

CURRICULUM VITAE
NICOLE K. RENDOS, Ph.D., LAT, ATC, CSCS

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Winston-Salem State University
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EDUCATIONAL BACKGROUND

Doctor of Philosophy

December 2015

University of Miami, Coral Gables, FL
Department of Kinesiology and Sport Sciences
Major Area of Study: Exercise Physiology
Outside Supporting Field: Biomechanics
Dissertation: Identification of Muscle Sling Systems in High Economy and Low Economy Runners

Master of Education

August 2010

University of Virginia, Charlottesville, VA
Curry School of Education
Major Area of Study: Athletic Training
Completion of NATA accredited post-professional education program
Thesis: Sagittal Plane Kinematics during the Transition Run in Triathletes

Bachelor of Science

May 2009

West Virginia University, Morgantown, WV
College of Physical Activity and Sports Sciences
Major Area of Study: Athletic Training
Summa Cum Laude
Completion of CAATE accredited athletic training education program

PROFESSIONAL EXPERIENCE

Visiting Assistant Professor

2015-present

Winston-Salem State University, School of Health Sciences, Department of Exercise Physiology, Winston-Salem, NC.

Graduate Research Assistant

2010-2015

University of Miami, School of Education and Human Development, Department of Kinesiology and Sport Sciences, Sports Medicine & Motion Analysis Laboratory, Coral Gables, FL.

Graduate Teaching Assistant

2010-2015

University of Miami, School of Education and Human Development, Department of Kinesiology and Sport Sciences, Coral Gables, FL.

- Instructor in the undergraduate CAATE accredited athletic training program.
- Developed and implemented curriculums for pharmacology, kinesiology, and Evidence-Based Practice specific to the undergraduate athletic training education program based on CAATE competencies.

Graduate Assistant Athletic Trainer

2009-2010

Virginia Military Institute, Lexington, VA.

- Prevention, care, and treatment of athletic injuries for Division I men's soccer and baseball.
- Development of a screening program and upper extremity resistance training program for prevention of shoulder and elbow injuries in baseball athletes.

Athletic Trainer Intern

Summer 2008

Philadelphia76ers Basketball Camps. East Stroudsburg, PA

PUBLICATIONS

Refereed Journal Publications

1. **Rendos NK**, Heredia Vargas HM, Alipio TC, Regis RC, Romero MA, Signorile JF. Differences in Muscle Activity during Cable Resistance Training are Influenced by Variations in Handle Types. *Journal of Strength and Conditioning Research*. [published online ahead of print December 18, 2015]. doi: 10.1519/JSC.0000000000001293.
2. **Rendos NK**, Musto A, Signorile JF. Interactive Effects of Body Position and Perceived Exertion during Spinning Exercises. *Journal of Strength and Conditioning Research*. 2015; 29(3): 692-699. doi: 10.1519/JSC.0000000000000699.
3. **Rendos NK**, Harrison B, Sauer L, Dicharry J, Hart JM. Sagittal plane kinematics during the transition run in triathletes. *Journal of Science and Medicine in Sport*. 2013; 16(3): 259-265. doi: 10.1016/j.jsams.2012.06.007.

Manuscripts in Review

1. Signorile JF, **Rendos NK**, Alipio TC, Regis RC, Romero MA. Differences in Muscle Activation and Kinematics between Cable-Based and Selectorized Weight Training. *Journal of Strength and Conditioning Research*. IN REVIEW.
2. Harrison BC, **Rendos NK**, Dicharry J, Hertel J, Hart JM. No Relationship between Functional Movement Screen Scores and Running Biomechanics in Triathletes. *Journal of Sports Medicine and Physical Fitness*. IN REVIEW.

3. Harrison BC, **Rendos N**, Konold T, Hertel J, Weltman A, Hart J. Frontal and Transverse Plane Running Biomechanics following Cycling in Triathlon. *Journal of Sports Medicine and Physical Fitness*. IN REVIEW.

