



Cassie Winter

A former couch potato, Cassie Winter escaped a life of obesity in 2006 and never looked back once she discovered running and the triathlete lifestyle. What started as a means to simply manage her weight after gastric bypass became a way of life. She started running marathons in 2007 and has been competing in full distance Ironman races since 2012.

Cassie is the Vice President of Communications/Marketing at Rome Health, where she has worked for more than 23 years. A former reporter at the Rome Sentinel, she earned her bachelor's degree in sociology from Texas A&M University. She and her husband, Art, have raised two sons. When she's not working, she's outside playing.