

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 4 Ultras including the 2004 Pikes Peak Marathon in 5:49, the 2007 Sunmart 50-Mile in 9:38, the 2009 NorthFace Endurance Challenge 50-Mile in 11:10, and the 2010 Phoenix Rock n' Roll 50km in 4:40.
- 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)

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