



The Leukemia & Lymphoma Society's Woman of the Year Biography

Carolyn Balling

Carolyn Balling started her involvement with the Leukemia & Lymphoma Society in 1998 when she joined the Team In Training (TNT) Walk Team to complete the inaugural Rock'n'Roll Marathon in San Diego. She knew from that experience that training for and completing a marathon would be life changing in some way, she just didn't know how or by how much.

Twelve years later, she remains involved in TNT. Since 1999 she's been a TNT coach--first with the Walk Team and now with the Hike Team--and in 2007 she was named National Advisory Coach for the Hike program. Over the past 11 years she's coached 1,600 people and helped to raise over \$3 million dollars to support blood cancer research and patient services. Every season Carolyn sees anew how TNT changes lives as she watches participants improve their skills, gain new insights and accomplish their goals. Every season, too, she's moved by the growing need for the advances in treatment and research breakthroughs that are made possible by funds raised.

On the work-side of her life, Carolyn is a corporate trainer. She has managed the training functions for a wide variety of organizations, including non-profits, financial services and biomedical manufacturing, and has worked as an independent consultant and contract trainer. As with her work with Team in Training, Carolyn is attracted to enabling others to make changes in their lives, or adjust to changes that happen to them.

A graduate of UC Berkeley and CSU Hayward, Carolyn lives with her husband, Assistant Hike Coach, Steve, in the Oakland hills.