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This past May, during my whirlwind, hours-long visit to the ABC Spring Conference in Louisville, I found myself traveling back to Boston with Lauren Monahan, one of the founders of UPPAbaby. There are no direct flights from Louisville to Boston, and we were going to be changing planes in Detroit. Our layover was quick - under 50 minutes - and the flight out of Louisville was delayed just long enough to make everyone nervous.

When the flight landed, Lauren looked at me and said, "Are you ready to run?"

Now I'm in pretty decent shape, and I run (at a leisurely pace) at least a couple of times a week. So I figured I wouldn't have a problem keeping up with Lauren - she in her ballet flats and me in my flip-flops. How fast could we really go? But it turns out Lauren was a college athlete and probably a track star at some point, and she sprinted, gazelle-like from one end of the Detroit airport to the other, while I brought up the rear, huffing and puffing and looking nothing like a gazelle.

We made the connecting flight with time to spare, and sat together for that last leg of the trip. After my heart rate slowed to the point where I could carry on a conversation, we had a really nice time together.

It was a treat to discover how much I genuinely liked the woman behind the wildly successful UPPAbaby brand. The Vista stroller has been on a hot streak lately, with parents raving about the features, the quality and the value. With someone as thoughtful and smart (and fast) as Lauren leading the way, it's no surprise.