Refereed Abstract Publications

1. **Rendos NK**, Kuenze C, Eltoukhy M, Travascio F, Jun H, Asfour S, Signorile JF. Tortuosity as a Novel Assessment Tool of Dynamic Balance. *Medicine and Science in Sports and Exercise*. 2015; 46 (5 Suppl): S443.
2. **Rendos NK**, Harriell K, Downen KL, Balachandran AT, Jun H, Signorile JF. Comparison of Laboratory and Field Balance Tests in Healthy Adults. *Medicine and Science in Sports and Exercise*. 2014; 46 (5 Suppl). S2552.
3. **Rendos NK**, Musto A, Signorile JF. Interactive Effects of Body Position and Resistance on Muscle Activation and Cardiorespiratory Response during Spinning®. *Journal of Athletic Training*. 2013; 48(3 Suppl): S157.
4. **Rendos NK**, Musto A, Signorile J. Interactive Effects of Body Position and Resistance on Metabolic Variables during Studio Cycling Exercises. *Medicine and Science in Sports and Exercise*. 2013; 45(5 Suppl): S588.
5. Harrison BC, **Rendos N**, Dicharry JM, Weltman AL, Hertel J, Hart JM. Changes to Frontal and Transverse Plane Lumbo-Pelvic-Hip Running Biomechanics Following Cycling in Triathletes. *Journal of Athletic Training*. 2011; 46(3 Suppl): S84.
6. **Rendos NK**, Harrison BC, Sauer LD, Dicharry JM, Hart JM. Sagittal Plane Kinematics During the Transition Run in Triathletes. *Medicine and Science in Sports and Exercise*. 2011; 43(5 Suppl): S840.
7. Harrison BC, **Rendos NK**, Hertel J, Weltman A, Hart JM. No Relationship between Functional Exercise Assessments and Running Biomechanics in Triathletes. *Medicine and Science in Sports and Exercise*. 2011; 43(5 Suppl): S2519.

Published Interviews and Citations

1. The #1 Mistake Women Make In Spin Class. *Prevention Magazine*. July 2015. Page 34.
2. Roberson L. What A Drag. *Men's Health Magazine*. January/February 2013: page 42.
3. Shaw J. Another Reason to Brick. *triathlete® Magazine*. December 2012: page 72.

Internet Citations

1. Wolk V. 2 Big Mistakes You're Making in Spin Class. *Prevention Magazine*. [Internet]. April 8, 2015. Available from: <http://www.prevention.com/fitness/spin-class-mistake>.
2. Chew2Live. 2 Big Mistakes You're Making in Spin Class. *Chew 2 Live*. [Internet]. April 8, 2015. Available from: chew2live.com/2-big-mistakes-youre-making-in-spin-class.
3. Dicharry J. Triathletes: don't let your cycling mess with your running!. *an athlete's body: train better. play better. race better*. [Internet]. June 6, 2013. Available from: <http://anathletesbody.com/2013/06/03/triathletes-dont-let-your-cycling-mess-with-your-running/>.
4. Shaw J. Another Reason to Brick. *Triathlete Europe Magazine*. [Internet]. January 9, 2013. Available from: triathlete-europe.competitor.com/2013/01/09/another-reason-to-brick.

PRESENTATIONS

Refereed Abstract Presentations

1. **Rendos NK**, Eltoukhy M, Smith WN, Kuenze CM, Asfour SS, Signorile JF. Identification of Sling Systems in High Economy and Low Economy Runners. POSTER PRESENTATION. To be presented at the American College of Sports Medicine 63rd Annual Meeting. Boston, Massachusetts. June 2016.
2. Becourtney SF, **Rendos NK**, Signorile JF. Comparative Recovery Periods in Men and Women to Optimize Post-Activation Potentiation via the Back Squat. POSTER PRESENTATION. To be presented at the American College of Sports Medicine 63rd Annual Meeting. Boston, Massachusetts. June 2016.
3. Price AA, Miller MD, **Rendos NK**. If you build it will they come? HBCU Student Usage of a New Recreation Facility. POSTER PRESENTATION. To be presented at the American College of Sports Medicine 63rd Annual Meeting. Boston, Massachusetts. June 2016.
4. Richardson ME, **Rendos NK**, Eltoukhy M, Signorile JF. Comparative Impacts of Plate-Loaded and Cable Resistance Machines on Muscle Activity and Joint Kinematics. POSTER PRESENTATION. To be presented at the American College of Sports Medicine 63rd Annual Meeting. Boston, Massachusetts. June 2016.
5. **Rendos NK**, Eltoukhy M, Smith WN, Signorile JF. Variance in Muscular Sling Systems between High Economy and Low Economy Recreational Runners. POSTER PRESENTATION. To be presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting. Greenville, South Carolina, February 2016.

