Curriculum Vitae: Dr. [Linda Frazier](mailto:linda@frazier-email.com)

1979 -BS, Natural Science, Lewis and Clark College, Portland, OR

1984 - MD, UC Davis School of Medicine AOA Honor Society

1984-88 - Pediatrics Residency Program, UC Davis School of Medicine

1988-2003 - Pediatrician in private practice, Placerville, CA

2004-2020 - Pediatrician at Sacramento County Youth Detention Facility

2020-present - On call work at Sac Co YDF, Medical mission trips with

Samaritan's Purse to El Salvador, Bolivia

Runner since college, consistently since 2000

10 -ish marathons since 2001, two ultras (2008-09), Lifetime pr at Revel

Big Bear, Nov, 2022. Have backpacked the JMT (broken into 4 segments

due to work constraints), parts of the PCT, a small part of the AT, and

other small trips. Have hiked the Coast-to-Coast trail in England, the

John Muir Trail in Scotland. 3 bike tours - Ireland, Katy Trail and

Civil War Trail.

Married x 42 years, Mother of 5 adult children (1 with special needs),

grandmother to 10 (-1/2). Super proud of my kids and in-law kids - all

hardworking, self-supporting, and all around fun to be with.

Coach, Buffalo Chips youth running team x about 12 years

Volunteer cook at church after-school program once a month

Previous Camp Fire leader to 3 clubs

Previous school XC coach for private elementary school in Placerville

Found low carb eating in 2013 with improvement in health, prs in all

distances run in the next year. Found OFM after reading Primal

Blueprint, then Art and Science of Low Carb Performance (Volek and

Phinney). Couldn't figure out "strategic carbs" on my own, so took the

Metabolic Reset class in early 2022. Result - more great workouts (not

all of them) and that lifetime pr at the marathon at age 64.