

**DR. TRENT STELLINGWERFF**  
**Senior Research Scientist in Sport Nutrition, Energy and Performance**  
**Nestlé Research Center**

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## OBJECTIVE

Presently a senior scientist at the Nestlé Research Center in Lausanne, Switzerland, where I am coordinating and directing the research of Nestlé's physical performance based products (ie. PowerBar).

## CURRENT EMPLOYEMENT & CONSULTING

**Nestlé Research Center, Lausanne, Switzerland**

**Sept. '06 - present**

- Senior Research Scientists, Dept. of Nutrition & Health, Group Deputy of Physical Performance and Mobility
- Direct all Nestlé research in the area of nutrition, performance and exercise (main brand: PowerBar)
- Nestlé Product Area Coordinator (PAC) for Performance – direct contact between research center and global business headquarters. Assist on research strategy, science consumer communications and education

**Athletics Canada- Governing body for track and field in Canada**

**May. '07 - present**

- Serve as nutrition and physiology expert consultant for Athletics Canada and Olympic caliber Canadian track and field athletes

## EDUCATION

**University of Maastricht, Department of Movement Sciences, Maastricht, the Netherlands.**

- Post-Doctorate Fellowship in the area of Human Exercise and Skeletal Muscle Physiology (2005-2006)

**University of Guelph, Department of Human Biology and Nutritional Sciences, Guelph, Ont.**

- PhD Degree in the area of Human Exercise and Skeletal Muscle Physiology, Sept. 2005
- Cumulative 90% average

**Cornell University, College of Human Ecology- Division of Nutritional Sciences, Ithaca NY.**

- Honors Bachelor of Science in Nutrition, with a minor in Exercise Science, May 2000
- Major GPA 3.5 (~85%) – Accumulative GPA 3.3 (~80%)

**North Lambton Secondary School, Forest Ont.**

- 1996 graduate with honors as Class Vice-President and Ontario Scholar Recipient (A average)

## ACADEMICS

### *Research Experience:*

**Post-Doctorate Fellowship- University of Maastricht**

**Sept. '05 – Sept. '06**

- Pursuing a post-doctorate fellowship in the area of skeletal muscle physiology and specifically in post-exercise recovery research.

**PhD- University of Guelph**

**Sept. '00 – Sept. '05**

- PhD degree in the area of carbohydrate and fat interactions in resting and exercising human Skeletal muscle, including development of purpose and hypothesis, full study direction, analysis of muscle and blood samples, development and analysis of data, manuscript writing and presenting of data.

**Honours Student Research Assistant- Cornell University**

**Jan. '99 - May '00**

- Achieved graduation with Honours distinction by completing an undergraduate research project on Vitamin E metabolism and bioavailability in human liver cells involving GC-MS (gas chromatography- mass spectrometry) analysis.

### *Professional Organizations/Associations:*

- Advisory editorial board for Journal of Sport Science – since 2008
- Member of American College of Sport Science (ACSM) – since 2001
- Member of European College of Sport Science (ECSS) – since 2005
- Advisor and member of medical staff- Canadian Olympic National Track and Field Team – since 2007

### ***Scientific manuscript reviewing (journals I have reviewed for):***

- Applied Physiology, Nutrition and Metabolism (APNM- formerly Canadian Journal of Applied Physiology)
- International Journal of Sports Nutrition and Exercise Metabolism (IJSNEM)
- Journal of Applied Physiology (JAP)
- Journal of Sport Sciences (JSS)
- Medicine and Science in Sports and Exercise (MSSE)
- Pflugers Archive – European Journal of Applied Physiology (EJAP)

