

## ACHIEVEMENTS & QUALIFICATIONS

### Education

- Exercise & Sports Science Bachelor's Degree, Oregon State University '93

### Qualification/Certifications

- Certified Personal Trainer, American Council on Exercise '93
- Health/Fitness Instructor, American College of Sports Medicine '95
- Certified Lifestyle & Weight Management Coach, American Council on Exercise, '96
- The Outdoor Action Fitness Workout, Certified Level 1 & 2, '03-present
- Nordic Walk Now, National Team Trainer, '06-'14
- Technical Team Member, Professional Ski Instructors of America-Northwest Division (PSIA-NW), '17-present
- Divisional Clinician, PSIA-NW, '14-present
- Alpine Training Coordinator, Mt. Hood Meadows, '17-present
- Alpine Ski Instructor, Level III, PSIA-NW & Mt. Hood Meadows Ski Resort, '02-present
- Alpine Trainer, Mt. Hood Meadows Ski Resort, '06-present
- Children's Specialist 2 Clinician, PSIA, '10-present
- Senior Specialist 1, PSIA '12-present
- Freestyle Specialist 1, PSIA '12-present
- Level 100 Alpine Coach, United States Ski Association
- Certified CPR/AED/First Aid, American Red Cross, current
- LifeFitness Academy Instructor, '01-'11
- Polar Heart Rate Monitor Specialist
- APEX/bodybugg Certified Fitness Professional, '04-'08
- USA Weightlifting Club Coach, US Weight Lifting Federation, '06

### Strength & Conditioning Coach:

- Tri-City Americans, WHL Hockey, '97-'99
- Richland High School Women's & Men's Soccer, '96-'98
- Barlow High School Ski Team, '99

### Continuing Education Provider (ACE) '95-'98:

- Ski Conditioning
- Tennis Conditioning
- High Intensity Strength Training
- Nordic Walking

### Professional Organizations:

- American Council on Exercise
- IDEA Health & Fitness Organization
- Todd Durkin Mastermind Member, Platinum Level, '11-present
- Professional Ski Instructors of America



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## Activities & Awards

- Bumble Powder 8s Championships, Aspen, CO, '19
- Hood to River Relay, 1st place Women's Team, '14
- Hood to Coast Participant, '12, '10, '08, '05, '01, '99
- Bavarian Bike & Brew Festival, '19 3rd place women, '08-'12, '04-'06, 2nd place women '04
- Oktoberfest Marathon Team Relay, 3rd place female, '10
- Haulin' Aspen 1/2 Marathon, '10, '08, '05
- Great Northwest Mountain Run, 1st place age, '10
- Cannon Beach 10K +Kids 1 miler, '10, '09
- Spring Burst Fun Run, 2nd place age, '10
- Oktoberfest 1/2 Marathon, '08
- Sisters Stride Into Autumn 10k Nordic Walk, '08
- Ole's Assault, 8 mile adventure trail run, '08
- Gorge Games Trail 10k Run, '08
- Hallows Eve 1/2 Marathon (British Columbia) '06
- Pole-Pedal-Paddle Relay, '03, '02, '00

## Professional Acievements

- Alpine Trainer of Year, Mt. Hood Meadows, '19
- Nancy Oakes Hall Scholarship Recipient, PSIA, '19
- Nordica Athlete, '15-present
- PEAK Ski Conditioning, '13
- Cascade Athletic Club Employee of the Month, '03, '02, '01, '99
- Columbia Basin Racquet Club, Employee of the Year '95, Fitness Center Employee of the Year '94, Employee of the Month '93
- Nominee for the Northwest Athletic Club Association, Fitness Director of the Year '94

## Athletics

- PSIA-NW Alpine Technical Team Member, '17-present
- OSU Varsity Women's Crew Team, '90-'92
- Wenatchee Valley College Women's Softball Team, Team Captain '88-'90
- High School Varsity Athlete – Soccer (2 years), Basketball (4 years), Softball (4 years)

## Professional Employment

- PEAK fitness NW, Owner/Trainer, '05-present
- Mt. Hood Meadows, Alpine Training Coordinator, Trainer & Instructor, '02-present
- PSIA-NW Technical Team '17-present
- PSIA-NW Divisional Education Staff Member, '14-present
- Snowperformance Alpine Coach, '20-present
- Nordica partnerships with PEAK Ski Conditioning, Get Ready for Winter Campaign, Fall '22
- Oxford Athletic Club, Director of Personal Training, '05-'08
- Resort to Fitness, Personal Training Director, '04
- Cascade Athletic Club, Fitness Manager, '99-'03
- Columbia Basin Racquet Club, Fitness Director, '93-'98