6. Becourtney SF, **Rendos NK**, Signorile JF. Comparative Recovery Periods in Men and Women to Optimize Post-Activation Potentiation via the Back Squat. POSTER PRESENTATION. To be presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting. Greenville, South Carolina. February 2016.
7. Miller MD, **Rendos NK**, Price AA. Examining College Student Usage of a New Campus Gym Facility at a Minority Serving Institution. POSTER PRESENTATION. To be presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting. Greenville, South Carolina. February 2016.
8. Bailey GA, **Rendos NK**, Price AA. Meal Characteristics and Eating Behaviors of Females during the First Year of College. POSTER PRESENTATION. To be presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting. Greenville, South Carolina. February 2016.
9. Speer CG, **Rendos NK**, Amalfetano NA, Rushing CJ, Buchman J. Associations among Lower Extremity Injury Incidence and Running Habits in Recreational Runners. POSTER PRESENTATION. American Podiatric Medical Association Annual Scientific Meeting. Orlando, Florida. July 2015.
10. **Rendos NK**, Kuenze C, Eltoukhy M, Travascio F, Jun H, Asfour S, Signorile JF. Tortuosity as a Novel Assessment Tool of Dynamic Balance. THEMATIC POSTER PRESENTATION. American College of Sports Medicine 62nd Annual Meeting. San Diego, California. May 2015.
11. **Rendos NK**, Harriell K, Dowen KL, Balachandran AT, Jun H, Signorile JF. Comparison of Laboratory and Field Balance Tests in Healthy Adults. POSTER PRESENTATION. American College of Sports Medicine 61st Annual Meeting. Orlando, Florida. May 2014.
12. **Rendos NK**, Musto A, Signorile JF. Interactive Effects of Body Position and Resistance on Muscle Activation and Cardiorespiratory Response during Spinning®. POSTER PRESENTATION. National Athletic Trainers' Association Annual Meeting & Clinical Symposia. Las Vegas, Nevada. June 2013.
13. **Rendos NK**, Musto A, Signorile J. Interactive Effects of Body Position and Resistance on Metabolic Variables during Studio Cycling Exercises. POSTER PRESENTATION. American College of Sports Medicine 60th Annual Meeting. Indianapolis, Indiana. May 2013.
14. **Rendos NK**, Harrison BC, Dicharry JM, Watt JR, Hart JM. Altered Movement Patterns when Running Following Cycling in Trained Triathletes. ORAL PRESENTATION. Southeast Athletic Trainers' Association Clinical Symposium & Members Meeting. Atlanta, Georgia. March 2012.
15. Harrison BC, **Rendos N**, Dicharry JM, Weltman AL, Hertel J, Hart JM. Changes to Frontal and Transverse Plane Lumbo-Pelvic-Hip Running Biomechanics Following

Cycling in Triathletes. ORAL PRESENTATION. National Athletic Trainers' Association Annual Meeting. New Orleans, Louisiana. June 2011.

16. **Rendos NK**, Harrison BC, Sauer LD, Dicharry JM, Hart JM. Sagittal Plane Kinematics During the Transition Run in Triathletes. ORAL PRESENTATION. American College of Sports Medicine 58th Annual Meeting. Denver, Colorado. June 2011.
17. Harrison BC, **Rendos NK**, Weltman AL, Hertel J, Hart JM. No Relationship between Functional Exercise Assessments and Changes to Hip and Knee Kinematics during a Transition Run in Triathletes. POSTER PRESENTATION. American College of Sports Medicine 58th Annual Meeting. Denver, Colorado. June 2011.
18. Harrison BC, **Rendos NK**, Weltman AL, Hertel J, Hart JM. No Relationship between Functional Exercise Assessments and Changes to Hip and Knee Kinematics during a Transition Run in Triathletes. POSTER PRESENTATION. Southeast Chapter of the American College of Sports Medicine Annual Meeting. Greenville, South Carolina. February 2011.

