

# Alyssa T.



**Certified Personal Trainer  
Team Member Since: 2012**

## **Education & Certifications**

- BS in Geography from Southern Oregon University
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## **Hobbies and Achievements**

- National Class Master Runner, 1500-marathon
- USATF Nationals Exhibition Athlete 2009
- World Masters Bronze Medalist - 3000 meters 2010
- RRCA Certified Running Coach
- Run Oregon Live Blogger



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**Club ID: 411**