



**Liza Nolan** joined Special Olympics Connecticut in January 2007 after having volunteered for the organization for 16 months.

As Senior Director of Foundations and Grants, Liza manages all aspects of Corporate, Community, and Family grant funding. Prior to joining Special Olympics Connecticut, Liza worked for the Globe Pequot Press based in Guilford.

As Senior Publicist, she developed, implemented, and managed successful seasonal media campaigns for a roster of authors and books; while also planning, managing, budgeting, and coordinating large-scale development events, trade shows, conferences, and meetings.

Liza graduated Magna Cum Laude from Central Connecticut State University where she majored in Communications, Public Relations, Marketing and Development.

Liza enjoys running Spartan Races throughout the United States. Her sports hero is Amelia Boone, a full-time corporate attorney, obstacle racer and ultrarunner. Dubbed “The Queen of Pain,” Amelia is a 4x world champion and one of the most decorated obstacle racers in history.

## **Fun Facts:**

***Favorite sports memory:*** The sense of accomplishment she felt completing her first Spartan Killington Beast – a 17 mile mountain race in Killington, Vermont – home of Spartan Racing.

***Sports hero:*** Amelia Boone

***What does inclusion mean to you?*** "If they don't give you a seat at the table, bring a folding chair." — Shirley Chisholm