Symposia Presentations

1. **Rendos NK**. Assessment and Evaluation of Predisposing Factors to Anterior Cruciate Ligament Injury. ORAL PRESENTATION. West Virginia Athletic Trainers' Association Annual Sports Medicine Conference. Charleston, WV. February 2009.

Non-Refereed Abstract Presentations

1. **Rendos NK**, Musto A, Signorile JF. The Effects of Body Position and Resistance on Metabolic Variables during Spinning® Exercises. University of Miami Department of Kinesiology and Sport Sciences Graduate Research Seminar. Coral Gables, FL. October 2012.

Invited and Guest Lectures

1. **Rendos NK**. Benefits of Compression Garments in Endurance Athletes. South Florida Triathletes Team Hammerheads Monthly Meeting, Mack Cycle and Fitness, South Miami, FL. June 2013.
2. **Rendos NK**. Evidence Based Practice and its Impact on the Athletic Trainer. Athletic Training Education Program Monthly Meeting, University of Miami, Coral Gables, FL. October 2012.
3. **Rendos NK**. An Introduction to Evidenced-Based Sports Medicine: Asking Questions and Finding Clinical Evidence. Undergraduate Athletic Training Program (KIN 250), Department of Kinesiology and Sport Sciences, University of Miami, Coral Gables, FL. October 2012.

4. **Rendos NK.** An Introduction to Evidence-Based Sports Medicine. Athletic Training Education Program Monthly Meeting, University of Miami, Coral Gables, FL. November 2011.

FUNDING AND RESEARCH SUPPORT

Extramural Grant Funding

Source: SEATA Research and Education Committee (\$2,000)

Title: Neuromuscular Adaptations and Altered Running Kinematics during the Transition Run in Triathletes

PI: Nicole K. Rendos, MEd, ATC, CSCS

Period: March 2011- March 2012

Description: Descriptive laboratory study to determine neuromuscular adaptations and changes to three-dimensional running kinematics when running following cycling in a triathlon.

Internal Grant Funding

Source: School of Education and Human Development Research Support Award, University of Miami (\$500.00)

Title: Identification of Sling Systems in High and Low Economy Runners

PI: Nicole K. Rendos, MEd, ATC, CSCS

Period: January 2015 – May 2015

Description: Descriptive laboratory study to examine muscle sequencing patterns specific to four locomotor muscle slings (anterior oblique sling, posterior oblique sling, deep longitudinal sling, lateral sling) in runners with high and low economy.

Source: Barbara Marks Research Support Award, University of Miami School of Education and Human Development (\$575.00)

Title: Kinematic and Electromyographic Differences in Treadmill and Overground Running

PI: Nicole K. Rendos, MEd, ATC, CSCS

Period: April 2012 – April 2013

Description: Descriptive laboratory study to examine changes in muscle utilization and activation patterns as well as joint kinematics when running overground compared to running on a treadmill.

Source: Barbara Marks Research Support Award, University of Miami School of Education (\$1,700.00)

Title: Neuromuscular Adaptations of the Lumbo-Pelvic-Hip Complex during the Transition Run in Triathletes

PI: Nicole K. Rendos, MEd, ATC, CSCS

Period: March 2011- August 2011

Description: Descriptive laboratory study to determine neuromuscular adaptations in the lumbo-pelvic-hip complex when running following cycling in a triathlon.

Travel Funding

- School of Education and Human Development Travel Support Award. Awarded by the University of Miami Graduate Scholarship Committee and School of Education and Human Development. April 2015. (\$330.00)
- School of Education and Human Development Travel Support Award. Awarded by the University of Miami Graduate Scholarship Committee and School of Education and Human Development. April 2014. (\$300.00)
- Conference Travel Support Award. Awarded by the University of Miami Graduate Activity Fee Allocation Committee. May 2013. (\$350.00)
- School of Education and Human Development Travel Support Award. Awarded by the University of Miami Graduate Scholarship Committee and School of Education and Human Development. April 2013. (\$300.00)
- Katy Dean Travel Support Award. Awarded by the University of Miami Graduate Scholarship Committee and School of Education. December 2012. (\$300.00)
- Katy Dean Travel Support Award. Awarded by the University of Miami Graduate Scholarship Committee and School of Education. April 2012. (\$220.00)
- Katy Dean Travel Support Award. Awarded by the University of Miami Graduate Scholarship Committee and School of Education. June 2011. (\$525.00)
- Katy Dean Travel Support Award. Awarded by the University of Miami Graduate Scholarship Committee and School of Education. October 2010. (\$750.00)

