

KIRKWOOD P. DONAVIN – COACH

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 LinkedIn

 Strava

SUMMARY

Experienced coach with a passion for helping others achieve their fitness and performance goals. Strong background in training plan development, technique analysis, and motivation strategies. Excellent communication skills and ability to build rapport with athletes of all levels. Enthusiastic about mountain sports: trail running, summiting, mountaineering, ski touring, ski resort days with buddies, skate skiing, multi-pitch trad routes, climbing gym days with a pal, all-mountain bike riding.

EXPERIENCE

Track Coach — SLC Track Club — Salt Lake City, UT — Feb 2022 – Present

- **Coaching** adult athletes through a pre-planned weekly workout and collaborating with the SLCTC coaching team
- **Workouts** vary from speed intervals, fartleks, tempo runs, and hill repeats.
- **Mentor Athletes** on training plans, pre-race ritual, form, recovery, and injury prevention

Mechanics Instructor — The Bicycle Collective — Salt Lake City, UT — May 2025 – Present

Instructor for the Bicycle Collective's community education program. Involved in course planning, as well as instruction or aiding co-instructors. **Courses Offered:** Drivetrains, Brakes (rim & rotor), Bearing Systems, Tubeless Tires, Wheels, Suspension Systems

Track Official — USA Track & Field - Montana State University — Bozeman, MT — Jan 2015 – May 2017

Track Coach — Tuesday Night Track Club — Bozeman, MT — Mar 2016 – Jun 2017

EDUCATION

Course Highlights: Outdoor Leadership, Wilderness First Aid, Rec. Avalanche Safety I & II (American Avalanche Institute)

Coach Certification (Level 1) — Road Runners Clubs of America — Orlando, FL — Mar 2022 – Mar 2024

M.S. of Applied Economics – May 2015 – Montana State University – Bozeman, MT

Thesis: The Welfare Impacts of Engineers Without Borders in Western Kenya

B.A of International Relations – May 2011 – Cornell College – Mount Vernon, IA

AWARDS

- NCAA DIII All-American (Mile Race – 3rd Pl. – 2011)
- Overall-Series Champion (Sport) – Cirque Series – 2021
- 2nd Pl. Overall – Wasatch Trail Series (Short Course) – 2021
- 2011 Iowa Intercollegiate Athletic Conference (IIAC) MVP in Track & Field
- 6x IIAC Champion (Events: 800m, 1500m, Mile, DMR; 2010 & 2011 track seasons)
- 2011 Sportsman of the Year – Cornell College
- 3x School Record Holder – Cornell College (Events: 4x800m, DMR, Mile)