

MOLLY ZAHR
QT2 Systems Coach, USAT

QT2 SYSTEMS

OUTRIVAL RACING

VIRTUAL COACH SUMMIT

PRESENTERS

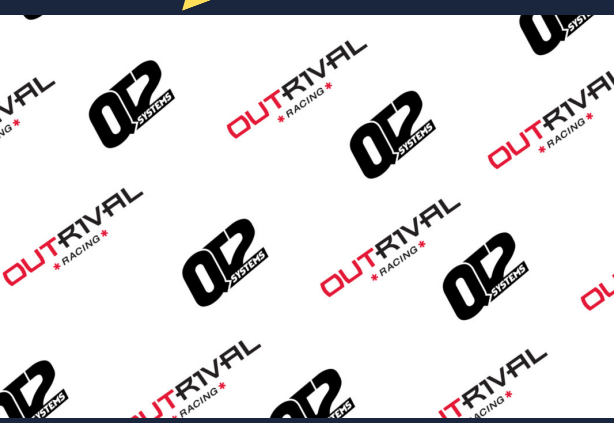
QT2 SYSTEMS

OUTRIVAL RACING

QT2 SYSTEMS



BETH PETERSON
The Run Formula Coach
The Core Diet RD



VINNY JOHNSON
QT2 Systems Coach, USAT



TIM SNOW
QT2 Director & Coach
USAT



AMY JAVENS
QT2 SYSTEMS COACH, USAT



JENNIE HANSEN
QT2 SYSTEMS COACH, USAT



ERIC KAHL
OUTRIVAL RACING
COACH, USAT



DOUG MACLEAN
QT2 SYSTEMS COACH, USAT



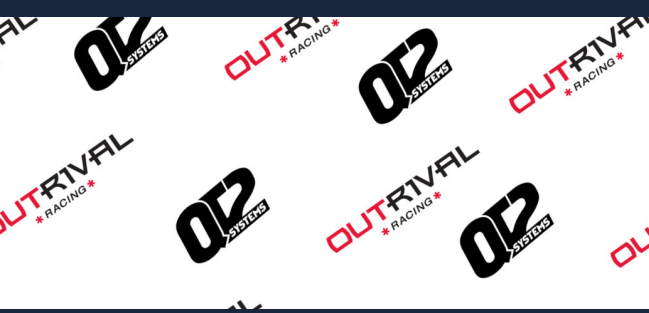
MARY MILLER MCKEON
QT2 MARKETING & SALES
DIRECTOR



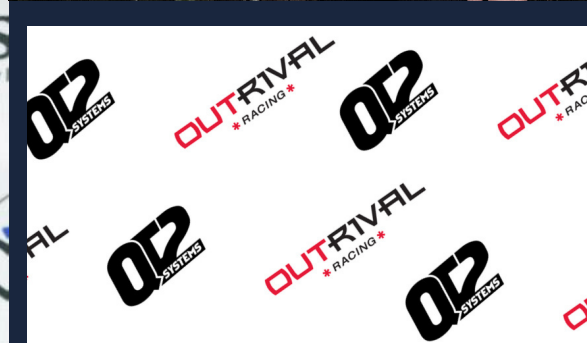
JOE RICH
OUTRIVAL RACING COACH, USA TRIATHLON



REEM JISHI
OUTRIVAL RACING COACH
USA TRIATHLON



RUSSET MORROW
OUTRIVAL RACING COACH
USA TRIATHLON



LENNY RAMSEY
OUTRIVAL RACING COACH, USA TRIATHLON



SCOTT COLE
PHARMACIST, USA TRIATHLON



MOLLY ZAHR

QT2 Systems Coach, USAT

Molly is a USAT Level I, QT2 Systems Level II and Ironman U Certified Coach. After playing basketball in college, she took up triathlon in 2002. She joined the QT2 family in 2008 and was coached by Jesse Kropelnicki, and began coaching for QT2 Systems in 2009. She has competed in over 100 triathlons, including over 20 Ironman races.

Beth Peterson is a Registered Dietitian and Board Certified Specialist in Sports Dietetics. She holds a Bachelors degree in Nutrition from Penn State University where she ran cross-country and track and field. In addition to working as a Core Diet dietitian, Beth is the Operations Director and coach for The Run Formula, the run-only sister company of QT2 Systems. And she is a life-long endurance athlete competing in marathons, Ironman triathlon, mountain bike racing and much more!