### ***Publications & Patents:***

#### Articles/reviews published in peer-reviewed journals

- Pfeiffer, Beate, Alexandra Cotterill, Dominik Grathwohl, **Trent Stellingwerff** and Asker E. Jeukendrup. The effect of carbohydrate gels on gastrointestinal tolerance during a 16km run. *Accepted Feb. 2009: International Journal of Sport Nutrition and Exercise Metabolism.*
- Pelters, Maurice MA, **Trent Stellingwerff**, and Luc J.C. van Loon. The role of membrane fatty-acid transporters in regulating skeletal muscle substrate use during exercise. *Sports Medicine*- 38(5): 387-399, 2008.
- **Stellingwerff, Trent**, Mike K. Boit and Peter T. Res. Nutritional strategies to optimize training and racing in middle-distance athletes. *Journal of Sports Sciences*- 25(S1): S17-S28, 2007.
- Koopman, Rene, Milou Beelen, **Trent Stellingwerff**, Bart Pennings, Wim H. Saris, Arie K. Kies, Harm Kuipers and Luc J.C. van Loon. Co-ingestion of carbohydrate with protein does not further augment post-exercise protein synthesis. *American Journal of Physiology: Endocrinology and Metabolism*- 293(3): E833-E842, 2007.
- **Stellingwerff, Trent**, Hanneke Boon, Anemie P. Gijzen, Jos H. Stegen, Harm Kuipers and Luc J. van Loon. Carbohydrate supplementation during prolonged cycling exercise spares muscle glycogen but does not affect intramyocellular lipid use. *Pflugers Archive- European Journal of Physiology*- 454(4): 635-647, 2007.
- **Stellingwerff, Trent**, Hanneke Boon, Richard A. Jonkers, Joan M. Senden, Lawrence L. Spriet, René Koopman and Luc J. van Loon. Significant intramyocellular use during prolonged cycling in endurance-trained males as assessed by three difference methodologies. *American Journal of Physiology: Endocrinology and Metabolism*- 292(6): E1715-E1723, 2007.
- **Stellingwerff, Trent**, George J.F. Heigenhauser and Lawrence L. Spriet. Reply to letter “Pyruvate metabolism in working human skeletal muscle” by Henderson et al. *American Journal of Physiology: Endocrinology and Metabolism*- 292(4): E1238-E1239, 2007.
- **Stellingwerff, Trent**, Paul J. LeBlanc, Melanie G. Hollidge, George J.F. Heigenhauser and Lawrence L. Spriet. Hyperoxia decreases muscle glycogenolysis, lactate production and lactate efflux during steady state exercise. *American Journal of Physiology: Endocrinology and Metabolism*- 290(6): E1180-E1190, 2006.
- **Stellingwerff, Trent**, Lawrence L. Spriet, Matthew J. Watt, Nicholas E. Kimber, Mark Hargreaves, John A. Hawley and Louise M. Burke. Decreased PDH activation and glycogenolysis during exercise following fat adaptation with carbohydrate restoration. *American Journal of Physiology: Endocrinology and Metabolism*- 290(2): E380-E388, 2006.
- **Stellingwerff, Trent**, Lee R. Glazier, Matthew J. Watt, Paul J. LeBlanc, George J.F. Heigenhauser and Lawrence L. Spriet. Effects of hyperoxia on skeletal muscle carbohydrate metabolism during transient and steady-state exercise. *Journal of Applied Physiology*. 98 (1): 250-256, 2005.
- Glazier, Lee, **Trent Stellingwerff** and Lawrence L. Spriet. Effects of microhydrin supplementation on endurance performance and metabolism in well-trained cyclists. *International Journal of Sport Nutrition and Exercise Metabolism*. 14(5): 560-573, 2004.
- Watt, Matthew J., **Trent Stellingwerff**, George J. F. Heigenhauser and Lawrence L. Spriet. Effects of plasma adrenaline on hormone-sensitive lipase at rest and during moderate exercise in human skeletal muscle. *Journal of Physiology*. 550(1): 325-332, 2003.

- **Stellingwerff, Trent**, Matthew J. Watt, George J.F. Heigenhauser and Lawrence L. Spriet. Effects of reduced free fatty acid availability on skeletal muscle PDH activation during aerobic exercise. *American Journal of Physiology: Endocrinology and Metabolism*- 284(3):E589-E596, 2003.
- Watt, Matthew J, George J.F. Heigenhauser, **Trent Stellingwerff**, Mark Hargreaves and Lawrence L. Spriet. Carbohydrate ingestion reduces skeletal muscle acetylcarnitine availability but has no effect on substrate phosphorylation at the onset of exercise in man. *Journal of Physiology*. 544(3): 949-956, 2002.

