

## Women in Business Networking



*Interview with Karen Cosgrove, Miles That Matter 1-16-11*



**WiBN:** Tell us about your non-profit organization, Miles That Matter?

**Karen:** Four years after a relationship with the Leukemia Lymphoma Society ended, I saw a door open with an opportunity do what I love to do and have it impact many more lives. Miles That Matter was born. We are devoted to helping people of all sizes, shapes and capabilities to focus on taking care of themselves and helping others. Our mission is to enrich every life we touch. This means that we must all serve, care, and share, striving to add something positive to each life we come in contact with, expecting nothing in return.

**WiBN:** What are some of your personal skills that have helped you become who you are today?

**Karen:** I have run 107 marathons. I know how to endure and persevere. I have strong skills to motivate others to do what they don't know they can do. I have a passion to help others see that true success comes from feeding your human spirit. I have a strong base of knowledge about health and wellness as well as a non-judgmental approach to helping people improve at living life. I think the biggest compliment I have ever been paid by many people is my approachability. People know that they came to me to find the answers and support needed to accomplish whatever it is they are after.

**WiBN:** At any time during your life have you had a mentor?

**Karen:** Yes. My parents were my biggest mentors. They taught me the importance of giving 110% to life. They taught me that life is about family and friends – loving and believing in each other. They taught me the importance of a good attitude, and the importance of staying positive.

**WiBN:** As a non-profit leader do you think networking is a benefit to you? Why? Why not?

**Karen:** Yes I believe networking is beneficial to everyone. I am a very social person and believe nothing worthwhile should be done alone. Being there for each other is what makes the world go round.

**WiBN:** What has been your biggest challenge in your position at Miles That Matter?

**Karen:** Ironically it is finding the support to make the vision and dream of Miles That Matter a reality. They say all good things come to those who wait. It has been a slow process.

The other frustration is watching people spend money on superficial things that they think will make their lives better, rather than spending the necessary time on taking care of themselves. Improving your quality of life starts with taking care of yourself first. A healthy and fit person is a happier person, who in turn is much more productive in our community. I wish more people understood this concept.

**WiBN:** Can you think of any mistakes that you have made that you wouldn't want to make again?

**Karen:** I have made many mistakes along the way. I can honestly say I have learned a lot from my mistakes. The biggest mistake I have ever made was not asking for help when I needed it and thinking I could do it alone. Don't ever be afraid to ask for help. People love to help and want to be asked.

**WiBN:** Are there any fears that you have had to overcome?

**Karen:** Yes ... the fear of failure. And I believe the fear of failure is the one thing that keeps people from being the best they can be. I am here to change that.

Running a marathon taught me that everything in life is 90% mental and 10% physical. Shame on the person who takes the easy way out. I would rather try and fail than wonder "what if"!

**WiBN:** How do you get inspired?

**Karen:** I get up every morning – look in the mirror and ask myself "Am I doing something today that will matter five years from now"? I always need to be doing things that are making a difference in people's lives. I am a person who needs to be needed. And when I don't feel needed I know it is time to move on.

**WiBN:** Share with us how you balance your work life and family life?

**Karen:** I have to admit it wasn't always balanced. Part of that was not having good support systems. I wish Women In Business Networking would have been around in the early 80s! I had to be a pioneer and a rebel to make things work. I learned a great deal from that. Don't sacrifice family time to get ahead in your job. If you have to do that then something is wrong with the job. Don't forget to take time for yourself and show your kids and family that it is important. Remember...YOU ARE A ROLE MODEL. The key to balance is simple...take care of yourself, so you will have the strength and energy to take care of the people in your life that matter.

**Good support systems make a tremendous difference in balancing your life.**

**WiBN: What is your favorite thing to do in “taking care of you” ?**

**Karen: Exercising, laughing with my girlfriends and hanging out with my grandchildren always makes me feel my best.**

**WiBN: How can our readers help Miles That Matter?**

**Karen: On October 1<sup>st</sup> Miles That Matter along with Miami Valley Hospital and Clear Channel Radio will be hosting a Women’s only 5K race and Family Festival.**

**Its primary purpose is to celebrate women’s health and providing funding for women’s health initiatives. Our goal is to help serve the underserved women of Dayton. We need lots of community help to pull off this event. First in foremost we would love WIBN members to run or walk this race. We are also currently looking for sponsors and volunteers to make this first annual event a huge success! Our goal is to have 1,500 women in 2011. We can do it with the right people involved. We need you to participate, we need you to sponsor and we need you to volunteer!**

**Contact Info:**

**Name: Karen Cosgrove**

**Name of Organization: Miles That Matter**

**Business Address: 2970 Shoemaker Rd., Lebanon, Ohio 45036**

**Phone: 513.850.9384**

**Email Address: [karen@milesthatmatter.com](mailto:karen@milesthatmatter.com)**

**Website: [www.milesthatmatter.com](http://www.milesthatmatter.com)**