

## Coaching Resume Michael E. Reif Sr.

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**1996 – present: Coach, Genesee Valley Harriers Running Club (GVH),** Rochester, N.Y. - GVH is a member of United States of America Track and Field (USATF), Club #964 of the Niagara District. GVH has approximately 100 members including many of the elite Open and Masters distance runners in the Rochester and Central Western NY area. GVH is designated as an Elite Development Club with the goal of providing training opportunities for those seeking national, international and Olympic level competition. Members are provided a written year round training plan, coaching and management of practices on a weekly basis. Workouts are tailored to individual levels of fitness and interests. The program is modeled after distance coach and exercise physiologist Dr. Jack Daniel's. Dr. Daniel's is world renown and often referred to as the "Worlds Best Running Coach", so I feel privileged to have an ongoing mentee relationship with him spanning over 16 years.

The Genesee Valley Harriers have enjoyed considerable success in cross-country and distance running since its establishment in 1996. Most notably, the Masters, Veterans and Super-Vet Men's and Women's teams have won over twenty-five USATF National Master's Championships and just as many runner-up titles. Members have also won many national, regional and Upstate NY team and individual championship titles. Training programs are structured to accommodate any level of runner with a serious commitment to training. Visit: <http://www.gvh.net> for more information.

**1995 – present: Coach, Greater Rochester Track Club (GRTC) –** Each spring, Coach and Athletic Trainer, Stacy Prey Barkstrom or Master's Elite runner, Carolyn Smith-Hanna and I team up to coach for the Greater Rochester Track Club for a 2 month weekly series of track clinics and workouts at a local college track. The program has become popular with beginner through advanced participants. The participants receive an eight-week training plan and a once a week clinic and track workout. Various topics related to training are presented including: goal setting; developing a plan; training strategies; bio-mechanics; nutrition; injury prevention and racing strategies.

**1991 – present: Coach, USATF Elite Distance Running Camp –** I have had the good fortune of serving as a Coach at the US Olympic Training Center in Lake Placid, with USATF sponsored distance running camps since 1991. I have participated over 34 one-week long camps in Lake Placid with elite high school and collegiate distance runners. Dr. Daniel's has been in attendance as a clinician for nearly all these camps, thus I have had intensive training directly from him. In addition, I work alongside sports psychologists, nutritionists, exercise physiologists, athletic trainers, physical therapists, bio-mechanists and other successful coaches at these camps. My specialties have become biomechanics and endurance training program development.

**1992 – present: Private Coach, Innovative Edge Sports (see <http://innovative-edge-sports.com/wsn/page3.html>)** hired privately to provide individualized running/fitness training plans to help athletes achieve individual goals.

**1989 – 1994: Coach, Monroe County Coaches Cross Country Camp –** at Alfred State College, Alfred, NY. A weeklong summer camp with approximately 60 high school cross-country athletes attends. Conducted daily clinics and coordinated athlete training schedule.

### Education:

USATF Certified Coach – Level I, January 1994 Columbus Ohio and numerous other clinics since then.

A.A.S. in Mechanical Technology, Westchester Community College

B.S. in Physical Education and Biology 1971 – SUNY College at Brockport

M.S. in Physical Education 1976 – SUNY College at Brockport

Certificate in Advanced Studies in Educational Administration 1985 – SUNY College at Brockport

### Personal Running Highlights:

Member 1967 National AAU 30K Championship Team (3 man team), 11th individually, 1 hr. 48.12

1967 Boston Marathon 2:44.10, 74<sup>th</sup> place at age 18

1967 WCC World Record Marathon Relay Team Captain, 200 continuous hrs. 12 man team, 235 miles individually

Member 1968 SUNYAC XC Championship Team

Greater Rochester Track Club Hall of Fame – 2004

Nearly 50 years of fun and championship level running in cross country, track and road races.

### Other Honors/Work Experience:

**Retired Special Education Administrator –** 39 years experience

1979 - present: Clinical Assistant Professor of Pediatrics, University of Rochester Medical Center

1986 - 1990: Appointed by Governor Mario Cuomo as Chairman, NYS Developmental Disabilities Planning Council

1986 – Awarded "Citizen of the Year" by the Perinton Chamber of Commerce and Town of Perinton, Fairport, NY

1985 – Awarded "Jefferson Award" – for Public Service to the Community by Mayor of Rochester and Kennedy Foundation

1966 – Eagle Scout, Boy Scouts of America

**Philosophy:** Running is a way of life. Have fun while becoming the best you can be.