



ERIN SMITH

ASSISTANT CROSS COUNTRY COACH

Running and endurance sports have become a huge part of who I am, and I love sharing that passion with other and young athletes. I've completed 10+ half marathons, 5+ marathons, and 10 ultramarathons, each one teaching me something new about perseverance, consistency, and the importance of trusting the process. I'm currently training for a 70.3 Ironman, which keeps me learning, challenging myself, and experiencing the same highs and struggles that athletes face throughout their training.

I've also spent the past three years helping to coach Cross Country, and one of my favorite parts of coaching is watching athletes grow. I believe that everyone has the ability to accomplish more than they think they can, and I want to help athletes discover that for themselves. My goal is to foster a supportive environment where athletes feel challenged, encouraged, and proud of the work they put in. Whether you're training for your first race or chasing a new personal best, I'm here to help you enjoy the journey and become the strongest version of yourself.

