

## Coaches

It's in our blood.

We come from running families. Whether it was cheering for parents and siblings in local races, volunteering at aid stations, or taking part in a fun run, we developed a zeal for the sport both as spectators and participants. We're captivated by the spirit, science and challenges of running - a passion that makes up Runner's Edge of the Rockies.

Racing experience is an important part of coaching; but also having a professional backgrounds in the corporate and "real world", coupled with skill as accomplished endurance athletes, provides our coaches with a winning combination to successfully coach not just the seasoned Boston-bound marathoner, but also the novice first-time runner and walker.

We apply a unique philosophy to our training program by educating our members about what training smart means, focusing on the total health of the athlete as ultimately paramount to accomplishing any specific race goal. And we provide this individualized coaching in a social, group setting. What results when you train in a supportive environment is at the heart of our approach. This cannot be taught - it can only be experienced.

### Director/Coach David Manthey

Take a strong sense of discipline, add an extensive business background, toss in a natural ability to motivate others, and you've got David Manthey. Melded together, these traits serve as an ideal combination in his role as head coach. His background includes:

- Ten years of extensive business development experience
- University of Denver - Business Development, Career Coaching & Presentations
- MG Jordan - Executive Recruiting Firm
- Baker & Associates, Inc. - Merger and Acquisitions Intermediaries
- Co-Founder/Coach, Runner's Edge of the Rockies group marathon-training program, 2003-Present
- Accomplished Marathoner/Ultramarathoner, having successfully completed 8 road Marathons and 6 Ultras including the 2004 Pikes Peak Marathon in 5:49, the 2007 Sunmart 50-Mile in 9:38, the 2010 Phoenix Rock n' Roll 50km in 4:40 and the 2010 Kettle Moraine 100km in 14:48.
- Road Runners Club of America, Certified Running Coach
- CPR/First-Aid Certified
- Goalkeeper, Colorado Rocks Soccer Club, State Cup Champions, 2001
- Blue Valley North H.S. Assistant Soccer Coach, Overland Park, KS, 1997
- Colorado State University Men's Varsity Golf Team, 1992-1994
- Ft. Collins Country Club, Jr. Golf Coach, 1994

## Ultramarathon Coach David Longcope, M.D.

Who better to advise and guide the ultramathoner members of Runner's Edge than a doctor with a history of success in endurance sports. Prior to enrolling in medical school, Dr. Dave was a competitive cyclist and even spent a summer racing with the US Cycling team. His knowledge, attitude and experience are just what beginning and experienced ultra runners alike need to achieve their goals.

- Sixteen marathons, (2:58 PR)
- Three Boston Marathons
- Goofy Challenge
- Six 50-Mile Ultras (Sunmart, Collegiate Peaks, Leadville Silver Rush, San Juan Solstice, Run Rabbit Run)
- 2008 & 2009 Leadville 100 Trail Ultra, (26:26 and 47th place overall in only 1st attempt, in 2008)

## Triathlon Coaches

It's not just the multiple Ironmans and dozens of marathons completed that qualify our team of tri coaches to prep you for multi sport racing. It really comes down to their posture toward fitness and how they blend it with everyday life, work, and family.

### Coach Vince DiCroce

Who registers for an Ironman without knowing how to swim? Meet Vince. 3 years ago that's just what this seasoned marathon runner did. Amped about this new fitness goal, his first Ironman was the springboard to the multiple triathlons that have followed - including two more Ironmans. As a father, husband, and lawyer, training has helped him to attain better balance in life, preserve his health, and overcome adversity.

### Coach Chris DiCroce

As an athlete Chris's first love was cycling, with a passion for charity century rides. Now he's a full-fledged triathlete, qualifying for All-American status in 2008. But incorporating training into life is about more than managing a to-do list for Chris - it's an art form. How else could a fulltime manager and owner of a business complete 16 marathons and 50 triathlons/duathlons, including 4 Ironmans?

