



ENDORPHIN FITNESS

Head Coach



MICHAEL HARLOW

Michael Harlow has been involved in endurance athletics since the age of eight and started racing triathlons at the age of ten. Michael has consistently ranked in the top 6% in the Nation among triathletes and was a member of Team USA at The World Short Course Triathlon Championships in 2005. Michael is USA Triathlon, USA Cycling, and USA Track and Field certified.

Swim Coach

Karen Holloway is a local professional triathlete who is coming off an amazing 2005 season with an overall win at Ironman Canada. Karen began her swimming career at the age of 11. After qualifying for The Canadian National Team in two events, she went on to swim at ODU and graduated with a degree in Physical Education & Health. Karen has coached several swim teams and has worked privately with a plethora of swimmers - beginner to elite.



KAREN HOLLOWAY

Cycling Coaches



WARD SOLAR

Ward Solar got his start in cycling by participating in 24-hour solo mountain bike races. Subsequently, he sampled semi-pro cycling by racing for the prestigious America's Cycling Team (Fraysee's), before joining the Nature's Path - 2005 Fuji Pro/Am Cycling Team. Ward is an expert level USA Cycling coach.

Craig Dodson started racing BMX at age 14- becoming a state champion in his second season. Craig is currently a pro-amateur category one cyclist who boasts

over 60 top elite finishes since 2002. He is an expert level USA Cycling Certified Coach.

Run Coaches



EMILY WARD

Emily Ward, a University of Richmond graduate, joins Endorphin Fitness as a running coach. She has been competing for nine years, including four years for the Division 1 Cross-Country, Indoor Track, and Outdoor Track teams at UR. She placed 1st in Richmond's Battlefield Half Marathon, 55th for women in the Philadelphia Marathon, and 7th for women in the Richmond Sprint Triathlon. She is a USA Track and Field Certified Coach.

Jon Lauder began running in high school where he ran Indoor Track for the Northern Virginia running juggernaut - Oakton H.S. Subsequently, he joined the UR cross-country team where he was the team's MVP his junior year and team captain for both cross-country and track his senior year. Since graduating, he has worked as a volunteer assistant for the UR track team, as a private coach, and is now entering into his second season as the track coach at Brookland Middle School. Jon is a USA Track and Field Certified Coach.



JON LAUDER

Brenda Averette has been involved in running for over 10 years. She is currently the head coach of James River High School's Cross Country program. Brenda has completed several marathons and has raced The Boston Marathon four times. She brings to Endorphin Fitness a depth of knowledge, an amazing personality, and a passion for the sport. Brenda is a USA Track and Field Certified Coach.

Call 804-741-1599 to schedule a private coaching session.



ENDORPHIN *FITNESS*

Strength Training & Pilates Coaches

Jennifer Magnuson joins Endorphin Fitness as a strength training coach. She attended California State University Northridge earning a degree in Exercise Science while competing as a Division I athlete in Track and Field and Cross Country. Jennifer's expertise ranges from working with high- performance athletes, those with physical disabilities, as well as general fitness, weight management, and post-rehabilitation. As an athlete and a professional dedicated to wellness, Jennifer has spent 15 years in the fitness industry as a personal trainer, an educator, a coach, and group exercise instructor. The American College of Sports Medicine (ACSM) and the American Aerobics and Fitness Association (AAFA) certify her. While working in San Diego, her workouts were voted by San Diego Magazine as one of the city's best.

Amy Labide is a certified personal trainer, strength training coach, and Pilates instructor. Amy has a passion for working with athletes and is excited about teaching our Recovery Pilates Sessions as well as assisting with our strength training department. Amy has been working as a physical therapist, personal trainer, and Pilates instructor for several years and has an extensive knowledge about the body and how to tweak it for peak performance.

The Endorphin Fitness Endurance Center is located at 8910 Patterson Avenue (Richmond, VA) directly behind Dollar Tree and Mojo's Restaurant (see MAP). The Endurance Center offers athletes the opportunity to train using some of the best coaches and top technology available in the world.

Bike Mechanic and Bike Fit Specialist



LANDALL PROCTOR

Landall Proctor is a competitive triathlete who raced The Duke Blue Devil Ironman in 2005. He has a passion for the sport and is excited to be working with Endorphin Fitness athletes in 2006. Landall is FIST bike fit certified and will be the operations manager of The Endorphin Fitness Endurance Center, assisting with youth programs, performing bike fit analysis on our athletes, as well as working on their bikes. Landall is also USA Track and Field Certified.

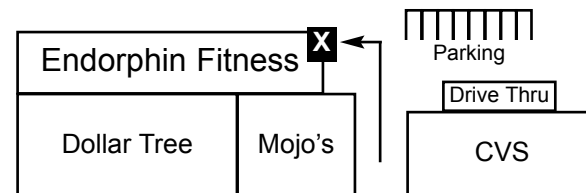
Cary Quarles is an experienced bike mechanic who is excited to be the head bike mechanic at The Endorphin Fitness Endurance Center. Cary's carpentry background and extensive bike knowledge bring unparalleled mechanic knowledge to the center, and he can't wait to help you.



CARY QUARLES



ENDORPHIN *FITNESS*



Call 804-741-1599 to schedule a private coaching session.