



## TAHOE CENTER FOR HEALTH AND SPORTS PERFORMANCE

Colleen Conners-Pace, MA  
Exercise Physiologist

Colleen is a born native of Tahoe. She is one of six who still remain in the area because she enjoys taking advantage of all what Tahoe and the Sierra's seasons have to offer. Colleen has always been active from an Alpine racer in her youth to now an ultra distance endurance athlete. Colleen's love for endurance events began in the late 70's with a second place finish in the Pepsi 72 miler around Lake Tahoe. From there she entered the Grand Daddy of Ultras, the Western States 100 Mile Endurance run, garnishing the coveted silver belt buckle for finishing under 24 hours for third woman overall. It was at this time that triathlons were just coming out and Colleen participated in many first annual triathlons. Colleen even entered the lottery for the Ironman in Hawaii in the late 80's but was unfortunate not to be drawn. Aspiring to do an Ironman, Colleen in 2007 completed the Full Vineman finishing 2<sup>nd</sup> in her age group. Throughout the years, Colleen has completed many events from sprint triathlons to 50 milers. Her most recent accomplishment this year, finishing 4<sup>th</sup> in her age group in the Vineman 70.3, qualifying for World Championships in Florida, of which she chose not to go do to other obligations. One of those obligations was to volunteer in the medical tent for the 2009 Ironman World Championships as well as attend the Ironman Sports Medicine Conference. It was here, that Colleen was the lucky recipient of the lone lottery spot for the 2009 Hawaii Ironman allotted to the conference and she definitely is in no way declining this opportunity. A dream come true? You bet, meant to be!!!!

Colleen's interest in Exercise Physiology began with her first Max V02 test, which was done at the Olympic Training Center when it was here in Squaw Valley. She attended several schools in several states and finally, in 94, she received her BS in Physical Education at the University of Nevada, Reno. Colleen then packed up her things and took herself and one dog to Muncie Indiana to attend Ball State University, leaving one dog and husband at Tahoe. While in Indiana she participated in the World Championship Half Ironman Triathlon. In 1997 she returned home with her Masters of Arts degree in Exercise Physiology with an emphasis in Adult Physical Fitness and Cardiac Rehabilitation. Upon returning she was hired on by the Tahoe Forest Hospital District. She works in Cardiac Rehab, Health Promotions and for the Tahoe Center for Health and Sports Performance, a service of the hospital.

Colleen enjoys working with a variety of folk from those who have suffered major heart attacks, to firefighters, to our local employer groups, to those that aspire to be a better athlete or more fit. She educates all who pass in her path on how they can improve their wellness, health, fitness, and performance. Realizing the benefits of a well planned training program to improve fitness and performance, Colleen became certified in 2006 as a USA Triathlon Level 1 Coach.

Education:

- 1994 University of Nevada, Reno, B.S Physical Education
- 1997 Ball State University, Muncie, Indiana; M.A. Exercise Physiology

Organizations:

- ACSM – Health Fitness Instructor
- USATriathlon – Level 1 Coach
- DHS – Limited X-Ray Technician (Bone Density testing)
- EMT
- Tahoe Nordic Search and Rescue