

# KIRKWOOD P. DONAVIN – COACH

Enthusiastic about mountain sports & educating future mountain athletes

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## 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, summitting, mountaineering, ski touring, ski resort days with buddies, skate skiing, multi-pitch trad routes, climbing gym days with a pal, all-mountain bike riding.

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## EXPERIENCE

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

Part of the volunteer coaching team for the Salt Lake City Track Club (SLCTC), a non-profit organization that provides training, social events, and racing opportunities for athletes of all ages and abilities.

- **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 — Bicycle Collective — Salt Lake City, UT — May 2025 to 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 - MSU — Bozeman, MT — Jan 2015 to May 2017

Officiated at Montana State University meets for 4 indoor & outdoor seasons, specializing in jump-event measuring, jump-pit maintenance, and finish-line timing with FinishLynx photographic measurement software

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

Led workouts for amateur athletes at a long-standing workout series, Tuesday Night Track (TNT)

- **Designed and scheduled** 70+ track workouts, mixing shorter power work with longer endurance repeats for runners with diverse goals
  - **Coached athletes** through warm-ups, drills, & repeats while giving feedback on form, advice on race strategy and encouragement for participation and athletic improvement
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## 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 to 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**

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## 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 (IAC) MVP in Track & Field
- 6x IAC 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)