#### Book sections

- **Stellingwerff, Trent** and Jacques Décombaz. Athlete nutrition from post-exercise recovery to training adaptation. In: *Alimentarium Book- Recherche et alimentation en dialogue*. E. V. Schärer-Züblin (Editor). Wiley-Blackwell Press. Weinheim, Germany. pp. 194-200, 2009.
- **Stellingwerff, Trent**. Case Study: 2008 Olympic 50km race-walker – Practical applications of science to optimize endurance performance. 4<sup>th</sup> *Applied Sports Nutrition Conference Proceedings*. Published by Nutrifit and PowerBar, May, 2009.
- **Stellingwerff, Trent**. Nutrition for middle-distance running. 2<sup>nd</sup> *Applied Sports Nutrition Conference Proceedings*. Published by Nutrifit and PowerBar, May, 2008.

#### Abstracts Published

- Andre R. Nelson, Sue Broadbent, L. Jackson, **Trent Stellingwerff**, Mark A. Tarnopolsky and David S. Rowlands. Leucine-enriched protein-carbohydrate feeding after high-intensity cycling enhances neutrophil oxidative burst. *Applied Physiology Nutrition & Metabolism*. XX(X) Supplement: SXXX, June 2009.
- Pfeiffer, Beate, Eric Zaltas, **Trent Stellingwerff** and Asker E. Jeukendrup. Carbohydrate oxidation from solid food compared to liquid during exercise. *Medicine & Science in Sports & Exercise*. 41(5) Supplement: S809, May 2009.
- Jeukendrup, Asker, Beate Pfeiffer, **Trent Stellingwerff** and Eric Zaltas. Carbohydrate oxidation from a carbohydrate gel compared to a drink during exercise. *Medicine & Science in Sports & Exercise*. 41(5) Supplement: S1456, May 2009.
- Rowlands, David S, Jasmine S. Thomson, Brian W. Timmons, Frederic Raymond, Robert Mansourian, Sylviane Metairon, Andreas Fuerholz, **Trent Stellingwerff** and Mark A. Tarnopolsky. Analysis of the effect of high protein-carbohydrate nutrition on global mRNA expression in skeletal muscle during recovery from high-intensity endurance exercise. *The Physiologist* 51(6):66 (#31.7), 2008.
- Pfeiffer, Beate, Alexandra Cotterill, Dominik Grathwohl, **Trent Stellingwerff** and Asker E. Jeukendrup. The effect of carbohydrate gels on gastrointestinal tolerance during a 16km run. *Medicine & Science in Sports & Exercise*. 40(5) Supplement: S672, May 2008.
- Jeukendrup, Asker, Beate Pfeiffer, Alexandra Cotterill, Dominik Grathwohl, **Trent Stellingwerff** . Moderate versus high carbohydrate intake in the form of gels on gastrointestinal tolerance during running. *Medicine & Science in Sports & Exercise*. 40(5) Supplement: S2419, May 2008.
- Beelen, Milou, Rene Koopman, **Trent Stellingwerff**, Harm Kuipers, Wim H. Saris and Luc J.C. van Loon. Co-ingestion of carbohydrate with protein does not stimulate post-exercise muscle protein synthesis rates. *Medicine & Science in Sports & Exercise*. 39(5) Supplement: S83, May 2007.
- **Stellingwerff, Trent**, Hanneke Boon, Anemie P. Gijsen, Jos H. Stegen, Harm Kuipers and Luc J. van Loon. Carbohydrate supplementation during prolonged cycling exercise spares muscle glycogen but does not affect intramyocellular lipid use. *Medicine & Science in Sports & Exercise*. 39(5) Supplement: S21-S22, May 2007.
- **Stellingwerff, Trent**, Paul J. LeBlanc, Melanie G. Hollidge, George J.F. Heigenhauser and Lawrence L. Spriet. Greater leg lactate efflux versus pyruvate efflux during steady-state cycling in both normoxic and hyperoxic conditions– *Proceedings of the 11<sup>th</sup> Annual Congress of the ECSS*, 2007.
- **Stellingwerff, Trent**, Paul J. LeBlanc, Melanie G. Hollidge, George J.F. Heigenhauser and Lawrence L. Spriet. Hyperoxia decreases muscle glycogenolysis, pyruvate and lactate production during steady state

