

# Coach Gary Westlund

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[www.CharitiesChallenge.org](http://www.CharitiesChallenge.org)



## Business

**Charities Challenge, Inc. - Founder and President, 2003 to present**

a 501(c)(3) Non-profit organization based in Minnesota with Exercise as Medicine as its purpose

- **CC Mission: To Improve Health/Fitness, Reduce Health Risks & Enhance Disease Management via Goal-oriented RxExercise Training Programs, Engaging Events & Active Partnerships**
- **Organizer/Director of 20+ Annual Series of Challenge & Holiday Road Race Events** (annually serving 5,000+ participants of all ages/populations to rewarding RxExercise experiences)
- Recognized leader in exercise events/programs to Special Populations (chronic disease populations)

## Professional Associations & Education

- **Certified American College of Sports Medicine (ACSM) Exercise Physiologist since 1996**
- Annually Attends ACSM Annual Meeting & Health/Fitness Summit
- ACE Certified Fitness Instructor – 1991; Certified Personal Trainer – 1995
- **USA Track & Field – USATF Level II Coaching Certifications, 2000, 2001, 2002**
- USATF Instructor Training Certification 2001; USATF Certified Race Walk Judge
- **Active Memberships: ACSM, Road Runners Club of America, USA Track & Field, Running USA**
- Bethel Seminary, Arden Hills, MN - 1987-1988
- **U of Minnesota, Graduate School of Business (Marketing) 1984-1985**
- **Bethel University, Arden Hills, MN, BA, (Business Administration) – 1983**
- Personal Continuing Education Interest: English Literature & Poetry, Travel, Ballroom Dancing

## Professional & Contracting Events Management Services

- **Announcing & Music Sound Support Services & Photography to other Road Race Events**
- **Event Management Consulting & Management Services to other Non-profit Road Race Events**
- **Tour & Travel Organizer for Marathon Training Teams to Destination Events World Wide**
- **Marathon Training Team Coach for:**
  - Arthritis Foundation/MN-Dakotas/JOINTS IN MOTION '99-2003
  - American Diabetes Association/MN/TEAM DIABETES '98 to 2003
  - American Lung Assoc/MN's TEAM LUNG, Founding Consultant/Coach, 2002
  - Leukemia Society/MN, TEAM IN TRAINING - 1997 to 1998.(NOTE: Coached 35 Charities' Worldwide Traveling Teams serving hundreds of marathoners who fund raised over \$1,500,000 for health related causes.)

## Personal

- Minnesota's Fastest Race Walker throughout the 1990's
- **Masters National Champion Race Walker ('91) & All-American Masters Race Walker ('91-'99)**
- **38 Completed Marathons & Ultra-Marathons & 700+ other road & track races**
- MN Council on Physical Activity & Sports 2001 Award of Excellence
- **Enjoying widely recognized athletic "comeback" from 2 x Total Hips Arthroplasty & Melanoma**
- **Minnesota's Fastest Athlete on 2x THA 2006 to present**
- **Presenter to ACSM Annual Meeting, ACSM Health/Fitness Summit, The Kauai Marathon Expo**
- **Multi-media Presenter** (to High School, College, Corporate audiences & Expos) **about RxExercise (exercise as medicine), Exercise and Brain Fitness, Special Populations & Challenged Athletes**
- Regularly consulted/quoted by Twin Cities, MN, media on Exercise & Health/Fitness