

Meet Your Coaches

Walkers

Sue Cass



When I joined WVRR/TNT I was looking for something different to do. I had never entered a race or walked that much but I decided to try one year. I have never stopped. When people say they could never do the races I tell them I didn't think I could either. I just took it one mile at a time and soon was surprised to find I could do it! You don't have to be a runner, you don't have to be fast, you just have to want to do your best and enjoy.

I became a coach and enjoy meeting & working with the walkers. Age does not matter, if it did I would not be in the group! I cannot say how many friends I have made. I look forward to meeting and walking and I feel you will never want to quit once you start! What better way to help stay healthy than walking! Try it, you'll like it!!

Mike McIntyre



Beginners

Scott Isles

Greetings:

I am Scott Isles your beginner coach. I have been involved in Wabash Valley Roadrunners for 14 years. I was never a runner and thought running a half marathon sounded like a real challenge and would be a cool thing to do.

Here I am 14 years later and can't imagine running not being part of my life.

Joining up with us is a life changer. Not only do you meet other great runners, but you get healthier at the same time there is nothing else like it. Come join the beginners, we conquer one mile at a time, take our weekly photo and I can tell you about meeting my wife right here training. And throw in some stories of the great races you have to look forward to.



Janet Otte



Hello, running friends and family!

I am Janet Otte, I will be helping Scott with our beginning group of runners! I am proud to say I have been a part of the Wabash Valley Road Runners since 2009 and this will be my second year on the coaching staff. In high school, I always admired the runners and thought they were all so cool, never did I think I would be one of those cool individuals but here I am. I am a runner and an athlete! Running is what I do in my spare time. I have a husband, 3 of the best children and 2 of the cutest granddaughters ever! I love being a part of something so positive and uplifting as the WVRR, I never regret any time spend running and neither will you. Congratulations on becoming the better you and enjoy every new challenge that is put in your path called life.

Intermediate

Sarah Gadberry



I have been part of the Trained in Terre Haute program and WVRR for over 10 years. I have run in over 15 half marathons and recently completed my first marathon. I have also been part of the Crossfit community for over 6 years. I enjoy being active 5-6 days a week either by running or crossfitting, sometimes both. I have directed the Kids Running Program through WVRR for over 7 years as well as a running club at Terre Town Elementary School.

I am a teacher at Terre Town Elementary School. I have taught for 18 years, 15 of those years in 3rd grade. I have 2 children, Ian and Hannah. Ian is a freshman at Terre Haute North and is on the Varsity Cross Country team. Hannah is a 5th grader and enjoys running and playing soccer. My husband, Aaron, is an avid runner and also a part of the Wabash Valley Road Runners.

My advice to other athletes: Take care of yourself! Set a Goal and Keep your Eye on the Prize! Accomplishing a goal, you set for yourself, no matter what it is, is the most rewarding feeling. Don't be afraid to step out of your comfort zone!

Kathy Miller



My Trained in Terre Haute experience started in 2010. I have run in 10 half marathons and 1 marathon. I also dabble in triathlons and have completed in sprint to 70.3 distances. I am currently the assistant coach with the Terre Haute North Cross Country team. I previously coached Otter Creek Cross Country for 2 years.

Advanced Intermediate

Danny Dubois



Our Advanced Intermediate coach is West Terre Haute native Danny Dubois. Danny has been running for 40+ years. He is engaged to be married to Jill Garland and has a daughter Anna (17) and soon to be stepson Jonah (5). Danny has worked at GE Aviation for 28 years. His favorite race is the Hood to Coast relay, a two-day relay race from Mount Hood to the Pacific Ocean.

Majel Wells



Greetings!

I have been a member of Wabash Valley Road Runners and TNT since 2009. Life got busy in my twenties and I stopped running for a few years. At 30 my life was not where I wanted it to be, so I took a long hard look at things. Life was always better when I was running. I stayed focused on goals, felt healthier, and maintained an overall sense of happiness. It was hard to start again. My first few months back were very challenging. The first time I finished a whole mile without stopping became a turning point for me. A couple of years later I decided that I needed more encouragement than I was able to provide for myself. I joined Trained in Terre Haute and competed and completed the Indy Mini in 2010. That was my first race in over six years. Since then I have run several Half Marathons, Marathons (even Boston!!), Ultra-Marathons, and have traveled to some amazing places to run! I should also mention that I have made some truly valuable friendships here. Some of my best friends and best memories started with TNT. This is a great club. You will be inspired by so many amazing members and hopefully you will accomplish all of your goals too! Welcome!!

Advanced

Aaron Gadberry



I have been part of the Trained in Terre Haute program and WVRR for over 10 years. I have competed in every race distance from the mile to an ultra to a 200-mile relay. Some of my favorite races have been the Hood to Coast 200-mile relay and Hoosier 200 Relay. I have run in over 25 half marathons and marathons.

I am an independent insurance agent that specializes in Medicare. I have been in the field for over 15 years. I have 2 children, Ian and Hannah. Ian is a freshman at Terre Haute North and is on the Varsity Cross Country team. Hannah is a 5th grader and enjoys running and playing soccer. My wife, Sarah, stays active through running and crossfit and is also a Wabash Valley Road Runner.

My advice to other athletes:

Keep running and have fun!

Mike Morris



I've been a runner since high school, I'm now 66 so pretty much my entire life. I have competed at almost every level. Recently I competed in the International Triathlon Union World Championships in British Columbia. I was fortunate enough to place 4th in my age group in the World Championship Long Course Duathlon. I have also competed in several marathons to include seven in Boston.

In addition to serving as President of the Wabash Valley Roadrunners I have participated in all 18 classes of Trained in Terre Haute. It is obvious that I have a great love for running and TNT has allowed me to share that love and lifestyle with more people than I ever thought possible. I was able to obtain my RRCA Coaching Certification enabling me to be an effective coach.

I welcome this new class and look forward spending some time on the roads with you.