### Coach Sarah DiCroce

Sarah is the quintessential coach. As a PE teacher to 500 students she's even implemented a running program for kids

funded by the New York Road Runners Association. Fueled by physical challenge, it's no surprise that she registered for her first tri with little experience. Her drive has propelled her to compete in 4 Ironmans and 10 marathons, qualifying for Boston twice.

#### Boot Camp Instructor Karen Kalbach

The wellness industry offers a wealth of alternatives for addressing physical fitness, and as the industry has blossomed, so has our knowledge of the benefits of a comprehensive approach. Karen Kalbach has been practicing this philosophy for nearly two decades. Her three-pronged approach to wellness enables her to meld different treatment options, offering a unique, all-inclusive plan.

And Karen's certifications as a Postural Alignment Therapist, Massage Therapist, and Personal Trainer aren't just on paper. Years in practice applying her education and skills in order to help countless people achieve physical wellness is the real testament to her success. Unlike so many in the industry who are in practice after just a short certification process, Karen has taken the extensive, thoughtful road to achieve her professional credentials. She has a Bachelor of Science in Exercise Science and is an active member of the American Massage Therapists Association.

Karen began running with Runner's Edge in 2004 to train for her first marathon and has since completed 8 marathons, qualifying for Boston 7 times. She is coach of the RER boot camp where her focus is to strengthen and balance the core in order to prevent repetitive and over use injuries.

#### Online Training Coach Ashley Anderson

Ashley Anderson believes that the best way to capitalize on training in order to achieve racing goals comes down to one thing: mental fortitude. Her masters degree in Sport and Performance Psychology, coupled with her certification in USA Track and Field coaching, enable her to provide detailed tools that will develop and refine the psychological aspect of your training. And Ashley's success in reaching her own goals exemplifies that her approach works. She gained All Conference honors while running four years of Division I cross country and track for Central Michigan University. She continues to run competitively, placing 2nd in the 2009 Denver marathon and 3rd in the 2010 Cleveland marathon. Ashley's next goal: to qualify for the 2012 women's Olympic Marathon Trials.

#### Walking Coach Jill Roberts

Walking is great cross-training and something we all do, but when it comes to training for endurance events, guidance helps. Body posture, foot strike, turnover, fuel and a host of other things are a bit different from running, and having a seasoned veteran for guidance is key. Jill started her marathon career as a runner but embraced walking to save some wear and tear on her body. A seasoned mentor from Train-to-End Stroke and Team-in-Training, Jill has worked with hundreds of participants and completed dozens of events - 16 marathons, 17 halves, and two Goofy Challenges. She has participated in race walking clinics provided by Dave McGovern of the US National Race walking Team to build her own skills and to learn how to help others. Her experience and knowledge are a valuable asset to provide the extra EDGE for the walking program.

#### Mascots Champ & Apollo Manthey

If you need unconditional love at the end of a tough workout then enter Champ & Apollo Manthey, the always-friendly Golden Retrievers to offer themselves for free head scratches and belly rubs. (And if your run was particularly sweaty, a

bunch of kisses & licks!) As runners themselves, they understand the anguish of a challenging run, particularly when they aren't allowed off-leash to chase teasing rabbits and squirrels. Their pedigree includes:

- Born & bred in Wellington, CO - Autumnsun Goldens
- Champ - Born on 12/19/06, parents Sweet Jimmy & Lilly, named after Sweet Jimmy (Champion Golden) and Bronco's pro-bowl defensive back Champ Bailey
- Apollo - Born on 7/21/07, parents Sweet Jimmy & Lilly, named after the Greek Sun God and Apolo Anton Ohno (yeah, the Olympic Gold Medal speed skater turned "Dancing with the Stars" extraordinaire!)
- Completed races: 2007 Turkey Trot (Champ), 2007 Jingle Bell 5km (Champ & Apollo, 2008 Furry Scurry (Champ & Apollo)
- Successfully dug-up, devoured, and/or destroyed over a dozen backyard perennials
- Avid swimmers, fetchers, nappers, and poopers
- Tricks include: shaking paws (right & left), dancing, rolling over, puppy push-ups, and balancing biscuits on their noses