exercise. *Medicine & Science in Sports & Exercise*. 38(5) Supplement: S16-S17, May 2006.

- **Stellingwerff, Trent.**, Glazier, L.R., Watt, M.J., LeBlanc, P.J., Heigenhauser, G.J.F, and Spriet, L.L. Effects of hyperoxia on skeletal muscle carbohydrate metabolism during transient and steady-state exercise. – *Acta Physiologica Scandinavica*. 183(4): A409, April, 2005.
- **Stellingwerff, Trent**, Lawrence L. Spriet, Matthew J. Watt, Nicholas E. Kimber, Mark Hargreaves, John A. Hawley and Louise M. Burke. Decreased skeletal muscle pyruvate dehydrogenase activation during cycling following short-term high-fat adaptation with carbohydrate restoration. *Medicine & Science in Sports & Exercise*. 37(5) Supplement: S3-S4, May 2005.
- **Stellingwerff, Trent**, Lee Glazier, Matthew J. Watt, Paul J. LeBlanc, George J.F. Heigenhauser, Lawrence L. Spriet. Skeletal muscle metabolism during transient and steady state aerobic exercise at two levels of hyperoxia. *The FASEB Journal*. Abstract #598.6, 2003.
- **Stellingwerff, Trent**, Matthew J. Watt, George J.F. Heigenhauser and Lawrence L. Spriet. Effects of reduced free fatty acid availability on skeletal muscle PDH activation during aerobic exercise. *Medicine & Science in Sports & Exercise*. 35(5) Supplement 1:S147, May 2003.

#### Other pending/upcoming publications

- Pfeiffer, Beate, **Trent Stellingwerff** , Eric Zaltas and Asker E. Jeukendrup. Oxidation of solid versus liquid carbohydrate sources during exercise *Submitted March. 2009: Medicine & Science in Sports & Exercise* -
- Rutherford, Jane, **Trent Stellingwerff** and Lawrence L. Spriet. Effect of taruine supplementation on prolonged sub-maximal metabolism and subsequent time-trial cycle performance. -*submitting in 2009*
- Rowlands, David S, Jasmine S. Thomson, Brian W. Timmons, Frederic Raymond, Robert Mansourian, Sylviane Metairon, Andreas Fuerholz, **Trent Stellingwerff** and Mark A. Tarnopolsky. Analysis of the effect of high protein-carbohydrate nutrition on global mRNA expression in skeletal muscle during recovery from high-intensity endurance exercise. –*submitting in 2009*

