

**Daren Marceau**  
*Coaching & Racing Resume*  
triathlt@bellsouth.net  
Cary, North Carolina



## **Athlete Information**

Racing Age for 2005: 43  
Date of Birth: June 3, 1961  
Racing License: USAT 173097  
Coaching Licenses: USA Triathlon Level 1 Certified Triathlon Coach, USA Cycling Level 1 Certified Cycling Coach  
Coach: Self-Coached  
Team: *Cycling Spoken Here* Racing Team, Cary, NC  
[www.cyclingspokenhere.com](http://www.cyclingspokenhere.com) and [www.cshracing.com](http://www.cshracing.com)

## **Coaching Philosophy**

Within a framework of goals proposed by a client, and supported by my observations of their current level, I work with each individual athlete as they work towards achieving the milestones on the path towards their goals. Recognizing that each athlete is motivated by different concerns, needs, and desires is critical. Understanding that each athlete deserves a personalized approach from their coach is important. Putting together a training plan or providing technique advice is what clients ask me to do; being flexible and spending time with them as they exceed, meet, or fall short of their goals is what I actually do.

Training needs to stress, recover, and reward both the physical and mental components the athlete is building. I encourage clients to seek input from others, such as massage therapy for recovery and pre-event preparation. Training and racing have to be fun; if they cease being fun I encourage athletes to taper or take a break. It is my responsibility to keep alert for signs from my clients of overtraining and dissatisfaction with multisport involvement.

## **Coaching Achievements**

- 2005 – Head Coach - North Carolina State University Triathlon Club
- 2005 – coached a weeklong youth triathlon camp in Cary, NC for 8 to 14 year olds
- 2004 – coached an expert cyclist desiring a change into multi-sport. This athlete placed second overall in a sprint race, second in AG in a half-Ironman, and qualified for and raced in the Boston Marathon
- 2003 – coached a seasoned triathlete wanting to move-up from sprint and international events to half-iron distances. She also wanted to qualify for and compete at USAT Nationals. She exceeded her season goals, and was named a USAT 2003 All-American with a 6<sup>th</sup> place Nationals finish.
- 2003 – coached a seasoned triathlete wanting to move-up from sprint races to international distance. Based on her goals and desired areas for improvement I prepared training plans for her

use. Her season was successful, with two international finishes, and a top 6% of her age group ranking in the North Carolina Triathlon Series.

- 2003 – coached a new triathlete through her first season. She successfully remained injury-free and competed in five sprint races, one international bike relay, and one half-iron bike relay. She received one first place in AG and a third place in her AG in two of her sprint races.
- 2003 – co-coached a youth triathlete through her first two youth triathlons. Despite a crash and lost time resulting in a changed coaching and training approach, she successfully finished two races and received a first place in her AG at one race.
- 2003 – coached a 39 year old male returning to mountain bike riding after several years of a sedentary lifestyle and weight gain.. He set racing and fitness goals, and I prepared training plans and workouts for him. In one year he dropped 40 pounds, raced three times, received second place in both a Virginia MTB series race and in the Virginia State Games beginner class cross country race, and started running to train for duathlons.
- 2003 – conducted a bike handling skills clinic in Cary, NC. Focus was on cornering, climbing, and sprinting. Feedback from participants was very positive.
- 2003 – coached a Team USA Duathlete in bike handling skills as she prepared for Nationals and Worlds. Focus was on cornering and tight-quarters handling.
- 2003 – led and assisted the leader on many group rides. Observed new riders and worked with them on pedaling dynamics, bike handling, and group riding skills as well as traffic safety.

## **Personal Racing Highlights**

- 2005 – Ranked in top 5% of age group in North Carolina Triathlon Series
- 2004 – The Blue Devil iron distance triathlon – finisher
- 2002 - Explore Park Off-Road Duathlon, Roanoke, Virginia – Second Place, Men’s 40-44
- 2003 - Riverwood Sprint Triathlon, Clayton, NC – Second Place, Men’s 40-44
- 2003 – Qualified for and competed at USAT Age Group National Championships, Shreveport, LA
- 2003 – Completed 11 multisport events, including two half iron and three international distance events
- 2002 - Explore Park Off-Road Duathlon, Roanoke, Virginia – Second Place, Men’s 40-44
- 2002 - Duke Blue Devil Ironman, Durham, NC – First Place, Mixed Relay (bike)
- 2002 - Fit and Able Triathlon, Cary, NC – Second Place, Men’s 40-44
- 2002 - Sanford, NC Winter Duathlon Series – First Place, Men’s 40-44
- Completed a total of 19 triathlon, cycling, and running races in 2002
- 2001 - Explore Park Off-Road Duathlon, Roanoke, Virginia – Third Place, Men’s 40-44
- 2002-2001, Several First, Second, and Third Place Awards for Mixed Relay Triathlon and Duathlon Teams

## **When I’m Not Racing or Coaching**

- Married to Karen, a multisport age group athlete
- Father to two daughters, ages 12 and 19, both athletes
- Professional engineer with a transportation forensics/accident reconstruction consulting practice; investigate traffic accidents including bicycle injuries and fatalities, and traffic signal accidents
- Part-time race organizer and race volunteer