

Jeff Galloway Biographical Information

JEFF GALLOWAY IS...

- A world-class athlete. As a member of the 1972 Olympic team, Jeff competed against the world's best athletes in Europe, Africa, and the former Soviet Union. He broke the U.S. 10-mile record (47:49) in 1973 and has a six-mile best of 27:21. Among his victories are the Peachtree Road Race, Honolulu Marathon, and Atlanta Marathon. He has also been a top place finisher in many prominent U.S. races such as the Boston Marathon.
- Founder of the Jeff Galloway Training Programs.
- Coach to over 200,000 runners and walkers.
- Author of North America's bestselling running books: *Galloway's Book on Running*, *Galloway Training Programs*, *The Run-Walk-Run Method*, and other inspiring books.
- A motivational speaker giving over 200 talks per year across the country.
- An experienced race director having conducted over 500 fitness events, including the Annual Kaiser Permanente Corporate Run/Walk in Atlanta, GA.
- Race Director for the National Marathon to Fight Breast Cancer, the only marathon dedicated solely to raising funds for breast cancer research.
- The Official Training Consultant for the runDisney Series of Races.
- A founding member of the Florida Track Club with Jack Bacheler and Frank Shorter.

CURRENT PROJECTS

- **Galloway Marathon Training Groups** – There are currently 75+ training programs in communities across the country offering combinations of "Getting Started," half-marathon or full-marathon programs.
- **Fundraising for Causes** – The Galloway program welcomes, but does not require, fundraising for a broad base of community and national charities including breast cancer research through the National Marathon to Fight Breast Cancer.
- **Breast Cancer Marathon** – Jeff Serves as event consultant for this exciting annual event held in Jacksonville, FL each February. 100% of the proceeds from this race go to breast cancer research and care for underserved breast cancer patients.
- **Corporate Health Promotion and Team Building Seminars** – Jeff conducts wellness Seminars and team building sessions for corporations across the country in an effort to help motivate their workforces to commit to being fit.
- **Running Store**– Jeff founded and owns Phidippides, the pioneer running-fitness promotion store in North America.

- **Fitness Vacations** - Through his company, Galloway Productions, Jeff produces fitness vacations, beach retreats, events and health promotion activities.
 - **Athens Marathon** - Jeff serves as the training coach for this annual event covering the route from Marathon to Athens, Greece.

PAST PROJECTS

- Co-founded and directed the inaugural edition of the Avon International Women's Marathon in Atlanta, Ga. This race was designed to promote the cause of a Women's Olympic Marathon, which reached a successful conclusion in the 1984 Olympics.
- Served on the Atlanta Committee for the Olympic Games. As a member of the Medical and Health Committee, Jeff designed a heritage program for local schools, which brought Olympic caliber excitement to daily fitness, learning, and fun.
- Conducted corporate clinics for NASA astronauts, Vice-president Al Gore, the White House Athletic Club, Homeland Security Physical Trainers, Tenneco, Microsoft, Petro Canada, and many other major North American Corporations.
- Launched Podfitness in 2007 via Ipod technology featuring daily coaching sessions from Jeff.

PUBLICATIONS

- *Galloway's Book on Running* (1984) - the best-selling running book in North America.
- *Marathon!* (1996) - state-of-the-art marathon book.
- *Return of the Tribes to Peachtree Street* (1995).
- Jeff Galloway's *Training Journal* (1998) - "a log book with a mission."
- *Marathon You Can Do It* (2002) - Revised (2010)
- *Galloway's Book on Running*, 2ND ed. (2002).
- *Running – Getting Started*, 5TH ed. (2014)
- *Running – Testing Yourself* (2005).
- *Running – A Year-Round Plan* (2006).
- *Walking – The Complete Book* (2006).
- *Fit Kids – Smarter Kids* (2006).
- *Running Until You're 100*, 4TH ed. (2011)
- *Half Marathon – You Can Do It* (2006).
- *Galloway Training Programs* (2007).
- *Women's Complete Guide to Running*, 3rd ed. (2011) (with Barbara Galloway).
- *Women's Complete Guide to Walking*, 2nd ed. (2011) (with Barbara Galloway).
- *Galloway's 5K/10K Running*, 3rd ed. (2013)
- *Running and Fat Burning for Women*, 3rd ed. (2011) (with Barbara Galloway).

- *Galloway's Marathon FAQ: Over 100 of the Most Frequently Asked Questions* (2009).
- *Marathon You Can Do It*, 2nd ed. (2010).
- *Boston Marathon – How to Qualify*, 2nd ed. (2012)
- *Cross Country Running* (2011)
- *Running Injuries – Treatment and Prevention* (2010)
- *100 Reasons to Run Now* (2012)
- *Nutrition for Runners* (2014)
- *Trail Running* (2014)
- *America's Best Places to Run* (2015)
- *America's Best Trails*, 2nd ed. (2016)
- *Mental Training for Runners* (2016)
- *The Run Walk Run Method*, 2nd ed. (2016)
- *Jeff Galloway: Your Personal Running Journal* (2016)
- *Women's Guide to Health* (Jeff Galloway, Ruth Parker, Carmen Patrick Mohan) (2018)

AWARDS AND HONORS

- Named to the Hall of Fame for the Road Runners Club of America and The Westminster School.
- Listed as one of 18 *Runner's World* Experts in the magazine's 40th anniversary edition.
- Recipient of the Wellstone's Dallas White Rock Marathon 2006 Victory Award.
- Named to the Association of Independent Sports Stores Hall of Fame.
- Member of Nike Walk of Fame (Bronze Bust at Nike Headquarters).

EDUCATION

- **High School:** Westminster Schools, Atlanta, GA. Won Georgia State Two-mile Championship.
- **College:** Wesleyan University, Middletown, CT. College Division All-American. Teammates were Amby Burfoot and Bill Rodgers.
- **Graduate School:** Florida State University, Tallahassee, FL. M.S. in Social Studies.

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