TEACHING EXPERIENCE

Undergraduate Courses

- EXS 3321 Exercise Physiology (Instructor of Record)
 Winston-Salem State University, School of Health Sciences, Department of
 Exercise Physiology, Winston-Salem, NC
 Spring 2016
- EXS 3315 Biomechanics (Instructor of Record)
 Winston-Salem State University, School of Health Sciences, Department of
 Exercise Physiology, Winston-Salem, NC
 Spring 2016

- EXS 4334 Science of Resistance Training (Instructor of Record)
Winston-Salem State University, School of Health Sciences, Department of
Exercise Physiology, Winston-Salem, NC
Fall 2015
- EXS 3121 Exercise Physiology Lab (Instructor of Record)
Winston-Salem State University, School of Health Sciences, Department of
Exercise Physiology, Winston-Salem, NC
Fall 2015, Spring 2016
- KIN 234 Functional Human Anatomy (Instructor of Record)
University of Miami, School of Education and Human Development, Department
of Kinesiology and Sport Sciences, Coral Gables, FL
Fall 2014, Spring 2015
- KIN 184 Athletic Sports Injuries (Instructor of Record)
University of Miami, School of Education and Human Development, Department
of Kinesiology and Sport Sciences, Coral Gables, FL
Fall 2010, Spring 2012, Fall 2013, Spring 2014, Spring 2015
- KIN 443 Clinical Athletic Training Lab I (Instructor of Record)
University of Miami, School of Education and Human Development, Department
of Kinesiology and Sport Sciences, Coral Gables, FL
Fall 2014
- KIN 230 Medical Terminology and Documentation (Instructor of Record)
University of Miami, School of Education and Human Development, Department
of Kinesiology and Sport Sciences, Coral Gables, FL
Fall 2014
- KIN 345 Kinesiology (Instructor of Record)
University of Miami, School of Education and Human Development, Department
of Kinesiology and Sport Sciences, Coral Gables, FL
Spring 2013, Spring 2014
- KIN 465 Pharmacology (Instructor of Record)
University of Miami, School of Education and Human Development, Department
of Kinesiology and Sport Sciences, Coral Gables, FL
Fall 2011, Fall 2012, Fall 2013
- KIN 261 Orthopedic Assessment: Upper Extremity Lab (Teaching Assistant)
University of Miami, School of Education and Human Development, Department
of Kinesiology and Sport Sciences, Coral Gables, FL
Spring 2011, Spring 2012, Spring 2013

KIN 251 Orthopedic Assessment: Lower Extremity Lab (Co-Instructor)
University of Miami, School of Education and Human Development, Department
of Kinesiology and Sport Sciences, Coral Gables, FL
Fall 2012

Graduate Courses

KIN 525 Advanced Kinesiology (Teaching Assistant)
University of Miami, School of Education, Department of Kinesiology and Sport
Sciences, Coral Gables, FL
Spring 2011

MASTER'S THESIS COMMITTEES (student)

1. Downen K, **Rendos NK**, Jun HP, Harriell K, Signorile JF. Comparison of Dynamic, Static, Laboratory, and Field Balance Tasks in Healthy Adults. University of Miami. 2013.

UNDERGRADUATE HONORS THESIS COMMITTEES (student)

1. Miller MD, **Rendos NK**, Price AA. Comparing the Health Behaviors of College Health Majors vs. Non-Health Majors. Winston-Salem State University. 2015-2016.
2. Becourtney SF, **Rendos NK**, Signorile SF. Comparative Recovery Periods for Maximizing Post-Activation Potentiation in Experienced Male and Female Olympic Lifters. University of Miami. 2015 - 2016.

