

*May 5, 2007*



The Sunset Stampede's newest training advisor is Randy Ashley from ZapFitness. Randy comes from Asheville, NC. Randy is a two-time Olympic Marathon Trials Qualifier and is schooled in the training methods of coaching legends such as Arthur Lydiard, Percy Cerutti, Joe Vigil, and ZAP co-founder Andy Palmer. PR's: 5k- 14:15 8k- 23:35 10k- 29:07 Marathon- 2:19:24 2003- Obtained USATF Level 1 coaching certification 2003-Over the past 5 years of coaching high school athletes in Asheville, Randy has coached his athletes to 15 individual NC State Track Championships and has been an Assistant Coach for 5 Cross Country and Track NC Team State Championships. Also, Randy had coached 8 different adult runners to 11 Boston Marathon Qualifiers.