

Runner's High

Offering personalized coaching to meet your individual needs & help you to achieve your goals.

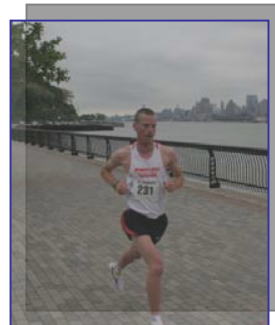
Contact Scott at (732) 754-1183 for more info



Coaches' Bios

Scott DeFilippis, co-owner of **Runner's High**, is the **USATF 2006 New Jersey Distance Runner of the Year**. He was an all **SEC Cross Country Runner at the University of Tennessee**. He is currently training for the Triathlon Ironman 70.3 in California with the hopes of qualifying for Hawaii. **His personal best include a 2:24 Twin Cities Marathon, a 14:23 5K, and a 29:12 10K.**

Visit our Specialty Running Shops!



Rob DeFilippis, co-owner of **Runner's High**, is a certified **USATF Level I Track and Field Coach**. He is a **former NCAA Division I Cross Country and Track athlete at the University of Maryland**. He is the current coach of **Red Bank Catholic High School** and the **Mizuno Runner's High** racing team. In **2006 he was named the Monmouth County Cross Country Coach of the Year**. **His personal bests include a 2:41 Marathon, a 15:03 5K and a 31:40 10K.**

454 Main St. Metuchen (732) 549-9440

35 River Dr. South ~ Jersey City (201) 626-6220

www.runners-high.com