#### Other non-peer reviewed publications

- **Stellingwerff, Trent.** Fat and Body Weight Regulation. *Running Room Magazine*. July/August: pg. 31-32 2005.
- **Stellingwerff, Trent.** Dietary Fat: The Good, The Bad and the Ugly. *Running Room Magazine*. May/June: pg. 22-23, 2005.
- **Stellingwerff, Trent.** Fat 411: Physiology of Fat. *Running Room Magazine*. Mar./April: pg. 24-25, 2005.
- **Stellingwerff, Trent.** Different Ergogenic Aids: Claims versus Reality. *Running Room Magazine*. Jan./Feb.: pg. 30-31, 2005.
- **Stellingwerff, Trent.** How to Choose the Right Sports Drink. *Running Room Magazine*. Nov./Dec.: pg. 22-23, 2004.
- **Stellingwerff, Trent.** Protein and the Runner. *Running Room Magazine*. Sept./Oct.: pg. 30-31, 2004.
- **Stellingwerff, Trent.** Low Carbohydrate Diets for Runners- Facts, Myths and Controversy. *Running Room Magazine*. July/Aug.: pg.30-31, 2004.
- **Stellingwerff, Trent.** Lifestyle Choices for an Aging Population. *Running Room Magazine*. Mar./Apr.: pg. 42-43, 2004.
- **Stellingwerff, Trent.** Optimizing Performance AFTER the ‘Event’: Nutrition, Hydration and Racing Tips. *Running Room Magazine*. Jan/Feb: pg. 34-35, 2004.
- **Stellingwerff, Trent.** Optimizing Performance DURING the ‘Event’: Nutrition, Hydration and Racing Tips. *Running Room Magazine*. Nov./Dec: pg. 36-37, 2003.
- **Stellingwerff, Trent.** Optimizing Performance BEFORE the ‘Event’: Nutrition, Hydration and Racing Tips. *Running Room Magazine*. Sept./Oct: pg. 54-66, 2003.
- **Stellingwerff, Trent.** Nutrition and hydration concerns for the endurance runner. *Running Room Magazine*. March/April; pg. 34-35, 2002
- **Stellingwerff, Trent.** Some ethical situations and questions to consider with doping and drug testing in sport. - *Appeared on: [www.letsrun.com](http://www.letsrun.com) and [www.tfnorth.com](http://www.tfnorth.com): January 2002.*

