



Richard S. Kattouf II, O.D.
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Academic Background:

- Bachelor of Science in Zoology, Kent State University 1993
- Bachelor of Science in Visual Science, Illinois College of Optometry 1997
- Doctor of Optometry, Illinois College of Optometry 1997
- Kenneth P. Martin award, Illinois College of Optometry 1997
- Alumnus of the Year Award, Illinois College of Optometry 1997
- VSP award voted by academic and clinical staff “Most likely to succeed”, Illinois College of Optometry 1997
- 2007 Founding member of the Optometric Nutrition Society
- CEO and Founder of TeamKattouf, Inc., The world’s premier coaching service for Nutrition, Multi Sport, Running, Cycling, and Fitness
- International Triathlon Coaches Association Certified Triathlon Coach
- Mixed Martial Arts Certified Conditioning Coach
- NESTA Certified Food Psychology Coach
- AFPA Certified Wellness and Nutrition Consultant
- AFPA Certified Sports Nutrition Consultant
- American College of Sports Medicine Certified Personal Trainer

Athletic and Fitness Background:

- Panelist on the 2005 *Inside Triathlon* magazine Science of Speed Seminar (New York City, Austin, Texas, San Francisco, California)
- 4x Team USA duathlete
- 4x USAT All-American duathlete
- 2x *Inside Triathlon* magazine All-American
- 3x age group duathlon national champion
- Top ranked duathlete in USA
- 1:14:18 Half Marathon PR
- 15:53 5k PR
- 1:54 PR for 10k-40k-5k Duathlon
- TeamKattouf sponsors and supporters: Baker's Breakfast Cookie, Cytosport, Rudy Project Eyewear, Higher Peak, Powercranks, MedOp, HeadBlade, Go Fast, Personal Best Nutrition, 9Round boxing and kickboxing, Trigger Point, Jump Stretch, Hasanen Power Wear

Featured Publications:

- Author of *Forever Fit: The Easy-to-Follow, Step-by-Step Life Plan to Improve Your Body and Mind*
- Host of 3-DVD series: *Rx Nutrition: Eating for Improved Performance in Life, Fitness, and Sport*
- Authored chapter in *Training Tips for Cyclists and Triathletes* (authored by Chris Carmichael, forward by Lance Armstrong)
- Author for Livestrong.com
- Authored article in *Velo News*
- Authored article in *Chicago Athlete*
- Authored articles in *New O.D.*
- Authored articles in the *Cortland News*
- Author monthly article for GO Magazine

- Authored article in Amputee in Action Newsletter
- Authored article in Hasanen Power Wear Newsletter

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