

# Coach Rick Muhr

- Professional running coach
- Founder of the Marathon Coalition
- Keynote and motivational speaker
- Trained over 20,000 runners throughout the world
- 32x Marathon Finisher
- 32x Boston Marathon Qualifier
- Personal Bests
  - Marathon 2:33:13
  - Half-Marathon 1:12:12
  - 10K 32:25
  - 5K 16:05
- Ranked 5th in the U.S. at 100K
- MetroWest YMCA 2023 Inspiration Award Recipient
- Man of the Year for Leukemia & Lymphoma Society
- Carried the Olympic Torch in 2004
- Awarded the Dr. Cynthia Lucero Humanitarian Award
- Awarded the Community Service Award by the Mass School of Professional Psychology
- Cancer survivor
- **Hobbies:** Endurance motorcycling, flyfishing, kayaking, and connecting with others.

For nearly three decades, coaching runners has been an immensely fulfilling journey in my life. I find profound joy in unraveling the intricacies of running, offering a clear approach and methodology accessible to runners of every skill level. The essence of coaching lies in understanding a runner's present fitness, discerning their aspirations, and crafting tailored training programs to propel them toward their goals. My ultimate goal is to empower individuals to exceed their own expectations, guiding them toward unlocking their fullest potential on their path to self-improvement.