### **Major Presentations:**

- **Stellingwerff, Trent.** Case Study: 2008 Olympic 50km race-walker – Practical applications of science to optimize endurance performance. – *keynote speaker, 4<sup>th</sup> Applied Sports Nutrition Conference – Munich, Germany, May, 2009.*
- **Stellingwerff, Trent.** Sport Nutrition Assessment: Questions, analysis and tools to consider. – *keynote speaker for monthly national wide educational conference call for the Dietitians of Canada, March, 2009.*
- **Stellingwerff, Trent.** The importance of nutrition for the developing adolescent athlete. – *keynote speaker at Athletics Canada Technical Congress - Toronto, Canada, November, 2008.*
- **Stellingwerff, Trent.** Nutrition and Performance. – *Conference introduction, 5<sup>th</sup> Nestlé International Nutrition Symposium – Lausanne, Switzerland, October, 2008.*
- **Stellingwerff, Trent.** Nutritional recommendations for individual sports. – *keynote speaker, Spanish Olympic Committee Symposium on Medicine and Science - Madrid, Spain, September, 2008.*
- **Stellingwerff, Trent.** Achieving Peak Performance – Perspectives from Elite Athletes. IMD Webcasts Wednesday's. – *keynote speaker, August 2008*
- **Stellingwerff, Trent.** Nutrition for middle-distance athletes. – *keynote speaker, 2<sup>nd</sup> Applied Sports Nutrition Conference - Indianapolis, IN, May, 2008.*
- **Stellingwerff, Trent.** Fat – Is it the “holy grail” of energy for the endurance athlete?– *invited speaker, University of Birmingham School of Sport Sciences Symposium - Birmingham, England, May, 2008.*
- **Stellingwerff, Trent.** Performance Nutrition R&D at Nestlé: from science to product – *scientific keynote speaker for European media launch of PowerBar C2max - Lisbon, Portugal, March, 2008.*
- **Stellingwerff, Trent.** Sport Nutrition as a Recovery Tool- Optimizing post-exercise protein synthesis. – *keynote speaker at Athletics Canada Technical Congress - Toronto, Canada, November, 2007.*
- **Stellingwerff, Trent, Hanneke Boon, Anemie P. Gijzen, Jos H. Stegen, Harm Kuipers and Luc J. van Loon.** Carbohydrate supplementation during prolonged cycling exercise spares muscle glycogen but does not affect intramyocellular lipid use. – *slide presentation at the 2007 American College of Sports Medicine (ACSM) Conference- New Orleans, LA. May, 2007.*
- **Stellingwerff, Trent, Mike Boit and Peter Res.** Nutritional strategies to optimize training and racing in middle-distance athletes. – *keynote speaker at the 2007 International Association of Athletics Federations (IAAF) Consensus Congress on Nutrition in Athletics- Monaco, April 2007.*
- **Stellingwerff, Trent.** Optimizing nutrition before and after an event. – *keynote speaker at Sports Nutrition for Endurance Athletes Symposium- Lausanne, Switzerland, April, 2007.*
- **Stellingwerff, Trent.** Effects of carbohydrate supplementation during prolonged exercise on subsequent IMTG and glycogen use. – *Maastricht University Dept. of Movement Sciences and Human Biology symposium – Maastricht, Netherlands, September, 2006.*
- **Stellingwerff, Trent, Paul J. LeBlanc, Melanie G. Hollidge, George J.F. Heigenhauser and Lawrence L. Spriet.** Greater leg lactate efflux versus pyruvate efflux during steady-state cycling in both normoxic and hyperoxic conditions– *slide presentation at the 2006 European College of Sports Science (ECSS) Conference- Lausanne, Switzerland, July, 2006.*
- **Stellingwerff, Trent, Paul J. LeBlanc, Melanie G. Hollidge, George J.F. Heigenhauser and Lawrence L. Spriet.** Hyperoxia decreases muscle glycogenolysis, pyruvate and lactate production during steady state exercise. – *slide presentation at the 2006 American College of Sports Medicine (ACSM) Conference- Denver, CO. May, 2006.*
- **Stellingwerff, Trent, Lawrence L. Spriet, Matthew J. Watt, Nicholas E. Kimber, Mark Hargreaves, John A. Hawley and Louise M. Burke.** Decreased PDH activation and glycogenolysis during exercise following fat adaptation with carbohydrate restoration. – *slide presentation at the 2005 American College of Sports Medicine (ACSM) Conference- Nashville. TN. May, 2005.*
- **Stellingwerff, Trent.** Athletics Canada Endurance Camp- hosted by Guelph National Endurance Centr. Nutrition for the Elite Endurance Athlete- *1hr. educational presentation - Guelph, Canada, April 2005.*
- **Stellingwerff, Trent., Glazier, L.R., Watt, M.J., LeBlanc, P.J., Heigenhauser, G.J.F, and Spriet, L.L.** Effects of hyperoxia on skeletal muscle carbohydrate metabolism during transient and steady-state exercise. – *slide presentation at the University of Guelph College of Biological Sciences Graduate Student Symposium - Guelph, Canada, January, 2005.*
- **Stellingwerff, Trent., Glazier, L.R., Watt, M.J., LeBlanc, P.J., Heigenhauser, G.J.F, and Spriet, L.L.** Effects of hyperoxia on skeletal muscle carbohydrate metabolism during transient and steady-state exercise. – *poster presentation at the 2004 Scandinavian Physiological Society Meeting- Lundsbrunn, Sweden. May, 2004.*
- **Stellingwerff, Trent, Lee Glazier, Matthew J. Watt, Paul J. LeBlanc, George J.F. Heigenhauser, Lawrence L. Spriet.** Skeletal muscle metabolism during transient and steady state aerobic exercise at two levels of hyperoxia.- *poster presentation at the 2003 Experimental Biology (FASEB) Conference- San Diego, CA, April, 2003.*
- **Stellingwerff, Trent, Matthew J. Watt, George J.F. Heigenhauser and Lawrence L. Spriet.** Effects of reduced free fatty acid availability on skeletal muscle PDH activation during aerobic exercise. – *slide presentation at the 2003*

*American College of Sports Medicine (ACSM) Conference- San Francisco, CA, May, 2003.*

- **2003-Entire Speaking Series for Gatorade Canada-** on Nutrition and Hydration including: Vancouver Marathon, Ottawa Marathon, Ontario Hockey League Trainer's Meeting, Ironman Canada, Victoria Marathon.
- **Stellingwerff, Trent.** Nutrition and hydration concerns for the Ironman Triathlete. – *presentation for Gatorade Canada (Second Dimension Int.) at Ironman Canada - Penticton, Canada.- August, 2002.*
- **Stellingwerff, Trent.** Gatorade Education- Physiology of hydration and carbohydrate supplementation. – *3 hr educational presentation for Quaker-Tropicana-Gatorade - Toronto, Canada, August, 2002.*
- **Stellingwerff, Trent.** Athletics Canada National Coaching Certificate Program- Level II Distance Running: Basic physiology during distance running and application in racing and training.–*3hr. educational presentation - Guelph, Canada, May 2002.*

