

Jerry Pierce Bio

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Athlinks link* <http://www.athlinks.com/athletes/239382180>

As a naturally competitive and passionate person, I have been running and competing for over forty years. This has included countless training miles, seven marathons, numerous duathlons, a ton of running races and even a few triathlons. I have won races, lost races and completed races with friends or mentored young athletes during a race. I bring the whole of all of these experiences to bear when I coach.

Growing up with a running family is where I honed my competitiveness and passion. Sunday morning group long runs and running races each weekend were the norm. Later I helped to certify race courses and race direct. It was a true running upbringing.

After college, job and family responsibilities took over. Training and racing was in a maintenance mode until our kids got older. Over the last seven to eight years I have been able to bring my training and racing back up to a level where I could be more competitive. Our son was also getting faster at this time, so if I wanted to have any chance of training with him, I had to get faster ☺. At the same time, like everyone else, I had to balance work / family with training.

Whether it is doing your first 5K, improving your 10K time or running a marathon, I look forward to working with you to achieve your goals.

Jerry Pierce racing highlights

**Please note - Athlinks only has a small number of races that I have ran. Many of the smaller races over the years have never posted results online - thus are not included in athlinks.*

Recent Marathons highlights

April 2014	Boston Marathon	3:37:34
June 2013	Grandma's Marathon	3:22:46 - Boston Qualifier, Marathon PR

Recent Half Marathons highlights

March 2013	Sam Costa	1:23:18 2nd Masters, 1st 45-49, Adult PR for Half Marathon
Indy Mini half marathon		15-year streak from 1994 to 2008. All but one teamed with my best friend. (No official results from 1996 online)

Recent 5K - 10K's highlights

June 2013	CFW 10K	40:04 1st overall
Dec. 2012	Muncie Ten	64:38 3rd overall
Sept. 2012	Shadyside 2.62 Miles	15:52 1st overall
April 2012	Jeff Clevenger 5K	20:03 1st overall, (long course)

Recent Duathlon highlights

June 2014	Jorgensen Super Sprint DU	39:27 1st overall (R 1K / B 12.8K bike / R 2 Mile)
Oct. 2013	Muncie Sprint DU	58:30 1st overall (R 1K / B 12.6 Miles / R 5K)
Aug. 2012	Muncie Sprint DU	1:20:31 1st overall (R 5K / B 12.6 Miles / R 5K)

FAQ

What do I bring to running coaching?

I will use the knowledge I have gained over 40 years of running and competing to help you achieve your goals. I had the privilege of using this knowledge to coach our son to become the Delaware County Track two-mile champion in the spring of 2012. I wasn't his official high school coach, but nonetheless spent many hours and miles running and coaching our son to be able to unleash a kick the last 300 meters that won the event. This was the essence of never give up!

Why use a running coach vs. an online training plan?

It is a fact, life happens. This is something a mass training plan can't take into account. Using a running coach can allow for customizing your training based on your goals and life situation as things come up.

What if I have never completed a race before?

We will help you by not only putting together a training plan, but also being able to answer questions on what to expect race day.

How does the initial in-person consultation work?

During the initial in-person coaching consultation, we will discuss your background and the goals you would like to achieve. Based on this we can start to map out a program to help you achieve your goals.

How will I receive my training / workouts?

All workouts will be loaded into finalsurge.com online training log. After you have registered and submitted payment for your selected America Multisport coaching plan, you will receive an email with an invite to setup a finalsurge.com account. The finalsurge.com account will be where you view and log your workouts. If you currently use Garmin connect, you will be able to sync your workout with your Garmin connect account.