BETH PETERSON

The Run Formula Coach
The Core Diet RD



TIM SNOW

QT2 Director & Coach
USAT

Tim Snow is a USAT Level II and QT2 Systems Level III certified coach, and serves as the Training Services Director for QT2 Systems, LLC. Tim started in the sport of triathlon in 1998, and joined with QT2 Systems in 2007.

Vinny Johnson is a USAT Level 1 Coach and a QT2 Systems Level 3 Coach. Vinny comes from a collegiate swimming background, raced professionally for many years, coaches 1-1 athletes and is the Mission Plan coach within QT2 Systems.



VINNY JOHNSON

QT2 Systems Coach,
USAT



JOE RICH

OUTRIVAL RACING COACH, USAT

Joe Rich is a USA Triathlon Level I coach and an Expert Coach with OutRival Racing, The Run Formula, and The Cycling Formula. Joe is the Director of Cycle Life Studio, New England's Premier Indoor Cycling Facility. He is also an MIAA and NFHS Certified Cross Country and Track & Field Coach for Braintree High School in MA. Joe has spent the last 15 years in endurance sport in Track and Triathlon as both an athlete and coach. He has qualified on multiple occasions for 70.3 Age Group Worlds and achieved USAT All-American status many times.

Reem Jishi, ACSM cPT, is a USAT Triathlon Level II coach and an Expert Level Coach with OutRival Racing and The Run Formula. She is also a certified run coaching through RRCA and a certified personal trainer through the American College of Sports Medicine. Reem has been involved in the sport of triathlon as a participant since 2000 and a coach since 2010.



REEM JISHI

OUTRIVAL RACING COACH
USAT



LENNY RAMSEY

QT2 SYSTEMS COACH, USAT

Lenny Ramsey is a USAT Level 1 certified coach. She has been a coach with QT2 since 2018 and races as a professional IM athlete coached by Tim Snow. She has a PhD in Neurosciences and spent three years teaching at a liberal arts college in Wisconsin. She currently works as a scientist part time, using the rest of her time to focus on coaching and racing.

Russet Morrow is a USAT Level I certified coach. She has been part of the QT2 Systems family since 2009, first as an athlete and more recently as a coach for OutRival Racing. Russet is a multiple age group Ironman World Championship qualifier.



RUSSET MORROW

OUTRIVAL RACING COACH
USAT



JENNIE HANSEN

QT2 SYSTEMS COACH, USAT

Jennie Hansen is a physical therapist, USAT Level I Coach, and a Certified Strength and Conditioning Specialist. She has been working in outpatient orthopedic physical therapy since earning her Doctor of Physical Therapy degree in 2009, and also holds a BS in Exercise Science and an Advanced Graduate Certificate in Public Health. Jennie has been coaching since 2012, and has over a decade of experience in triathlon, including 8 seasons at the professional level with QT2.

Doug MacLean is a USAT Level II and QT2 Systems Level III certified coach. Doug started in the sport of triathlon in 2006, and joined with QT2 Systems in 2009. He raced 9 years as a professional, and has coached several athletes to top-10 AG finishes at Kona. He also won a national title as a college rower.



DOUG MACLEAN

QT2 SYSTEMS COACH, USAT



ERIC KAHL

OUTRIVAL RACING
COACH, USAT

Eric Kahl has been coaching endurance athletes for almost 2 decades and has raced in all types of endurance events, from sprint distance to multiple IRONMAN events and multi-day Adventure races. In addition to his extensive racing experience, Eric has coached hundreds of athletes from first-timers to multiple World Championship qualifiers in both 70.3 and 140.6 distances.

Mary Miller is the QT2 Marketing & Sponsorship Director, Mary has BS Business Marketing with over 18 years experience in Advertising & Sports Marketing. Mary was a former professional triathlete and has been with QT2 Systems, LLC for 9 years. A social gal, private chef, and event planner - she brings a wealth of knowledge and experience to the endurance space.