### **Scholarships and Academic Awards:**

- **European College of Sports Science- Young Investigator Award Winner 2006**
  - 1 of 10 oral presentations awarded at the annual congress for young investigators.
- **University of Guelph College of Biological Sciences nominee for the Forester Medal 2006**
  - 1 of 6 students nominated for being the best graduate student at the Univ. of Guelph
- **Natural Science and Engineering Research Council of Canada (NSERC) 2005 – 2007**
  - Government of Canada Post-Doctorate Fellowship/Research Grant and Stipend for work at Maastricht University, Netherlands.
- **Natural Science and Engineering Research Council of Canada (NSERC) 2003 – 2005**
  - Government of Canada PhD Research Grant and Stipend for work at the University of Guelph, Canada.
- **Ontario Graduate Scholarship (OGS)- Science and Technology Award 2001 & 2002**
  - University of Guelph Departmental Award
- **Gatorade Sport Science Student Grant Program Award 2002**
  - 1 of 12 students selected worldwide for industrial research award.
- **Academic All-Canadian Honors 2001 & 2002**
  - University of Guelph national medallist in track and field and an 'A' average
- **BSc Honours Graduate- Cornell University 2000**
  - 1 of 8 students to graduate with honours from the Department of Nutritional Sciences- Cornell University
- **Dean's List- Cornell University 1999 - 2000**
- **Red Key Honour Society- Cornell University 1997 - 2000**
  - For successful varsity athletes with high academic standing.

### **OTHER EXPERIENCE**

- University of Guelph Track and Field Assistant Coach & Alumni Relations Sept. '00 – Sept. '05**
  - Full assistant coaching duties (since '02), team travel, team recruiting, press releases
  - Coordinating the making of a promotional booklet, video and website
  - Assisting in Alumni functions and team fundraising ventures
- Teaching Assistant in Physical Therapy Clinic- University of Guelph Sept. '00 – Apr. '03**
  - Head coordinator for over 20 student volunteers, literature reviews, research design, and clinical work
- Second Dimension International- Marketing Company- Toronto, Ont. June '00 - present**
  - Southwestern Ontario University Gatorade Rep- coordinated 6 other regional/local university reps
  - Use of company vehicle and included: scheduling, hour submission, reports and presentations.
- Sarnia Track Summer Camp Coordinator and Coach- Sarnia Ont. Summer '01**
  - Head Camp Director for over 70 athletes aged 7 to 13 for 6 weeks of track camps
  - Assisted in elite athletes development, organization of competition travel schedules and media reports

### **ACTIVITIES AND INTERESTS**

#### **Athletics- Track and Field**

- Assistant Track and Cross-Country Distance Coach- University of Guelph (4-time National Cross Country Champions). Athletics Canada NCCP Level II Distance Certified Coach
- Former varsity athlete for the University of Guelph
- Elected Indoor and Outdoor Cornell Team Co-Captain for the 1999-2000 season

- Self-motivation and dedication has lead to a prominent level of accomplishment at the high school and NCAA/CIS University level in distance running (2-time Track and Field All-Canadian)
- Chosen as 1 of 20 Cornell athletes to participate in 2-½ week European Tour in 1998

### **Volunteering**

- Volunteer ~30hrs a semester at the University of Guelph and Cornell University in activities ranging from community clean-ups, to reading to children at the public library
- Volunteer and assist with the Guelph Athletics Society (GAS) in helping-out with a non-for-profit road race series that benefits the Wellington County Children's Society
- Volunteered many hours for Kids Summer Track Camps and Elementary School tours and assisted in organizing and running track meets at home and Cornell.