

## ***KRISTEN ROE IS HAPPY TO ANNOUNCE TRAIL/ULTRA GROUP RUNS AND COACHING OPTIONS.***

Kristen has been living the life of an endurance athlete for over 25 years. With a background in Sports Medicine/ Athletic Training, she took her knowledge of how the body works as an athlete as well as her passion for endurance events and began coaching multisport athletes to success in achieving their goals for the past 15+ years. To her own credit, she has had her own success as a competitive endurance athlete competing in 14 Ironman Triathlons including 3x qualifying for the Triathlon World Championships in Kona, Hawaii as well as an overall win at the Chesapeake Man iron distance triathlon, multiple marathon finishes including a PR of 3:12 and a 3rd place finish at the NJ Marathon.

Along with her triathlon experience, she has had success in the ultra running world with 2x 100 mile finishes including an overall female win at Tunnel Hill 100 and multiple overall and 2nd place finishes at the 50k and 50 miler events. She is an ADK 46'r and is well over halfway to finishing the NE 115 (all of the 4000 high peaks in the North East). She is also a busy mom to 2 kids and 2 dogs and understands how to balance training and everyday life.

She will be offering 2 sessions per week for SCTR athletes as group runs with some instruction. Dates TBA. If you would like to have a more focused program, she is offering a 3-month training plan for a specific SCTR or other event, or if you are looking for a more in depth and personalized training program, she offers that as well both for a monthly fee. Both packages include a basic account in Training Peaks and consult. The personalized program offers 4x month phone calls/ emails/ text messages or as needed along with HR zone testing and set up and race day strategy.

*Kristen A Roe*

USAT Level I Certified Coach  
Owner/Coach [T2 Endurance  
Racing](#)

