

BRANTLY RUNNING

THE ART AND SCIENCE OF SUCCESS



Keith Brantly

With a running career spanning three decades, many experts consider Keith Brantly to be one of the most successful Long Distance Runners in United States distance running history. Keith demonstrated success in national and international competitions at distances from the mile to the marathon. His accomplishments include:

- 1996 United States Olympic Team Member, Marathon.
- Five time U.S. Olympic Trials participant for 5K, 10K and marathon, competing in a total of seven trials events.
- Twelve time member of United States National track, road racing and cross-country teams.
- Eight time United States National Roadracing Champion in the 10K, 20K, 25K and marathon.
- Lifetime personal bests include: Marathon 2:12:31, Fifteen kilometers 42:50, Ten kilometers 28:02, Five kilometers 13:36, 1500 meters 3:40.7 (3:58 mile)
- Career prize money in excess of \$400,000.

Keith conducts inspirational and entertaining motivational seminars for corporations and special interest groups on topics related to health, fitness and the psychology of success. As a successful specialist in healthcare sales, Keith inspires sales teams and organizations with meaningful and practical formulas for success drawn from his years of high level athletic competition. He especially enjoys speaking to children and young adults, encouraging them to start and stay involved with sports and recreational activities while stressing the importance of strong leadership practices. Keith's extensive experience in television and radio color commentary include the New York City Marathon and US Olympic Marathon Trials telecasts. His articles and features are published in over 100 fitness magazines.

Keith's volunteer service includes a term as president of Florida Track Club, volunteer coach for Best Buddies and motivational speaker for the American Heart Association. In 2001, Keith raised over \$20,000 for the National Association for Attention Deficit Disorder and other charities in less than 12 weeks. He is also a member of United States Olympic Team Mentoring program. Keith is a proud board member of the National Marathon to Finish Breast Cancer-26.2 with Donna, Bates-Jensen Wound REACH Foundation and Runwell, The Linda Quirk Foundation. Athletes for Hope, founded by tennis great Andre Agassi and other mega-sports stars, utilize Keith for charitable functions throughout Florida and Georgia. Keith appeared on the Oprah Winfrey Show and is featured in National Geographic Magazine's September 2000 issue. Twice he has appeared on the cover of Runner's World magazine. He is also a member of United States Olympic Team Mentoring program.

In 2005, Keith was inducted in the Road Runners Club of America, Hall of Fame; in 2004 he was inducted in the University of Florida Athletics Hall of Fame. Along with a successful career in medical equipment sales and management, Keith manages his online personal coaching program. He is a proud parent of his son, Thor and daughter, Ace. Keith is married to top American distance runner, Kim Pawelek. Keith and Kim live in St. Augustine, Florida.

Contact Information:

Phone: 904/718-2893

Email: keith@brantlyrunning.com