



Anne Jones Thompson

Anne has been involved in coaching for over 25 years - working with athletes at every level, from high school and college tennis to youth and elite runners and triathletes. Anne, who has a MS in Exercise Physiology from Virginia Tech, holds coaching certifications of Level-I from USA Triathlon and USA Track and Field, Club-Level from USA Cycling, and is a NSCA Certified Personal Trainer.

A competitive athlete herself, Anne comes from a background that includes running on her boys' jr. high school track team and being a Division I scholarship tennis player. In addition to these two sports, she competed at the high school level on the varsity basketball and track teams. Anne was inducted into the Virginia Tech Athletic Hall Of Fame in 2003 for her contributions to the tennis program as both a player and coach.

Taking up running in 1981, and triathlon in 1989, Anne worked her way to the starting line in Hawaii in 3 years. She participated in her first marathon in 1981, the Hawaiian Ironman in 1992, and the Boston Marathon in 1996. Over the past several years, she has shifted her competitive focus to Xterra and ultra-distance events, including adventure racing and ultra-marathons. Anne consistently places in the top 3 in the 40-44 age group (almost 45-49) in Xterra Off-Road Triathlon events, and was the Mid-Atlantic Xterra Champion in 2001.

Anne brings a wealth of personal competitive experience to her coaching, and has made health and athletic excellence a personal pursuit her whole life. She is very aware of the exercise and competitive needs of today's society, and the delicate balance required to develop a satisfying athletic commitment while still maintaining a productive work and home environment. Over the years Anne has helped to motivate and guide many athletes in their pursuit of healthy lifestyles and athletic participation. She understands how challenging it can be to manage a busy schedule and fit time in for training. Regardless of your daily schedule, Anne can prepare a training plan for you that is specific to your goals and the time you have available to train.

Anne lives in Blacksburg, Virginia with her husband Stan and German Shepherds Nikki and Charlie.

*M.S. Exercise Physiology *USAT Certified Coach *USATF Certified Coach *NSCA Certified Personal Trainer *Hawaiian Ironman Triathlon, Finisher, 1992 *Boston Marathon, Qualifier and Finisher, 1996 *Odyssey 24 Hour Adventure Race, 2nd 2-person Coed Team, 2001 *X-Terra Mid-Atlantic Regional Champion, 2001 *Kentucky Double Trouble 12 Hour Adventure Race, 2nd 2-person Coed Team, 2002 *Odyssey Mega Dose 40-Hour Race, Natural Bridge, VA, 2nd 4 Person Co-Ed, Adventure Category, 2003 *Odyssey 24-Hour Adventure Race, Big Island, VA, 1st 4 Person All-Female, Adventure Category, 2003



[Complete Athletic And Coaching Resume](#)

[Coaching And Training Philosophy](#)

"I try to encourage people to step outside of their comfort zones; be willing to take on new activities and opportunities; to not allow themselves to say, 'Oh, I could never...' or 'I'm too old to do that.' Most individuals tend to underrate themselves, to limit their capacity for adventure. This is no way to live...actually, it isn't living. Everyone should ask themselves, 'Have you had your fun today?'"

"Life is short and the world's a big place...what are YOU waiting on?"

Kelly McPherson

Kelly brings a life-long love of sports and the enthusiasm to match it to her work.

Growing up, Kelly played soccer and was a collegiate level diver. In 2002, after having two children, Kelly turned to running to fuel her competitive needs (and to lose weight).

The natural progression from running was to triathlons and Kelly finished 10th overall and 2nd in her age-group in her first triathlon. Her love of cycling grew from her triathlon training and rides in the surrounding mountains. Known for her climbing ability and work ethic, Kelly's best days on the bike are ahead of her as she continues toward goals to become a Nationally ranked triathlete and cyclist.

Kelly teaches strength and cycling spin classes at The Weight Club in Blacksburg, and coaches youth and adult triathletes for TriAdventure.

Lynne J. Krulich

Lynne is a triathlete, runner, golfer, certified professional trainer, and professional weight loss consultant. With over 20 years of experience in helping people to lose weight, Lynne brings her fitness and weight loss background to TriAdventure, offering one of the best lifestyle change programs available, at an affordable price.

Lynne's program is mainly focused on healthy eating and exercise, offering a variety of



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different options to fit all lifestyles and personalities. The program concentrates on changing your eating habits, focusing on healthy food but also on the importance of exercise. Exercise and healthy nutrition are both very important in the battle to lose weight.

- * MBA, Virginia Tech
- * Hawaiian Ironman Triathlon, Finisher, 1992
- * Boston Marathon, Qualifier and Finisher, 1996
- * Golf Addict
- * Fitness Center Director
- * Certified YogaFit Instructor
- * Certified Body Pump Instructor
- * Weight Loss Consultant

Kristen DiCarlo

Kristen was introduced to training and the fun athletics offer at a young age. Her father, an avid running, involved her in a youth track and field group when she was 7 years old. Through this team, Kristen built friendships, positive self-esteem, and a passion for running that continues to this day. As a freshman at Virginia Tech in 2005, eager to continue running but also try something new, Kristen joined the VT Triathlon Club. Three years later, she has finished over 10 triathlons and now serves as president of the team.

Kristen also serves as a personal trainer at Tech and has a passion for weight lifting. In April 2005, she competed in my first bodybuilding competition and won overall, earning the title of "Miss Virginia." In March 2007, she took first place in her division of Virginia Tech's Bench Press Competition. Kristen believes weight lifting is a necessary and complementary element to becoming a well-rounded athlete.

As an undergraduate student, Kristen is studying to become a Registered Dietitian. Her passion for having a clean, nutritionally balanced diet runs just as deep as her passion for exercise. Kristen wants to pass on her knowledge and passion for nutrition to other athletes so they will be armed with the tools needed to lead a healthy lifestyle.

Kristen realizes there are many people eager to learn about the sport of triathlon but not sure where to start. Three sports in one race can be very intimidating! Thus, her goal is to not only assist current veteran triathletes with the push they might need, but also to expose new people to the sport and build their confidence as a beginner.