

Karl W. Keltner



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SUMMARY OF EXPERIENCE

- Running for 30 years
- Personal trainer since 1982
- Fitness management and consultation for over 20 years
- Badwater Ultramarathon finisher 2001 & 2004
- Ironman Florida finisher 1999, 2000 & 2002
- Triathlon competitor for over 10 years
- Completed 26 ultraruns and 63 marathons
- Head Marathon Coach for Team in Training 1999 – 2007
- Appointed Board Member, Touched By Cancer Foundation 2009
- EP Expert and Contributor, Endurance Planet, 2009
- Founder, Runners In Touch Children's Team, 2005
- Founder and Coach, Runners In Touch Endurance Teams, 2007

EXPERIENCE

2010-Present	Volunteer Fitness and Nutrition Instructor	City Union Mission Kansas City, MO
2010-Present	Coach	Gillis Running Club
2009-Present	EP Expert and Contributor	Endurance Planet
2005-Present	Founder	Runners In Touch Teams Children's Team (2005) Endurance Teams (2007)
2008	Board Member	Touched By Cancer Foundation
1999 – 2007	Marathon Team Coach	The Leukemia & Lymphoma Society, Team in Training Mid America Chapter
2002, 2004	Ironman Team Coach	The Leukemia & Lymphoma Society, Team in Training Mid America Chapter
1995 – Present	Owner	Athlon Endurance Training Kansas City Metropolitan
1993 – 1995	Manager	Gold's™ Gym Olathe KS

1993	Nutrition Director	Gold's™ Gym Kansas City Metropolitan
1982 – 1993	Personal Trainer & Freelance Health Club Consultant	
1979 – 1987	Active Duty	USMC

ULTRARUNS

Jun 2010	Desert RATS Adventure Run 6-Day Stage Race	148 miles
Mar 2009	3 Days of Syllamo	50K
Sep 2008	Touched by Cancer Foundation 100 mile Awareness Tour	100 miles
July 2008	Psychotic Psummer Trail Run Wyandotte Lake, KS	50K
April 2008	Free State Trail Run Lawrence, KS	40 miles
Mar 2008	3 Days of Syllamo Ozark Mountains, AR	50K
Dec 2006	Sunmart Endurance Trail Runs Huntsville, TX	50 miles
April 2006	Nathaniel's Run/24 Hour Ultra Olathe KS	76 miles
Dec 2005	Dude, Where's the Trail? Blue Springs MO	50K
Sep 2005	TNT fundraiser Heritage Park, Olathe KS	170 miles
Jul 2001, 2004	Badwater Ultramarathon Badwater CA	135 miles
Sep 2003	1 st Annual Patriots' Run Overland Park KS	40 miles
Mar 2003	Brew to Brew (double) Kansas City MO	87 miles
Sep 2000	24-hour fundraiser Leukemia & Lymphoma Society Olathe KS	80 miles

Apr 2001	12-hour Kansas Ultrarunning Society Wichita KS	50 miles
Mar 1999-2001, 2005-2007, 2010	Brew to Brew Kansas City MO	43 miles
Nov 1998, 2001 Oct 2006	Blue Springs 50K Blue Springs MO	50K (31 mi)

MARATHONS

Dec 2009	Run for the Ranch Springfield, MO
Jul 2009	University of Okoboji Marathon Okoboji, IA
Jun 2009	Pacific Crest Marathon Sunriver, OR
Mar 2008	L. A. Marathon Los Angeles, CA
May 2007	Relentless For A Cure 26 Marathons in 26 Days Completed 16 Marathons
Mar 2007, 2008	Olathe Marathon Olathe KS
Dec 2006	Las Vegas Marathon Las Vegas NV
Sep 2006	Lewis and Clark Marathon St Charles MO
Jun 2006-07	Mayor's Marathon Anchorage AK
May 2006	10 for the Team, 10 marathons in 19 days, LLS promotion, KC Metro
Apr 2006	Spirit of St Louis Marathon St Louis MO
Feb 2005	Mardi Gras Marathon New Orleans LA
Oct 2004	Mount Rushmore Marathon Rapid City SD

Feb 2004	Miami Tropical Marathon Miami FL
Oct 2003	Des Moines Marathon Des Moines IA
May 2002	Flying Pig Marathon Cincinnati OH
Nov 2001-2005	Gobbler Grind Overland Park KS
Sep 2001	Portland Marathon Portland OR
May 2001	Lincoln Marathon Lincoln NE
Apr 2001	Hogeye Marathon Fayetteville AR
Sep 2000	Quad Cities Marathon Des Moines IA
Apr 2000	Country Music Marathon Nashville TN
Sep 1998, 2001	Heart of America Columbia MO
Jan 1998-2005, 2010	Carlsbad Marathon Carlsbad CA

MULTI-SPORT

Sep 2007	Berryman 6- and 12-Hour Off-Road Duathlon (6-Hour) Potosi, MO
Sep 2006	Redman Half Ironman Oklahoma City OK
Aug 2006	Pigman Half Ironman Paola IA
Aug 2005	Hotter Than Hell Half Ironman Kansas City KS
Sep 2004	Ultramax Half Ironman Smithville MO
Jun 2004	Ultramax Half Ironman Innsbrook MO

Nov 1999-2000, 2002	Ironman Florida Panama City Beach FL
Jul 1998	Summer Sizzler Half Ironman Crawford State Park KS
1995 – Present	completed 15 Olympic distance triathlons

CYCLING

Jul 2005, 2007-2008	Northern Delight/Nightmare Liberty MO 62 and 50 miles
Aug 2006	Biking to Battle Blood Cancers The Leukemia & Lymphoma Society Fundraiser Olathe KS 282 miles
Jul 2006	Northern Delight Liberty MO 100 miles
Jul 2006	Lizard Under the Skillet Lawrence KS 65 miles