Kalamazoo Area Runners

S-Pace Leader – Beyond Marathon Training

Job Description and Expectations

Organization Mission and Objectives: The mission of the association shall be the promotion of running as a source of physical, spiritual and social wellness while enhancing the quality of life in the community. In furtherance of our mission, the association may facilitate, promote, and/or conduct races on the road or track, lectures, fun runs, educational activities, demonstrations, clinics, and social events. The association may print/publish books, magazines, and newsletters; present awards; and do other things as may be conducive to the encouragement of running. Other objectives are to engage in community activities and publicize the benefits of running as a means of physical fitness and to cooperate with other organizations with a similar goal and purpose.

Reports to: Director, Beyond Marathon Training

Major Responsibilities

- Must be available for 14 out of 19 weeks of Saturday morning runs
- Provides predefined tips to team at beginning of each run
- One on one guidance, encouragement and coaching based on established guidelines and training schedules
- Sends a weekly email communication to assigned team members
- Promotes a fun and team spirit; builds camaraderie and ensures team members are connected
- Leads team during Saturday morning runs at or near pace assigned pace range, and slows pace accordingly when conditions are unfavorable
- Exemplifies running safety practices
- Answers questions relating to training; refers questions to the appropriate contact
- Other miscellaneous duties as needed

Recommended Experience, Knowledge, Skills and Abilities

- Must be comfortable with providing one on one coaching, guidance and encouragement to a diverse group of runners in terms of experience, abilities and goals
- Must have completed at least one marathon
- Be able to run comfortably at the assigned pace range
- Must be able to read and interpret training schedules
- Computer & technology skills with an intermediate level of competency in Microsoft Word & Excel, email communications and the internet
- Prior coaching experience preferred but not necessary

Other Requirements of Position

- Must have own personal computer, Microsoft Word, & Excel and have access to the internet and email
- Must be available for a minimum of 14 of the run dates
- Must be available to attend a training session (we will coordinate training with schedules)
- This is a volunteer position with an average time commitment of 2-4 hours/week during the program duration
- Must be friendly, personable and strive for a positive experience for runners of all abilities.
- Must be willing to work with team members and appoint substitute s-pace leader upon absence.

Updated as of 6/15/2010