

Our Coaches Favorite Things!

Lucy Dunaway

Color	Black
Snack	Quest Nutrition
Treat	
Coffee Shop	Starbucks
Restaurant	Chipotle
Store	Target, TJ Maxx, Ross, Dicks, Amazon, Shenandoah Bicycle Co
Hobbies	Mtn biking, houseplants, soccer, guitar
Other	

Michael O'Fallon

Color	Blue and Gray
Snack	Smokehouse almonds, beef sticks, protein bars
Treat	Doritos, Beer, Hi-Chew Candy
Coffee Shop	Starbucks
Restaurant	Billy Jacks, Vito's Taste of Thai
Store	Lowe's, Target, Food Lion
Hobbies	Coach at the best gym ever!
Other	Dallas Cowboys, anything that deals w/my daughters

Dave Gillette

Color	Black
Snack	
Treat	chocolate
Coffee Shop	Starbucks
Restaurant	Texas Roadhouse, O'Neil's, Billy Jacks, Jack Browns
Store	Walkabout Outfitters, Dick's Sporting Goods
Hobbies	Fitness, reading, biking, hiking
Other	

Warren Stimpson

Color	Blue, black, & Gray
Snack	Blue Diamond Almonds
Treat	Jerky (or the movies!)
Coffee Shop	Capital Ale House
Restaurant	Chipotle / Subway
Store	Dick's Sporting Goods
Hobbies	Spartan Racing
Other	I enjoy books about how people transform themselves and spec. warfare guys.

Nichole Brumfield

Color	Purple
Snack	Larabars
Treat	3 Musketeers
Coffee Shop	Black Sheep
Restaurant	Sakura
Store	Old Navy
Hobbies	Hiking
Other	Books, Kindle, or Barnes and Noble

Caitlin Tice

Color	purple
Snack	Anything gluten free
Treat	Chocolate w/ peanut butter
Coffee Shop	Broad Porch
Restaurant	Magnolia Taco
Store	New Creation
Hobbies	Plants and Music
Other	

Shanna Allen

Color	Yellow, orange, black & white
Snack	Yogurt, dark chocolate, macaroons, gummy snakes
Treat	Cake or donuts
Coffee Shop	All are good if they have a dark, rich, roast
Restaurant	Any pizzeria, grilled cheese mania, any Mexican, Rocktown Kitchen
Store	Any & all - I just like to shop!!
Hobbies	Duh, working out!! Cooking, reading when I have time, yard work & gardening
Other	Love magazines. Home improvement shows

Caleb Staff

Color	purple
Snack	Uncrustables (the grape kind)
Treat	Reese's
Coffee Shop	7/11
Restaurant	Waffle House
Store	Goodwill
Hobbies	Mountain Biking
Other	Jamming sick tunes

Maria Hayden

Color	Purple
Snack	Cheezeitz
Treat	M&Ms and Hershey Chocolate
Coffee Shop	Anywhere local or dunkin
Restaurant	Chipotle
Store	Target and Amazon
Hobbies	Weightlifting
Other	

Becca Hannifee

Color	Matte green
Snack	Quest bars
Treat	Reeses
Coffee Shop	Bridgewater coffee
Restaurant	Jack Browns
Store	Target
Hobbies	Horses, working out, baby Knox :)
Other	

Jake Dye

Color	Blue
Snack	gum (mint), crunchy peanut butter cliff bar, popcorn
Treat	Chocolate chip cookies, chocolate milk, cookies and cream ice cream
Coffee Shop	Merge
Restaurant	Jack Brown's
Store	ABC
Hobbies	CrossFit, movies
Other	Big whiskey and bold rock guy

Matt Mitcheroney

Color	Blue
Snack	
Treat	Kill cliffs
Coffee Shop	Greenberry's
Restaurant	Qdoba
Store	Target
Hobbies	Lifting
Other	Hiking