



Position: Cambridge Running Club (CRC) Head Coach

Club Background: The Cambridge Running Club (<https://www.cambridgerunning.org>) is a Boston area based running club with over 200 members. Our members are diverse in background and ability, ranging from developmental to advanced amateur and post-collegiate athletes. We are known for high member engagement and turnout at practices. CRC members are unified in their love for the sport, their desire to reach personal running goals, and their enjoyment of the social culture of the club. CRC has multiple committees that organize and administer club social events, volunteer activities, team races, and more. The coach serves as an important leader in guiding group training and fostering team unity.

The coach's primary role is to develop team training plans and oversee weekly track practices. Training and coaching should cater to the range of experience, speeds, goals, and training volume across CRC members. Additionally, the coach supports athletes by answering questions and providing general guidance about injury prevention and treatment, recovery, nutrition, competition, and the running community. Overall, we are seeking candidates that will engage with the team and fit within the social culture of the club.

Primary Role Responsibilities:

- Paid contractor role with a weekly commitment of approximately 2-4 hours
- Design of Thursday night weekly track workouts with input from club members
- Distribute a complete month-long set of Thursday night workouts to club members
- Attend or provide a substitute coach at all Thursday night track workouts
 - Winter (November - March), MIT Track, 7:30-8:30pm
 - Summer (April - October), Harvard Track, 7:00-8:00pm
- Design and oversee team training plans for spring and fall racing season

Other Role Responsibilities:

- Provide general guidance for nature of weekend practices (i.e., Saturday long runs)
- Attend 3-5 CRC races throughout the year
- Be responsive to questions from CRC members via email between practices
- Annual or semi-annual coaching seminar (e.g., nutrition, weight training, cross training, injury prevention, marathon training, etc.)

Qualifications:

- Minimum 2 years coaching experience for individual athletes or team setting desired
- USATF Coaching certification preferred, or ability to complete within 1 year post-hire
- Registered USATF Coach & SafeSport certified (with completed background check)
- Knowledge of various middle-distance and long-distance running training systems

Interested candidates should contact president@cambridgerunning.org for additional information.