



**USAT LEVEL II COACH
USA TRACK AND FIELD, LEVEL I
USA CYCLING, LEVEL II "D"
PROFESSIONAL TRIATHLETE**

**107 TURNAGE ROAD
CHAPEL HILL, NC 27517
STACEYR3@GMAIL.COM**

COACHING EXPERIENCE:

OVER TEN YEARS OF COMBINED COACHING EXPERIENCE IN VARIOUS CAPACITIES: AGE-GROUP SWIM COACH, SPECIAL OLYMPICS COACH, AND PRIVATE COACH FOR BOTH DUATHLON AND TRIATHLON. HIGHLIGHTS INCLUDE 2007 EVENT COACH FOR CARRBORO CLASSIC DUATHLON, ASSISTANT COACH FOR TRIANGLEMULTISPORT YOUTH TEAM IN NC, SPEAKER FOR 2011 USAT CEU WINTER TRAINING FOR TRIATHLON: , SPEAKER FOR 2012 MARCH MULTISPORT EXPO AT DUKE UNIVERSITY, WRITER FOR ENDURANCE MAGAZINE, VARIOUS ARTICLES

COACHING SUCCESSES:

**2007-2010 NCTS OVERALL CHAMPION, WOMEN
2011 NCTS #1 OPEN FEMALE
2009 -2011 NCTS OVERALL CHAMPION, MEN
2010 NCTS FEMALE AGE GROUP 10-15, #1, #2
2011 NCTS FEMALE AGE GROUP 30-34 WOMEN
2011 TRYSPTS SERIES, #1 FEMALE 16-19
2011 TRYSPTS SERIES #2 FEMALE OVERALL
2009-2010 BOSTON MARATHON QUALIFIER, MALE AGE GROUP
2010 ONE 70.3 WORLDS QUALIFIERS FOR 70.3 CLEARWATER
2010 TWO HALF MAX AGE GROUP NATIONAL CHAMPIONS
2010 HALF MAX OVERALL WINNER, MEN
2011 ONE SHORT COURSE WORLDS QUALIFIER FOR 2012 TRI WORLDS
2011 TOP AMATEUR OVERALL, STEELHEAD 70.3
2008-2011 15 ALL AMERICAN AGE GROUP TRIATHLETES**

COMMITTMENT TO EXCELLENCE:

STACEY RICHARDSON COACHING RESUMÉ

2007-PRESENT, MENTOR, YOUTH RUNNERS, CHAPEL HILL NC
2008 USATF LEVEL I
2009 WSI, RED CROSS
2009 RUNNING MEDICINE CONFERENCE, UVA
2009-PRESENT ELITE CARD, USAT
2010 ART AND SCIENCE USAT
2010 USA CYCLING LEVEL II, RENEWED WITH DISTINCTION FOR 2 YEARS
2011 CAROLINA SCIENCE CAFÉ, BIOMECHANICS OF RUNNING
2011 US OLYMPIC TRAINER CENTER HIGH ALTITUDE SYMPOSIUM
2011 LEVEL II USAT COACH
2009- PRESENT, FEATURED WRITER, ENDURANCE MAGAZINE
2011 FOUNDER, TRISTACEY LLC
2011 SPEAKER, FLEET FEET NO BOUNDARIES PROGRAM
2007 -PRESENT RUN SPECIAL NEEDS CAPTAIN AND COMMITTEE MEMBER , PPD BEACH TO BATTLESHIP IRON-DISTANCE RACE, WILMINGTON NC
2012 PUMA ADP DISTANCE RUNNING SUMMIT

PHILOSOPHY:

AS IS EVIDENT FROM MY RESUMÉ, I AM EXTREMELY COMMITTED TO BOTH EDUCATION AND ALSO TO ATHLETE PERFORMANCE. SINCE BEGINNING MY FOCUSED TRIATHLON COACHING, I HAVE OBTAINED CERTIFICATIONS IN EACH SPORT, INDIVIDUALLY, IN ADDITION TO USAT LEVEL II. FOR ME THIS MEANS BEING MORE SKILLED TO OFFER ATHLETES EXPERTISE, VARIETY, AND TO HELP THEM ACHIEVE THEIR GOALS.

CURRENT CLIENTS INCLUDE THE ABOVE LISTED AS WELL AS TWO FULL TIME MOMS COMPLETING IRONMANS, A NEW TRIATHLETE WEIGHING IN AT ALMOST 300 LBS, WELLNESS CLIENTS, AND A LOCAL RUNNING PRODIGY OF 11 YEARS OF AGE, 5:47 MILE