

COACHING RESUME

CATHY MYERS

972-373-9776 or 817-691-9862

cathy@feetinmotion.com

COACHING/DIRECTOR/COORDINATOR EXPERIENCE

- 2005 Feet in Motion Training Club, Director/Coach
- 2004 National Ovarian Cancer Coalition DFW Race Director
Feet in Motion Training Club, Director/Coach
- 2003 Feet in Motion Training Club, Founder/Director/Coach
Runner's World Contributing Writer, January, 2003
National Ovarian Cancer Coalition DFW Race Director
- 2002 Fort Worth Jeff Galloway Training Program, Director/Coach
Dallas Jeff Galloway Training Program, Director/Coach
National Ovarian Cancer Coalition DFW Race Director
RunOn! Irving Speed Training Program, Coach
- 2001 Penguin World Conference III, Eugene, Oregon, Organizer
Fort Worth Jeff Galloway Training Program, Director/Coach
Dallas Jeff Galloway Training Program, Director/Coach
National Ovarian Cancer Coalition DFW Race Coordinator
- 2000 Luke's Fort Worth Beginning Runner Clinic, Director/Coach
Luke's Fort Worth Walking Clinic, Director/Coach
Luke's Fort Worth Beat Goes On Speed Training Program, Director/Coach
Courage to Start Clinic, Fort Worth, Coordinator/Co-Presenter w John "The Penguin" Bingham
Courage to Start Clinic, Dallas, Coordinator/Co-Presenter w John "The Penguin" Bingham
Fort Worth Jeff Galloway Training Program, Director/Coach
Penguin World Conference II, Burlington, Vermont, Organizer
Courage to Start Clinic, Houston, Coordinator/Co-Presenter w John "The Penguin" Bingham
Fort Worth Fit, Director
Luke's Fort Worth Beginning Runner Clinic, Director
Luke's Fort Worth Walking Clinic, Director
Luke's Fort Worth Intermediate Runner Clinic, Director/Coach
Runaway with the Penguin, Florence, Italy, Organizer/Trip Coordinator
- 1999 Courage to Start Clinic, Fort Worth, Coordinator/Co-Presenter w John "The Penguin" Bingham
Fort Worth Jeff Galloway Training Program, Director/Coach
- 1998 Health & Fitness Connection Cowtown 10k Clinic, Director
Fort Worth Jeff Galloway Training Program, Director/Coach
- 1997 Health & Fitness Connection Cowtown 10k Clinic, Director/Coach
- 1996 Health & Fitness Connection Cowtown 10k Clinic, Coach
- 1995 Health & Fitness Connection Cowtown 10k Clinic, Coach

OTHER COACHING AND ATHLETIC ORGANIZATIONAL EXPERIENCE

- 1996-1997 Head Coach, Athletics Men's Soccer Team, Fort Worth Adult League
- 1988-1990 President, Fort Worth Adult Soccer Association

