

Angelina Ramos has been training in Boulder, Colorado every summer since 2005, but has lived out here full-time since she started her master's program in sports discourse in University of Colorado, Boulder's Communication Department in fall of 2008. She currently teaches public speaking as well as communication and society in the communication department at the University of Colorado, and will defend her master's thesis in July of 2010. She has an extensive background in coaching, sports journalism, and in both competing and training for cross country, road-racing, and track and field.

Angelina has worked with all levels of athletes from Olympic competitors to those who just want to get in shape, stay fit, and have fun. In the past five years, she has coached 14 running programs consisting of youth, master's, and high school athletes alike: Broomfield Park and Recreation Youth Track Camp for one season; Ric Rojas Running Track Programs for three summer and two winter seasons for masters, high school, and youth athletes alike; Boulder Tri-babes triathlon coach for two seasons; Silver Creek High School track and field core, plyometrics, and pilates clinician this past spring; Niwot High School assistant cross country coach last fall of 2009 and this upcoming fall of 2010; Bold Running (Bolder Boulder) Training programs for 2 pace groups this past season; and finally USATF's Superior Track and Field Camp for 2 years including this summer.

Angelina competed for Florida State University's Division 1 Varsity Women's cross country and track teams from 2003 to 2008. Florida State University won the Division 1 NCAA national track championships, the highest collegiate level of the sport of track and field, three years in a row: 2006, 2007, and 2008. They also sent a handful of athletes to the Beijing 2008 Olympics. The FSU women's cross country team finished third in the entire nation in both 2007 and 2008, and second in the country in 2009. The coaching staff of these elite performances were the same coaches that served as her mentors, coaches, and inspiration for five years, teaching her how to coach at the highest level. As a friend to many former and current competitors, she attended the 2008 Olympic Marathon Men's trials in New York City as well as the track trials in Eugene, Oregon, translating to her understanding of the highest levels of this sport.

As a former medical assistant of physical therapy for three summers with Spine West, in south Boulder, she has developed an adept capacity to be pro-active towards preventing sports injury as well as knowledge of rehabilitation techniques. As a medical assistant, she rehabilitated patients, performed diet assessments, advised on nutrition regimens, instructed in core work, assisted administrative duties, and much more. While her undergraduate degree at Florida State was in English writing, with a minor in economics, for three years she was a pre-med track major, focusing on nutrition and physiology studies, which she uses to enhance her coaching techniques today. She also single-handedly founded the New Fairfield Indoor Track Team at New Fairfield High School (Connecticut) and captained her high school cross country and track teams for three years.



She has worked for Trackshark.com, Sports Illustrated, and Bleacher Report doing everything from sports marketing, social media blogging, and sports journalism to editing, interviewing, and event coverage. She has produced over 40 front-page feature articles, videos, event previews, reviews, and athlete/coach/team interviews for Trackshark.com, a website which focused upon NCAA Division 1 through III cross country and track coverage, professional road-racing, and high school elite running performances.

As a former SAAC rep (Student-athlete-advisory-committee representative) for the women's cross country team at Florida State, she was called upon to advocate and promote the welfare of her teammates, vote on ACC/NCAA rules and regulations, and provide insight on the NCAA athlete experience. From drug-testing to eligibility to compliance, she understands the logistics, regulations, and detail-oriented rules which surround the sport.

Her coaching motto is, "it's never too late to become what you might have been" and loves inspiring and motivating athletes to meet their individual goals.