MARY MILLER MCKEON

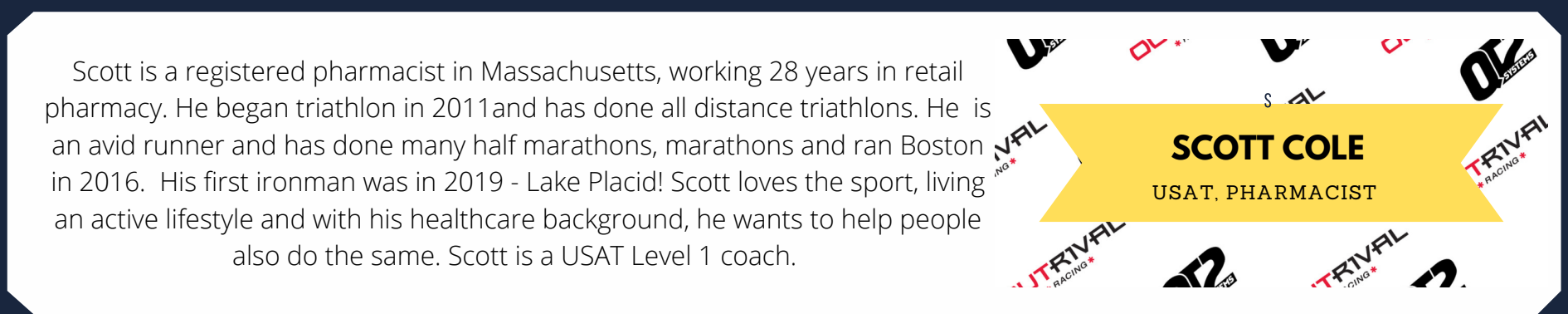
QT2 SYSTEMS MARKETING & SALES
DIRECTOR



AMY JAVENS

QT2 SYSTEMS COACH, USAT

Amy is a QT2 Systems Level 2 coach and serves as the QT2 Charity Teams' Coordinator. She is a former professional triathlete, IM Cabos & Beach 2 Battleship Champion and multiple IM World Championship qualifier & top 10 finisher. Amy was a National Board Certified Teacher with a M.Ed. in Educational Leadership and Administration, and is a mother of 3 daughters. She has been in the coaching industry for 30 years. Amy coaches beginner to world championship qualifiers..



Scott is a registered pharmacist in Massachusetts, working 28 years in retail pharmacy. He began triathlon in 2011 and has done all distance triathlons. He is an avid runner and has done many half marathons, marathons and ran Boston in 2016. His first ironman was in 2019 - Lake Placid! Scott loves the sport, living an active lifestyle and with his healthcare background, he wants to help people also do the same. Scott is a USAT Level 1 coach.



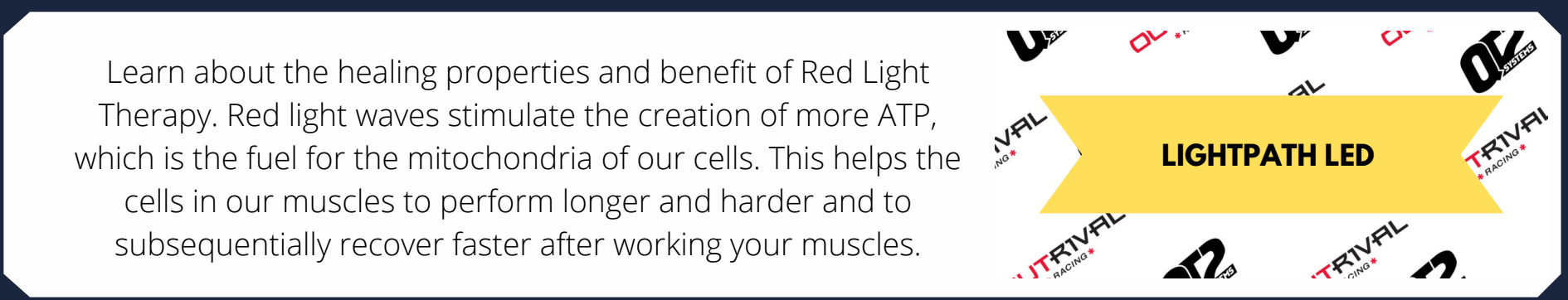
SCOTT COLE

USAT, PHARMACIST



KLEAN ATHLETE

Klean's mission is to fuel foundational health and peak performance in athletes who demand the most from themselves, their sport and their nutrition, with a complete line of third party-certified premium sports supplements providing everything you need – and nothing you don't.



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