

**Amanda McIntosh**  
**2005 World Master's 100K Champion**  
[coachamanda@earthlink.net](mailto:coachamanda@earthlink.net)

## Professional Running Highlights

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Professional Competitive Ultra Distance Runner

**2009** - 3rd Female, 1st Master *Frost Yer Fanny DU*, 5th Female, 2nd Master *Champions Sprint Tri*, 2<sup>nd</sup> Female, 1st Master *Hells Hills 50K*; *Sweet and Twisted Sprint Tri*: 1st 45-49; *Dude Girl Olympic Tri*: 3rd Master Overall; *Karl's Allnighter 44 mile*: 2nd Female, 3rd Overall, 1st Master; *Karl's Kanoë 30K*: 1st Female, 7th overall; *Cap't Karls Timber Knoll 30K*: 1st Female, 2nd overall.

**2008**- 2nd Female, 1st Master *Bandera 100K*. *Copper Canyon Ultra 50 mile*, Urique, Mexico: 1st Female; *Wurst 5 Mile*: 1st Master; *San Antonio Rock N Roll 1/2 Marathon*: 6th Master

**2007**-Winner: *Q50 Patagonia*, 50 miles, Traful, Argentina.

**2006**-Winner: *Bandera Trails 50K* (course record), *Big Bend 50K* (course record), *Bear Creek 100K Champion*.

**2005**-Winner: *Bandera Trails 50K*, Winner: *Big Bend 50 mile*, *2005 World Masters Association 100K Champion*, December 11, 2005, Bariloche, Argentina.

**2004**-Winner: *Bandera Trails 100K*; 2<sup>nd</sup> Female, 8<sup>th</sup> overall *Rocky Raccoon 100mile Trail Race*, 1<sup>st</sup> Female, *Hill Country 50K X 3 Trail Running Series*, 3<sup>rd</sup> Female, *Sunmart Trail 50K*.

**2003**- Winner: *Palo Duro 50mile*, 6<sup>th</sup> Female, 1<sup>st</sup> Bexar County: *San Antonio Marathon*.

**2002**- Winner: *Rocky Raccoon 50mile*, *Rocky Hills 50K*.

**2001**- Winner: *Crown King 50K*, *High Mountain 25K*, *Bulverde 5K*, *Inks Lake 50K*, *Rocky Hills 50K*, *Age Division SA Marathon*. 2<sup>nd</sup> Female *Arkansas 100*, 3<sup>rd</sup> Female *Leadville 100*.

**2000**- US 50mile Bronze medalist.

**1998**- Winner of the *Rocky Raccoon 100 mile trail race*.

**1999/2000**- *Winner of the Leadville Trail 100 mile trail race*.

**1999**- *US 50 mile National Champion*.

**1991-Present**- Numerous age group awards in 5K, 10K, and Marathon distances, including: *San Antonio*, *Pikes Peak*, *Dallas White Rock*, *Austin*, and *The 100<sup>th</sup> Boston Marathon*.

Amanda Mc Intosh – [coachamanda@earthlink.net](mailto:coachamanda@earthlink.net) – 210 573 3997



## COACHING

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**1999- Present**- Coaching marathon runners of all levels. Specializing in training to obtain qualifying times.

**1987-Present**- personal training and coaching for general fitness including running of all distances from the track to trail ultra marathons. Training of athletes from 15 to 85 years of age.

**2002-2007**- Varsity Cross Country Coach, Saint Mary's Hall, San Antonio, TX.

**2002-2009**- Conditioning Coach, Saint Mary's Hall Upper School. Providing pre and post season conditioning classes for Lacrosse, Baseball, Basketball, Volleyball, Field Hockey, Soccer, Softball, Track, and Cross Country.

**2004 – Present** - Exercise Physiologist with Personal Best Fitness. Providing VO2 testing and coaching for endurance athletes.

**1999 - Present** - Representative for Hammer Nutrition. Sports nutrition and supplementation.

**2001-2002** - Conditioning Coach, Embassy Cyclones Youth Inline Hockey Organization, San Antonio, TX.

### Other Experience

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**2006 – 2008**: Assistant Director of Summer Programs, High Mountain Institute, Leadville, CO (Leadership and Wilderness training for Middle and High School Students).

**2004- 2009**: Race Director, High Mountain Trail 25K and 50K, Leadville, CO (Fund Raising Event for the High Mountain Institute).

### Certifications

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**1987**- American College of Sports Medicine (ACSM)  
American Council on Exercise (ACE)

**1989** – Dallas Association for Parent Education (DAPE)  
Prenatal/Postpartum Exercise Instructor

**2003, 2005** - Wilderness First Aid

**2005** - Level 1 Search and Rescue, Texas A&M

**2007** - Wilderness First Responder, Wilderness Medicine Institute.

**2009** - Wilderness First Responder, Wilderness Medicine Institute.

### Available Services

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**Personal Training/ Coaching**: for conditioning, strengthening, addressing and correcting imbalances and weakness. Coaching for runners of all levels and abilities.

**Sub - Max Vo2 Testing**: identifies current fitness level and proper workout heart rate zones for improved training.

### Group Conditioning Clinics/Classes

#### Conditioning Camps

**Lectures and Seminars**: topics include sport specific training, conditioning, and nutrition.