RELATED EXPERIENCE AS PARTICIPANT

- 2004 Rock'n'Roll Arizona Marathon, Phoenix, AZ
Cowtown Marathon, Fort Worth, Texas (personal record)
Aledo Ride for Heroes 75mi, Aledo, Texas
Oklahoma City Memorial Marathon, Oklahoma City, Oklahoma
MS 150 Red River Challenge, Plano, Texas to Ardmore, Oklahoma
MADD 75mi Ride, Pilot Point, Texas
Collin County Classic 75mi Ride, Plano, Texas
Hotter'n'Hell 100mi, Wichita Falls, Texas
Keller Klassic 60mi Ride, Keller, Texas
Rockledge Rumble trail 25k, Grapevine, Texas
Mountain Home Marathon for Kenya, Mountain Home, Arkansas (1st place, age group)
Rocket City Marathon, Huntsville, Alabama
- 2003 Compaq Houston Marathon, Houston, Texas
Texas Half Marathon, Dallas, Texas
Cowtown Marathon, Fort Worth, Texas
Grasslands Trail Marathon, Decatur, Texas
Aledo Ride for Heroes 45mi, Aledo, Texas
Striders Duathlon 10k/72k/10k, San Angelo, Texas
Muenster 40mi Ride, Muenster, Texas
North Trails Half Marathon, Dallas, Texas
Collin County Classic 55mi Ride, Plano, Texas
Hotter'n'Hell 100k, Wichita Falls, Texas
Boulder Backroads Marathon, Boulder, Colorado
Durango Telegraph Trail 25k and Durango Half Marathon, Durango, Colorado
New York City Marathon, New York, New York
Springfield Marathon, Springfield, Missouri (1st place, age group)
- 2002 Motorola Austin Marathon, Austin, Texas
Muenster 40mi Ride, Muenster, Texas
Crosstimbers Classic 100k Ride, Flower Mound, Texas
North Trails Half Marathon, Dallas, Texas
Tinman Olympic Distance Triathlon, Shreveport, Louisiana
Tour d'Italia 100k Ride, Italy, Texas
Keller Classic 100k Ride, Keller, Texas
Hotter'n'Hell 100k Ride, Wichita Falls, Texas
Cowtown Classic 100k Ride, Crowley, Texas
City of Trees Marathon, Boise, Idaho
Sunmart 50k Trail Run, Huntsville, Texas
- 2001 Houston Marathon, Houston, Texas
Last Marathon, Antarctica
Motorola Marathon, Austin, Texas (pacer, 13.1mi)
Dallas Trails Marathon, Dallas, Texas
London Marathon, London, England
Stampede Road Race Marathon, Calgary, Canada
Pikes Peak Marathon, Colorado Springs, Colorado
Rock'N'Roll Half, Virginia Beach, Virginia
Twin Cities Marathon, Minneapolis/St Paul, Minnesota
The Half, Dallas, Texas
White Rock Marathon, Dallas, Texas (pacer)

- 2000 Millenium Marathon, Hamilton, New Zealand
 Myrtle Beach Marathon, Myrtle Beach, South Carolina (Penguin pacer)
 Country Music Marathon, Nashville, Tennessee (pacer, 16mi)
 Vermont City Marathon Relays, Burlington, Vermont (PR Penguins relay team)
 Hood to Coast Relay, Oregon
 Chicago Marathon, Chicago, Illinois (official marathon pacer)
 Firenze Marathon, Florence, Italy
 Christmas Marathon, Olympia, Washington (3rd place, age group)
- 1999 Disney World Marathon, Orlando, Florida (pacer)
 Dallas Trails Marathon, Dallas, Texas
 Boston Marathon, Boston, Massachusetts
 Flying Pig Marathon (pacer, 14mi)
 Rock'N'Roll Marathon, San Diego, California (Runner's World pacer)
 Jeff Galloway Running Camp, Lake Tahoe, Nevada
 Berlin Marathon, Berlin, Germany
 Marine Corps Marathon, Washington, DC (Penguin pacer)
 Columbus Marathon, Columbus, Ohio
 White Rock Marathon, Dallas, Texas
- 1998 Disney World Marathon, Orlando, Florida
 Motorola Austin Marathon, Austin, Texas
 Rock'N'Roll Marathon, San Diego
 Jeff Galloway Running Camp, Lake Tahoe, Nevada
 Wineglass Marathon, Corning, New York
 Marine Corps Marathon, Washington, DC
 Firenze Marathon, Florence, Italy
- 1997 Disney World Marathon, Orlando, Florida
 Boston Marathon, Boston, Massachusetts
 Jeff Galloway Running Camp, Junaluska, North Carolina
 Chicago Marathon, Chicago, Illinois
 White Rock Marathon, Dallas, Texas
- 1996 Nike Running Camp with Roy Benson, Boulder, Colorado
 White Rock Marathon, Dallas, Texas