

COACH CASSANDRA HENKIEL

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Age: 43

DOB: 04/30/70

Born: Johnson City, New York (birth – 10 years old)

Lived: Boca Raton, Florida (10 years – college years)

Austin Resident: November 1993 – Present

Education: BA - Business Administration & Recreation/Club Management (Kines)
Western State College, Gunnison, Colorado

Professional:

- Lake Austin Spa Resort: Guest Services (1994 – 1996)
- ACE Certified Personal Trainer (1994 – Present)
- Running Coach: Western State College Cross Country (Fall 1993)
- Private Group Training (1995-'97) & (Fall 2003 – Present)
- St. Andrew's High School Cross Country (2005 - 2008)
- Boneshaker Project Running Coach (Starting September 1st, 2013)

Athletics:

- Gymnastics: age 5 – 10 years (competed at the elite level)
- Running:
 - Boca Raton Middle School Track
 - Spanish River High School Cross Country & Track (1984 – 1988) ranked in the state
 - Western State College: Cross Country, Indoor & Outdoor Track (1988 –'92)
 - Elite Distance Runner: 1995 – Present (Racing nationally & internationally)

Athletic Honors:

- 8-time All American Western State College: (Cross country, indoor & outdoor track)
- 5 USA National Teams: competing at the international level
- Winning the Capitol 10,000 4 times in Austin, Texas
- Qualifying for the Olympic Trials: 1996 in the 10,000m
- 2006 in the marathon for '08 trials
- 2005 Austin Female Athlete of the Year

Coach CASSANDRA HENKIEL has been training kids and adults for twenty years, emphasizing a balance of cardiovascular conditioning, muscular strength, endurance and flexibility. As an ACE certified fitness professional since 1994-the present, she has enjoyed a very passionate and diverse career. She is a graduate of Western State College in Gunnison, Colorado with a BA ('92) Business Administration and Recreation/Kinesiology (Club Management Emphasis).

Athletics have always been in Cassandra's life. A competitive gymnast in her youth, by middle school, her talent for running was discovered and embraced! She ran at Western State College as a scholarship athlete in cross-country & indoor/outdoor track for 4 years, adding coaching cross-country as an assistant coach her last semester. In 1996, Cassandra had the opportunity to get back into coaching again, and hasn't looked back. She enjoys the blessings and is grateful to educate, motivate and pass along her passionate energy about fitness and wellness to all.

- Currently on the U.S. Master's National Circuit
- 2008 U.S. Woman's Olympic Trials, Marathon
- 2006 10th place at U.S. 15k Champs, Gate River Run, Jacksonville, FL
- 2005 Austin's Female Athlete of the Year
- 4-time champion, Capitol 10,000, Austin, Texas
- 1996 qualifier , U.S. Olympic Trials, 10,000 meters
- Member of U.S .National Teams in;China,Japan,Korea
- 8-time All-American, cross-country, indoor/outdoor track
- 1990 inductee Western State's Athletic Hall of Fame