

Name and coaching age group:	U16 Coach Catharine Regan Creedon
Nicknames:	
Favorite snacks:	Dried mango
Favorite Loon Trail:	Sunset -> haul back -> Lower boss
Favorite Spot in town:	Hubbard Brook Trail- not really in Lincoln, but awesome skinning!
Pets:	German Shepherd- Skadi
Favorite part about coaching:	Watching concepts “click” for athletes is far and away the most satisfying part of my job. But I also love the excitement of race days!!
Least favorite part about coaching:	Standing around for too long! I’d rather ski!
Ski racing and/or coaching experience:	Calcutta is always awesome! I did it as an athlete and now being a coach, it’s really fun. I also love watching Rut Rider Race; it brings me back to the Rut Rider days.
Where do you spend Monday-Friday:	Framingham, MA. I’m a Nurse Practitioner at a primary care office in Dedham!
Where did you grow up skiing:	Loon!!

When you aren't skiing, how do you spend your free time?	In the summer- sailing, hiking, biking, running. In the winter, I love skinning. I also love for going on walks with my dog!
One piece of advice you received from an adult when you were younger	Sometimes when you're in the thick of it, it's hard to see through the trees. When you're younger, every thing seems like a HUGE deal, so it's good to put everything in perspective and keep people around you who have your best interests at heart.
An interesting or fun fact:	My husband and I met at Loon!
According to youth who know Coach ...	Katherine has good life perspective, is funny, and tell good stories.