

Amanda McIntosh
2005 World Master's 100K Champion
coachamanda@earthlink.net

Professional Running Highlights

Professional Competitive Ultra Distance Runner

2009 - 3rd Female, 1st Master *Frost Yer Fanny DU*, 5th Female, 2nd Master *Champions Sprint Tri*, 2nd Female, 1st Master *Hells Hills 50K*; *Sweet and Twisted Sprint Tri*: 1st 45-49; *Dude Girl Olympic Tri*: 3rd Master Overall; *Karl's Allnighter 44 mile*: 2nd Female, 3rd Overall, 1st Master; *Karl's Kanoe 30K*: 1st Female, 7th overall; *Cap't Karls Timber Knoll 30K*: 1st Female, 2nd overall.

2008- 2nd Female, 1st Master *Bandera 100K*. *Copper Canyon Ultra 50 mile*, Urique, Mexico: 1st Female; *Wurst 5 Mile*: 1st Master; *San Antonio Rock N Roll 1/2 Marathon*: 6th Master

2007-Winner: *Q50 Patagonia*, 50 miles, Traful, Argentina.

2006-Winner: *Bandera Trails 50K* (course record), *Big Bend 50K* (course record), *Bear Creek 100K Champion*.

2005-Winner: *Bandera Trails 50K*, Winner: *Big Bend 50 mile*, 2005 World Masters Association 100K Champion, December 11, 2005, Bariloche, Argentina.

2004-Winner: *Bandera Trails 100K*; 2nd Female, 8th overall *Rocky Raccoon 100mile Trail Race*, 1st Female, *Hill Country 50K X 3 Trail Running Series*, 3rd Female, *Sunmart Trail 50K*.

2003- Winner: *Palo Duro 50mile*, 6th Female, 1st Bexar County: San Antonio Marathon.

2002- Winner: *Rocky Raccoon 50mile*, *Rocky Hills 50K*.

2001- Winner: *Crown King 50K*, *High Mountain 25K*, *Bulverde 5K*, *Inks Lake 50K*, *Rocky Hills 50K*, *Age Division SA Marathon*. 2nd Female *Arkansas 100*, 3rd Female *Leadville 100*.

2000- US 50mile Bronze medalist.

1998- Winner of the *Rocky Raccoon 100 mile trail race*.

1999/2000- *Winner of the Leadville Trail 100 mile trail race*.

1999- *US 50 mile National Champion*.



1991-Present- Numerous age group awards in 5K, 10K, and Marathon distances, including: San Antonio, Pikes Peak, Dallas White Rock, Austin, and The 100th Boston Marathon.

COACHING

1999- Present- Coaching marathon runners of all levels. Specializing in training to obtain qualifying times.

1987-Present- personal training and coaching for general fitness including running of all distances from the track to trail ultra marathons. Training of athletes from 15 to 85 years of age.

2002-2007- Varsity Cross Country Coach, Saint Mary's Hall, San Antonio, TX.

2002-2009- Conditioning Coach, Saint Mary's Hall Upper School. Providing pre and post season conditioning classes for Lacrosse, Baseball, Basketball, Volleyball, Field Hockey, Soccer, Softball, Track, and Cross Country.

2004 – Present - Exercise Physiologist with Personal Best Fitness. Providing VO2 testing and coaching for endurance athletes.

1999 - Present - Representative for Hammer Nutrition. Sports nutrition and supplementation.

2001-2002 - Conditioning Coach, Embassy Cyclones Youth Inline Hockey Organization, San Antonio, TX.

Other Experience

2006 – 2008: Assistant Director of Summer Programs, High Mountain Institute, Leadville, CO (Leadership and Wilderness training for Middle and High School Students).

2004- 2009: Race Director, High Mountain Trail 25K and 50K, Leadville, CO (Fund Raising Event for the High Mountain Institute).

Certifications

1987- American College of Sports Medicine (ACSM)

American Council on Exercise (ACE)

1989 – Dallas Association for Parent Education (DAPE)

Prenatal/Postpartum Exercise Instructor

2003, 2005 - Wilderness First Aid

2005 - Level 1 Search and Rescue, Texas A&M

2007,2009 - Wilderness First Responder, Wilderness Medicine Institute.

Available Services

Personal Training/ Coaching: for conditioning, strengthening, addressing and correcting imbalances and weakness. Coaching for runners of all levels and abilities.

Sub - Max Vo2 Testing: identifies current fitness level and proper workout heart rate zones for improved training.

Group Conditioning Clinics/Classes

Conditioning Camps

Lectures and Seminars: topics include sport specific training, conditioning, and nutrition.