

My name is Edward Wickham and I'm a "coach-in-training" with The Run Experience, learning under Nate Helming and Craig Dos Santos. I've been associated with TRE for about 10 months.

At 61 years old, I'm a bit of a late bloomer when it comes to running, having only started running in my mid-50s. As I've explored my affinity for running, it has developed into a desire to learn to coach running, to contribute to a culture that has done so much for me as I learn to explore my potential.

While I have my own experiences of working with coaches both online and in-person, I realized I needed to expand the depth of my understanding not only about running in general but also what it takes to maintain my fitness so that I can continue to run as long as I want. I still want to be that 85-year-old guy finishing races inspiring the next generation.

As a coach, I need to develop a more clinical understanding of how the human body is designed to efficiently move. The Mobility 101 course was perfect for me in that regard. Kelly's explanations and demonstrations progressed in ways that allowed me to build on the basics of good spinal mechanics. He expanded those mechanics into learning movement patterns that maximize power transfer while also identifying the poor mechanics that lead to power loss and injury. I found the materials concise, approachable and applicable.

The course added a depth of understanding of correct biomechanics and remedial action beyond those based on my own personal athletic experiences. I know this 101 course has given me a solid foundation to build on as I continue my growth as a coach. I also know the 102 course is in my future. 102 is a natural progression from 101, from theory to practical hands-on learning.

I want to thank you both for giving me the opportunity to experience this course through your association with Nate and The Run Experience. I have tremendous respect for your organization and the leading-edge knowledge it teaches." - Edward Wickham, The Run Experience