



Marlene Atwood

Personal Coach's Profile

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Personal Summary

I discovered the sport of running a short 20 years ago. As a recreational runner, I loved competing in 5Ks and 10Ks and enjoyed the wonderful camaraderie that runners universally share. As the years went on, I realized that the sport of running encompassed so many other things. It is about volunteerism and wanting to see the sport grow. It is about sharing the joy of running with others and helping them discover the many health benefits. It is about sharing the rich history of our sport and keeping the dream alive.

- As an athlete, I participate in road races from the 5K to the 50K distance.
- As a race director, I strive to improve the quality of the races I direct.
- As a coach, I try to effect a lifestyle change and impart a joy for running to those who come through my training programs.
- As a volunteer, I have aligned myself with the organizations that set standards; that govern and protect the sport of running – the Road Runners Club of America (RRCA) and United States Track & Field (USATF).
- As the Road Runners Club of America Georgia State Representative, I supported close to 7,000 runners in the state over my 8 year tenure from 1999 – 2007.
- As a USA Track & Field member in Georgia, I am a certified official – active in officiating at high school and college level track and field and cross country events (local, state and regional). I am a secretary of the USATF Georgia Association, and sit on the USATF Georgia Association Board of Directors.

Certifications

- ASEP (American Sports Education Program) Certified Running Coach
- RRCA (Road Runners Club of America) Certified Running Coach
- USATF (USA Track & Field) Level I Coach
- USATF Certified Association Level Official
- American Red Cross First Aid/Adult CPR Certification
- Effort Based Training – Coach Roy Benson's Coaching Workshops
- RRCA Coaches Continuing Education Program

Running Profile:

Veteran - 52 marathons, 4 Boston Marathons, several ultra distances, hundreds of 5Ks, 10Ks, half marathons. Age group winner at all distances.

Coaching Experience

- I have been a certified running coach for over 9 years.
- As a volunteer coach for my running club in Marietta, I trained hundreds of women to run and walk the 5K and 10K distances.
- I worked with the American Stroke Association for 4 seasons as their marathon running coach and trained over 750 participants to run marathons in Jamaica, Disney, Kona, Hawaii, San Diego and Bermuda.
- I have worked with the Alpharetta Recreation and Parks Department for several years, conducting coed and women's running programs.
- I have satellite running programs in Duluth and Marietta that offer 5K/10K training each spring and fall.
- I privately coach individuals and groups to run various marathons and half marathons. Abilities vary from the very beginner to my fastest marathoner at 2:55.
- I am in my second year coaching for the Rally Foundation, training runners who are fundraising to benefit children's cancer research. Our inaugural event – the ING Georgia Marathon – was a huge success!

Training Programs:

As an RRCA/ASEP/USATF certified coach, I design personal running programs for men or women who are interested in getting fit, losing weight, are learning to run, or are participating in their first 5K, 10K, half marathon or marathon event. Programs are designed for walkers, beginning runners and intermediate runners.

Over the years I have developed several training programs emphasizing the coaching principles of such organizations as the Road Runners Club of America (RRCA), American Sports Education Program (ASEP), and USA Track & Field. I offer periodized training, designing my programs to focus on endurance, strength, and speed. I also welcome individuals interested in effort based training. I offer group programs and weekly training sessions. My training programs also cover such topics as nutrition for the athlete, injury prevention, shoes and running apparel, upper body weight training, stretching and other related topics.

References:

Available upon request.