

BILL RUTH (Retired) age 59

LIBERTY HIGH SCHOOL, Bethlehem, Pa.

CROSS COUNTRY COACH

TRACK AND FIELD COACH

SWIMMING COACH

Also retired after 3 years:

Head Cross Country Coach

Head Track & Field Coach

Estes Park High School Estes Park, Colorado

34 YEARS TEACHING HEALTH AND PHYSICAL EDUCATION

HEALTH AND PHYSICAL EDUCATION DEPARTMENT SUPERVISOR 1988 - 98

14 YEARS COACHING SWIMMING

24 YEARS COACHING CROSS COUNTRY AND TRACK & FIELD

ATHLETIC HISTORY:

FREEDOM H.S. 1967-70

4X DISTRICT CHAMPION AND PIAA ALL-STATE SWIMMER

SCHOOL RECORD HOLDER 6 SWIMMING EVENTS

SCHOOL RECORD HOLDER XC AND 2 MILE ALSO JAVELIN (T &F)

SPRINGFIELD COLLEGE 1970 - 74

1971 -74 N.C.A.A. 12 X ALL-AMERICAN SWIMMER

4 SCHOOL RECORDS

SPRINGFIELD COLLEGE SENIOR ATHLETE OF THE YEAR '74

ROBERT MUIR AWARD 1974 (SENIOR SCORING MOST POINTS IN THE CONFERENCE

N.E.I.S.A. {40 College and University Teams} CHAMPIONSHIPS OVER 4 YEARS)

PROFESSIONAL TRIATHLETE 1981 - '87

RANKED #4 IN THE WORLD IN '83 AND '84

RANKED TOP 10 IN THE WORLD ALL DISTANCES '83 - '87

10TH PLACE HAWAII IRONMAN TRIATHLON WORLD CHAMPIONSHIPS

WORLD RECORD HALF IRONMAN DISTANCE '83 Lake Ontario International Triathlon – 4:12:00.

SPONSORED BY “MIZUNO SPORT JAPAN” '83 - '87

SAUCONY RUNNING TEAM '81 - '83

2:28 marathon PR – 9 hour Leadville Mtn. Bike race

Coaching Experience:

FREEDOM H.S.

BOYS AND GIRLS SWIMMING COACH 1974 - '81

4 STATE CHAMPIONS

8 ALL-AMERICAN SWIMMERS

5 LEAGUE AND DISTRICT CHAMPIONSHIP TEAMS

BETHLEHEM AQUATIC CLUB'

HEAD AGE GROUP AND SENIOR TEAM SWIMMING COACH 1974 -'81

'89 - '92

NAG TOP 10 SWIMMERS

JR. NATIONAL CHAMPION AND RECORD HOLDER

NCAA DIV. 1 ALL-AMERICANS

NCAA DIV 3 NATIONAL CHAMPIONS

1980 and 1992 OLYMPIC TRIALS QUALIFIER(s)

5 U.S. National Team Members

Triathlon

CO-DIRECTOR EAST COAST TRIATHLON TRAINING CENTER 1985-88

CO-DIRECTOR OPTIMAL PERFORMANCE TRIATHLON TRAINING CAMP 1989

CO-OWNER TOTAL FITNESS UNLIMITED 1983-PRESENT (Personal Training and Consulting)

SWIM FASTER NOT HARDER SWIMMING CLINICS 1983 -

LIBERTY H.S.

CROSS COUNTRY COACH 1987 – 2007

BOYS RECORD 317 WINS AND 31 LOSES

GIRLS RECORD 284 WINS AND 71 LOSES

26 LEAGUE AND DISTRICT TEAM CHAMPIONSHIPS

8 GIRL ALL-STATE XC RUNNERS

5 BOY ALL-STATE XC RUNNERS

3X STATE CHAMPION AND ALL-AMERICAN JANELLE THOMAS

3X FOOT LOCKER FINALIST JANELLE THOMAS

4X DISTRICT CHAMPION AND 4X ALL STATE JOLEEN TOCCI

WENDY'S NATIONAL H.S. HEISMAN AWARD WINNER 2007 TREVOR VANACKEREN

TOP TEAM STATE FINISHES

GIRLS 2ND PLACE FINISH PIAA STATE MEET '97- 4TH PLACE '99 - 5th place '92 - 7th place '98

BOYS 5TH PLACE FINISH PIAA STATE MEET '90 & '96

INDOOR AND OUTDOOR TRACK AND FIELD COACH 1988 - 2007

PA. STATE FINALISTS EVERY YEAR

7 INDIVIDUAL STATE CHAMPIONS (PA STATE RECORD 3200M)

T & F NEWS ALL-AMERICANS

USA TODAY T & F ALL-AMERICANS

INDOOR NIKE NATIONALS ALL-AMERICANS

NIKE OUTDOOR ALL-AMERICANS

GOLDEN WEST FINALISTS

PENN RELAYS CHAMPIONS & MEDALISTS (TOP 3) EVERY YEAR SINCE 1993

LIBERTY H.S.

SWIMMING COACH 1991-92, 2003 - 07

12 PA. ALL-STATE SWIMMERS

12 NISCA ALL-AMERICANS

FEATURED SPEAKER MARYLAND STATE HPER CONFERENCE 1986

FEATURED SPEAKER NATIONAL OUTDOOR EDUCATION CONFERENCE 1986

USATF coach for Elite junior women distance runners @ US Olympic Training Centers in Colorado Spring, Co. and Chula Vista, Calif. 1993 - 96

PUBLISHED ARTICLES

TRIATHLETE MAGAZINE
BICYCLING MAGAZINE
AMERICAN TRACK AND FIELD ATHLETE
THE AMERICAN RUNNING ASSOCIATION
RUNNING AND FITNESS NEWS
SUPERFIT MAGAZINE
RUNNERS WORLD MAGAZINE
AMERICAN RUNNING.ORG
ACTIVE.COM

Special Olympics

**Director of Pennsylvania Winter Special Olympics Nordic Skiing Events 1983-90
Director Pa. Special Olympics Track and Field Program 2000 - 2007**

2008 to 2010:

**Estes Park H.S.
Head Track and Field Coach
Head Cross Country Coach**

**2008 XC Patriot League and 3A Region 4 Champions
Girls finished 3rd in the Colorado 2008 State Cross Country Championships
Selected Northern Colorado Girls Coach of the Year 2008**

**2009 XC Patriot League and 3A Region 4 Champions
2009 girls finished 2nd in 3A State Colorado Championships
Selected Northern Colorado Girls Coach of the Year 2009**

**2010 Girls XC Patriot League and 3A Region 4 Champions
Boys 3rd Place Patriot league Championships and 3A Region 4
Girls Finished 3rd in the Colorado 2010 State Cross Country Championships
Boys 13th in the Colorado 2010 State Cross Country Championships
Selected Northern Colorado Girls Coach of the Year 2010**

Northern Colorado Girls Coach of the year 3x 2008-2010