PROFESSIONAL CERTIFICATIONS AND LICENSURE

- National Athletic Trainers' Association Board Of Certification Certified Athletic Trainer (Certification #2000001210)
- Licensed Athletic Trainer, Florida Department of Health (License #AL 3174)
- National Strength and Conditioning Association Certified Strength and Conditioning Specialist (Certification #201071818)
- Spinning® Star 1 Certified Instructor (Instructor #1672047)
- USA Triathlon CAT 3 Certified Official

AFFILIATIONS

- Member: National Athletic Trainers' Association (#25610) 2006-present
- Member: Southeast Athletic Trainers' Association. 2010-present
- Member: Athletic Trainers' Association of Florida. 2010-present

- Member: National Strength and Conditioning Association (#10-04-15-019). 2010-present
- Member: American College of Sports Medicine (#684830). 2011-present
- Member: Southeast Chapter of American College of Sports Medicine. 2011-present
- Member: American Physiological Society (#00181658). 2015-present
- Member: Mid-Atlantic Athletic Trainers' Association. 2006-2010

PROFESSIONAL SERVICE ACTIVITIES

Manuscript Reviewer

- Journal of Strength and Conditioning Research. 2015. Manuscript #JSCR-08-7068.
- Journal of Strength and Conditioning Research. 2015. Manuscript #JSCR-08-6878.
- International Journal of Fundamental and Applied Kinesiology. 2015. Manuscript #1298.

UNIVERSITY SERVICE ACTIVITIES

- Department Representative: Pinning Ceremony Committee, School of Health Sciences, Winston-Salem State University. 2015 – Present.
- Member: Instructor Search Committee. Department of Exercise Physiology, School of Health Sciences, Winston-Salem State University. 2015 – Present.

HONORS AND AWARDS

- 2013 NSCA Foundation Women's Scholarship. Awarded by the National Strength and Conditioning Association Foundation. June 2013.
- Who's Who Among Students in American Universities and Colleges 2013. Awarded by the University of Miami Graduate School. March 2013.
- Awarded Membership into The McCue Society at the University of Virginia for recognition of leadership, education, and service in sports medicine. June 2010.
- West Virginia Athletic Trainers' Association Student Oral Presentation Winner. Awarded by the West Virginia Athletic Trainers' Association. February 2009.
- John C. Spiker Athletic Training Scholarship. Awarded by the West Virginia University Athletic Training Faculty & Staff. April 2008.
- DEA College Scholarship. Awarded by the New York Police Department Detectives' Endowment Association. September 2007.

- Erika Lynn Cadran Memorial Athletic Training Scholarship. Awarded by the West Virginia University Athletic Training Faculty & Staff. April 2007.
- DEA College Scholarship. Awarded by the New York Police Department Detectives' Endowment Association. September 2006.
- Academic Excellence Level 1 Scholarship. Awarded by the West Virginia University Admissions Staff. April 2005.

VOLUNTEER WORK AND COMMUNITY SERVICE

- I Am Specialized Women's Ambassador. May 2014 – May 2015.
- Board Member of South Florida Triathletes Team Hammerheads Triathlon Team. 2013 – 2015.
- Spinning Instructor at the Patti and Allan Herbert Wellness Center at the University of Miami. 2011 – 2015.
- 3x Route Marshall and fundraiser for the Tour De Cure benefiting the American Diabetes Association. February 2013, February 2014, November 2014.
- Route Marshall and Ride Assistant for the Achilles International Team of Paralyzed Veterans in the Homestead Speedway Freedom Ride. October 2014.
- Fundraiser for the Crohn's and Colitis Foundation of America and a member of Team Challenge for the Inaugural Ironman Chattanooga. September 2013 – September 2014.
- Board Member of University of Miami TriCanes Triathlon Team. 2010 – 2014.
- Events Committee Member of South Florida Triathletes Team Hammerheads Triathlon Team. 2011 – 2013.
- Route Marshall for the Dolphins Cycling Challenge benefiting The University of Miami Sylvester Cancer Center. November 2011.

PERSONAL INFORMATION

Interests: Athletics (Running, Swimming, Cycling, Triathlon), Water Sports, Traveling

Athletic Accomplishments: 2016 Pearl Izumi Women's Triathlon Champion
2014-2015 Specialized Women's Ambassador
2013-2015 Ironman All World Athlete
2014 Ironman Chattanooga Finisher
2013 Ironman 70.3 World Championship Qualifier