

Kevin R. Strauss, M.E.

Outdoors, Athleticism, & Adventure

I love the outdoors and adventure but a typical "professional" resume does not address my decades of experience. I am passionate about health, wellness, and activity and there's a lot more to being successful in these various disciplines than just doing them. From knowing your whole SELF to gear to weather, Leave No Trace, and more. There's a lot of LIFE HAPPENING and I embrace it all!

CAREER - 24+ years

Triathlon (2001-Present)

- 26 Races, No DNFs
- Sprint to Ironman (12h 17m 18s)

Running (1995-Present)

- 13 Events, No DNFs
- 5K/10K/20K/Half-Marathon - 8x
- Marathon - 2x (incl. Ironman)

Backpacking (1998-Present)

- NOLS 1998 - 20 nights
- Alaska 2001 - 20 nights
- Sequoia/Kings Canyon 2007 - 9 nights
- John Muir Trail (JMT) 2014 - 14 nights
- Sawtooth Wilderness 2016 - 8 nights
- 1-5 night Trips - Countless!

Rock Climbing (1998-Present)

- Top Rope Rating - 5.11c
- Lead Rating - 5.10b
- Bouldering - v4

Skiing - Alpine (1981-Present)

- Rating - Double Black Diamond
- NC State Ski Team - 1989

Ballroom Dance (2015-Present)

- 2nd Place, Int'l Standard, Newcomer
- 2nd Place, Latin, Newcomer

CONTACT



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MEDICAL

Wilderness First Responder-WFR

(2000-2006)

CPR (1982-Present)

COACH PRAISE

Tri TMI Coaching
(2013-Present)

"Working out and training with Kevin is the best. I never feel like it's a competition."
Every Female Friend & Client

"Kevin is a wealth of knowledge and information, but did not overwhelm me as a first time runner."
Tory P. - Runner

"I needed a coach to help me achieve a crazy goal... couch to IM in 6 months time, injury-free. That's when I met Kevin and I don't know that there could have been a better coach for me."
Casey D. - Non-Athlete to Triathlete

"As my coach, Kevin helped me reach my goals and surpass what I could imagine as an endurance athlete."
Nick Paul - Endurance Athlete

ADDITIONAL INFO.



36 yr.
Psychology/
Behavior



29 yr.
Fitness/Nutrition

MY NUMBERS

21 years

Injury-Free Athlete

14,505'

Highest Altitude Climbed

20 nights

Most Consecutive Nights
Backpacking

84 lbs

Heaviest Backpack, NOLS

40.5 miles

Longest Day Hike/Trail Run

70° North

Furthest Latitude, Arctic
Ocean

