

SUSAN V. FARAGO
Austin, Texas
e-mail: coach@susanfarago.com
www.susanfarago.com

SUMMARY

I have over 15 years experience specializing in adult training, coaching, and writing for corporations and fitness organizations. My areas of expertise are in the sports endurance and nutrition-related arenas. I have completed 6 Ironman distance triathlons (including Ironman Hawaii), multi-day cycling events, and 50 mile trail races. My credentials include: M.Ed., USA Triathlon L1 and USA Cycling L2 Coach certifications, and NFPT Advanced Sports Nutrition Specialist.

Specific experience includes:

- Logging over 5000 hours of training and coaching in a variety of environments, including: corporate, high-tech, manufacturing, community education, community college, private sector, and non-profit.
- Developing curriculum and training schedules for over 50 instructor-led education courses in an adult learning environment.
- Working with over 500 athletes in multisport, cycling, or running.
- Providing 1 on 1 coaching to over 15 athletes to meet athletic goals ranging from first triathlon or Ironman distance triathlon to 500 mile cycling events in Europe.
- Presenting on a wide variety of topics at national conferences, professional associations, seminars, and trade shows.
- Creating over 50 tests to objectively measure skills and abilities in specific areas.
- Continuing to develop my skills as a coach by being an athlete in local and international races.

My philosophy towards sports and coaching revolves around promoting a fun and supportive environment while sharing my knowledge and helping athletes reach their goals.

EXPERIENCE

[Susan Farago Coaching](#) - Austin, Texas

Coach / Owner (1/2010 – present)

- Provide one on one coaching which includes customized training schedules, coached workouts, videotape form analysis, nutrition recommendations, and motivational support and feedback for each athlete.
- Provide coaching tips and resources for athletes.
- Answer athlete e-mail inquiries on a variety of training and nutrition related topics.
- Ensure the constant safety and security of all athletes.

[Red Licorice Events](#) - Austin, Texas

Coach and Training Resource (5/2009 – present)

- Facilitate and coach monthly training and micro events on a variety of triathlon-related topics.
- Provide “Susan Says” coaching tips posted weekly on Twitter.
- Write training-related topics for publication in Red Licorice Events monthly e-newsletter.

[Austin Woman Magazine](#) – Austin, Texas

Freelance Health and Fitness Writer (6/2009 – present)

- Write articles on a variety of relevant health and fitness topics.
- Interview and write profile articles for prominent fitness leaders in the Austin community.
- Research local health and fitness clubs and organizations for future articles.

[Texas Iron Multisport, Inc.](#) - Austin, Texas

Assistant Coach (11/2006 – 12/31/2009)

- Manage the Women's Only Program, including planning and executing all weekly workouts for swim, bike, run, brick, and strength training.
- Manage the Trail Running Program, including planning and executing all weekly workouts for off road running.
- Coach other Texas Iron training programs on an "as needed" basis.
- Provide one on one coaching.
- Provide coaching tips for the Texas Iron website.
- Answer athlete e-mail inquiries on a variety of training and nutrition related topics.
- Represent Texas Iron at races and events worldwide.
- Ensure the constant safety and security of all athletes.

Austin Triathletes Club – Austin, Texas

Newsletter Editor (2007)

- Create a 16-20 page monthly newsletter for Austin Triathletes Club members.
- Interview local athletes for "Featured Athlete Profile" section in newsletter.
- Electronically distribute newsletter to over 300 Austin Triathletes Club members.
- Work with Sponsor Coordinator to provide sponsor-related promotions.

Team Danskin – Austin, Texas

Team Lead // Assistant Coach (2002 // 2004, 2006)

- Work with over 150 female athletes in an 8-week training program leading up to the Danskin Triathlon.
- Lead workouts for Level 1 and Level 2 athletes.
- Plan and execute all workout details including activities and locations.
- Conduct mini learning sessions on a variety of topics including: nutrition, proper form and technique, gear, and race day preparation.

YMCA – Duluth, Minnesota

Swim Instructor and Lifeguard (1990-1991)

- Provide individual and group swim instruction to children (ages 3-16) and adults.
- Provide pool safety and perform lifeguard duties.

Carlton County Aquatics Staff – Duluth, Minnesota

Lifeguard (1990-1991)

- Perform lifeguard duties for 3 area lakes in and around Carlton County (northern Minnesota).
- Ensure aquatic safety of all lake patrons and guests.
- Maintain safety gear and equipment (buoys, boats, etc.)

Washington County – St. Paul, Minnesota

Softball Coach (1986, 1988)

- Coach 5th and 6th grade summer softball league.
- Conduct weekly training/practice sessions with team.
- Teach relevant softball game skills.
- Coach weekly team games.
- Plan end of the season team party/outing.

Professional Business Career (1992 – 2008)

I have worked full time for a variety of corporations in the field of computer training and certification. My professional business resume can be viewed at: <http://www.susanfarago.com/writing/SVF%20Resume.pdf>.

