

Cara Dukes

As a member of the class of 2006, Cara earned 4 Varsity letters in Track and Field. During her time at Milford the women's track and field team won four Kensington Valley Conference championships as well as four MHSAA Regional Championships. She was a 3-time KVC 400 meter relay champion and a 2-time KVC champion in the 100 meter and 200 meter. Cara was a MHSAA State medalist in 2005 and 2006 in the 800 meter as well as the 1600 meter relay. In 2006, Cara ran the anchor leg of the 1600 meter relay that won a MHSAA State Championship and was named KVC Track and Field Athlete of the Year. At the time of her graduation she held school records in the 400 meter relay (50.1), the 100 meter (12.3) and the 200 meter (25.7).



After graduating from Milford, Cara went on to attend Central Michigan University on a Track and Field Scholarship. She excelled in both athletics and academics. She graduated from Central Michigan University with a bachelor's degree in Business Administration, and went on to obtain a Masters degree in Business Administration from CMU.

She currently resides in Austin, Texas, and is working in the Financial Technology industry. Her parents, still reside in Milford Michigan, her brother, also resides in Oakland County. Her

grandmother, and extended family and friends live in the Metro Detroit Area and Ohio. She frequently visits the Midwest, and still calls the lovely town of Milford Michigan home.

At heart she is still a athlete, and stays active by engaging in road races, and daily workouts. She still lives by motto, "To give anything less than your best is to sacrifice the gift, and to give up before you've started is the definition of failure". Because of this motto and the love and support of her parents, brother, grandmother, grandparents, and all of her family and friends she's still growing, highly competitive, and is making a continuous impact on this world!

