. Outside of the office I attend delivery-room resuscitations and see newborns in the hospital. I also do "extra" work in the areas of computer-related clinical tools and quality.

How I thrive

In addition to bicycling and being active, I enjoy being involved in my sons' activities—volunteering at their schools and coaching sports. I try to get out to hear live music and am especially interested in the local music scene.



Jennifer E. Slickers, MD MPH

PEDIATRIC NEWBORN CARE

About me

I'm a Hoosier by birth, and have lived many places in the Midwest and the East Coast, but when I finally ventured west, I immediately felt at home when I moved to Portland in 2000. Shortly after my arrival I met my husband, now a physician assistant in orthopedics, and we married during my pediatric residency at Oregon Health and Science University. As we've continued to build our lives here, we feel privileged to call such a beautiful and culturally rich place our home. When I joined Kaiser Permanente in 2009 I had that same feeling of gratitude, realizing that I'd found another piece of what I've come to feel is my home. I came to general pediatrics after first working as a pediatric nephrologist in an academic setting. While I valued that experience and cared very much for the patients I helped in that role, I discovered that my true calling is to primary care.

About my practice

I am very proud to be a part of a system that values prevention, patient education and keeping people well. As a pediatrician I work hard to develop

a sense of partnership with my patients and their parents, honoring the role that each of us plays in optimizing the health of the children and young adults I see. Given my extra training, I still have a special interest in helping children deal with kidney problems, but my greatest satisfaction comes from providing education and support to families in their efforts to keep their children overall as healthy and happy as possible.

How I thrive

Outside of work, what I love most is spending time with my boys. My family is what nourishes my soul. My husband and I have two very active sons, and I enjoy trying my best to keep up with them, particular doing anything outdoors. As they get older we are exploring more and more activities allowing us to discover the beautiful Pacific Northwest. I also love to sing, make jewelry with beads, and I hope that maybe someday I'll find time to relearn to play the piano.



Rebecca K. Stepaniak, MD

PEDIATRIC NEWBORN CARE

About me

I grew up in Tuscaloosa, Alabama, with my parents and 3 siblings. I always enjoyed my big family. My father is a professor and my mother a teacher, so we grew up always learning. I was touched by the novel "Jacob Have I Loved" as child and decided I wanted to deliver babies. Later I turned my passion to pediatrics, but I work in the Newborn Division, which seems a perfect completion to my arc. I attended college in Washington, D.C., returned to Alabama for medical school, and then went to Philadelphia for residency, where I met my husband. We decided to move to Portland shortly after he graduated with his advanced degree, and we have loved living here and raising our 4 children as Northwest kids.

About my practice

I work as a newborn hospitalist at both Sunnyside and Westside Medical Centers. My job entails being at deliveries for any emergencies that might arise and then taking care of the babies from birth to hospital discharge. I have certification as an international board-certified lactation consultant and am passionate about helping moms and babies get off to the best start and reach whatever goals they set for themselves. I love not only the medicine of the newborn period and breastfeeding but the privilege of being a part of one of the most meaningful times in a family's life.

How I thrive

Outside of work, I love to cook, bake, and read. I especially love reading aloud with my children. We love the beach and the mountains. We also love pizza and movie night, a Friday night tradition since my kids were small. We got a dog about a year ago, and now I am a convert. Chunk is a wonderful addition to our family and a balm for the soul. After my mother retired, she took up birding, and now she has me completely hooked. I love to go for a walk with my binoculars in a local park after my shift. I love the quote "Into the forest I go to lose my mind and find my soul" (John Muir), and try to live it as often as possible.



My N. Tran, MD

PEDIATRIC NEWBORN CARE

About me

Medicine is a incredible career that allows me to be a teacher, detective, and problem solver. I chose pediatrics because caring for sweet, funny, and smart children is simply an honor.

About my practice

My goal as a pediatrician is to give your child the best chance at the healthiest and happiest life they can have. My approach to patient care is to take problems "step by step". Sometimes those steps can be quick or steady, depending on the situation. In all cases, I value input from my patients and families and make it a priority to address all your concerns and worries. I specialize in seeing patients in the hospital setting.

How I thrive

Outside of work I value my time with family and friends, traveling to explore new cultures, enjoying great food, and developing my photography skills.



Stephen M. Wanta, MD

PEDIATRICS

About me

I chose to become a physician because of an interest in science and its application to making people healthy. My motivation has changed some over the years, inspired on a daily basis by the amazing stories and unique experiences of my patients.

About my practice

As a pediatrician, I believe in applying the best evidence available in treating patients and in including families and children in the decision-making process. One of the best parts of pediatrics is the focus on prevention of disease through vaccines, newborn care, and well-child visits, which is which is one reason I chose to be a pediatrician. While there are many common ailments we treat in pediatrics, I like to look for the unique ways a child's environment affects their physical and mental health. I consider it a great privilege to be a pediatrician, caring for the most fragile and vulnerable in our community.

How I thrive

My greatest joy is in being a part of my family; they make every day special and motivate me to be better every day. My kids keep me running, biking, and lifting, but I also dabble in some bicycle racing and the occasional mountain sport for fun.