EDUCATION AND CERTIFICATION CREDENTIALS

USA Triathlon Level 1 Certified Coach
[USA Triathlon Organization](#) (2007-present)

USA Cycling Level 2 Certified Coach
[USA Cycling Organization](#) (2008-present)

National Federation of Professional Trainers - Advanced Nutrition Specialist
[National Federation of Professional Trainers](#) (2009)

USA Cycling Certified Power Based Training Coach
[USA Cycling Organization](#) (pending completion, October 2009)

CPR/First Aid
[CPR Resources](#) (2006-present)

Red Cross Lifeguard Certification
[Red Cross](#) (1991-1994)

Master of Education – Curriculum and Instruction, emphasis on adult learning and motivation
[University of Texas](#) - Austin, Texas (2005)

Bachelor of Arts – French and Philosophy, double major
[University of Minnesota](#) - Duluth, Minnesota (1992)

International Study Abroad – French and Law
[L'Universite de Pau](#) - Pau, France (1992)

PROFESSIONAL ASSOCIATION ACTIVITIES

Memberships and Organization Affiliations

[USA Triathlon](#) (Member, 2000-present)

[USA Cycling](#) (Member, 2007-present)

[Hill Country Trail Runners Club](#) (Member, 2008-present)

[Austin Herb Society](#) (Member, 2001-present)

[Texas Iron Multisport, Inc.](#) (Member, 2000 - 2009)

[Austin Triathletes](#) (Member, 2001-2007, “New to Triathlon” committee member 2006, Newsletter Editor 2007)

Presentations

“Triathlon Apparel” – [Red Licorice Events Clinic](#) (presenter, scheduled for 9/2009)

“Fast Transitions and Effective Brick Workouts” – [Red Licorice Events Clinic](#) (presenter, scheduled for 9/2009)

“Proper Swim Form and Technique” (included underwater videotaping and stroke assessment) – [Texas Iron Multisport Women’s Group](#) (instructor, 7/2009, scheduled for 8/2009)

“Impact of Dehydration on Blood Plasma Levels” – [Texas Iron Multisport Women’s Group](#) (instructor, 7/2009)

“Effective Triathlon Transitions & Triathlon Apparel” – [Red Licorice Events Clinic](#) (presenter, 5/2009)

“Effective Triathlon Transitions” – [Red Licorice Events Clinic](#) (presenter, 4/2009)

More presentation listings prior to 2009 available upon request.

Publications

Published articles and interviews include: Austin Woman Magazine, Triathlon Times, xTRI.com, Certification Magazine, CertMag Extra, Monster.com, Computing Channels Magazine, and others.

A complete list of publications can be found at: www.susanfarago.com

PERSONAL FITNESS ACCOMPLISHMENTS

My sports and fitness background includes dance, softball, swimming, volleyball, and soccer. In 1998 I took up running and in 2000 I completed my first triathlon. Since then, I have competed in over 100 races and events. Personal accomplishments and notable events are listed below.

Personal Race Accomplishments

Warda 50K Endurance Trail Race	3 rd place overall (10/2009)
Dude Girl Olympic Tri	1 st place 35-39 age group, 8 th overall (09/2008)
Austin Marathon	Qualified for 2010 Boston Marathon (02/2009)
Ironman Lanzarote	5 th place 35-39 age group (05/2009)
Palo Duro 50 Mile Trail Race	5 th place overall female (10/2008)
Capt Karl 6 Hour Night Trail Race	1 st place overall female (08/2008)
Toughest 10K Trail Race	1 st place 35-39 age group (04/2008)
Sunmart 50K Trail Race	3 rd place 35-39 age group (12/2007)
Ironman Austria	4 th place 35-39 age group (07/2007)
Lonestar Olympic Distance Triathlon	2 nd place 35-39 age group (06/2007)
Silicone Labs Austin Marathon Relay	1 st place relay team (06/2007)
Burnet Tri Hard Sprint	1 st place 35-39 age group (09/2006)
St. Croix Half Ironman	2 nd place 35-39 age group (5/2005) – Qualified for Kona
Cactus Challenge Olympic Tri	1 st place 30-34 age group (03/2004)
Runtex 30K Run	3 rd place 30-34 age group (01/2004)

Notable Events

Death Valley Marathon (02/2008)
Grandmas Marathon (07/2008)
Ironman Wisconsin (09/2004, 09/2006)
Ironman World Championship, Kona Hawaii (10/2005)
Ironman Coeur d'Alene (06/2005)
Escape from Alcatraz Triathlon (06/2003)

PERSONAL INFORMATION

I enjoy creative writing, gardening, photography, riding my motorcycle, trying to make healthy meals and snacks that don't taste horrible, and spending time with my husband Leary - who thankfully is also a triathlete.

REFERENCES

Kim Carlson
Manager, Hill Country Running Company
Austin, Texas
(512) 294-2866
e-mail: kim@hillcountryrunning.com

Kerstin Ackerman
Emulex – Marketing and Social Media
Austin, Texas
(512) n/a
e-mail: kackerman1@austin.rr.com

Leilani Perry
Owner, Red Licorice Events
Austin, Texas
(512) 913-1363
e-mail: leilani@redlicoriceevents.com

Last Update: Jan, 2010