

## About Me

Hello,

I'm Katie, and Lessons in Badassery is my blog; a personal project that combines my love of sport and fitness with my love of reading about amazing, inspirational women. It will be my own source of inspiration (I won't lie, there will be a lot of hero-worshipping!) – I mean, who doesn't enjoy hearing about strong, inspirational ladies?

### **Facts about me:**

**I live in Sheffield, on the edge of the Peak District.** It's an amazing place for fell running, cycling, rock scrambling and generally getting outside all year round. Especially with two energetic kids (see below.)

**I'm a mum of two young boys.** I'm tired. Help me. (They're wonderful, really.)

**I'm a copywriter by day.** I create content and write words for amazing brands – from sports brands such as Speedo to beauty brands such as L'Oreal. See [www.katiespyrka.com](http://www.katiespyrka.com) if this is your thing.

**I *was* an obstacle course racer for Team UK and competed at the OCR European Championship 2016.** *Was* because I only competed in four races before I was injured and 'off' for nearly nine months. Gah!

**I once spent 24 hours in Milan interviewing Giorgio Armani backstage at his menswear show\*.**

I used to be a journalist and was part of the launch beauty team at Grazia. Prior to that I was Grooming Editor at Esquire. I've also written for Elle, GQ and lots more.

\*24-hour interviewing is totally the next big thing in endurance events.

**I can do 300 chest-to-floor burpees in 19 minutes.** Not right now, but it happened. It's on Strava (along with everything else that calls for the use of my limbs).