



# Diana Schowe

<b>Education</b>	Bishop Dwenger High School (1983) USAT Level 1 Certified Coach USCA Level 3 Certified Coach
<b>Running Experience</b>	I have just about everything when it comes to racing and running 5k's to Ultra-Marathons, Sprint Triathlons to Ironman, and Road Races, Crits, and Time Trials on the bike. I have been lucky enough to achieve USAT All-American status twice (2007, 2010) and won a national title for Time Trial in 2009. Right now, I am enjoying coaching people thru their first triathlon or getting them to that ever elusive PR. 5k: 18:36 10k: 38:42 Half-Marathon: 1:20 Marathon: 3:06 Half-Ironman: 4:54 Ironman: 11:58 40k Time Trial (cycling): 58:49
<b>Hometown</b>	Auburn, IN
<b>Favorite Race</b>	Tecumseh Marathon River City Tri New Haven 40k Time Trial
<b>Favorite Shoe</b>	Zoot Ultra Speed
<b>Favorite Quote</b>	"Work while you are tired."
<b>Favorite Workout</b>	A 1000 meter swim, followed by a 4-hour ride (with 2 hours at half-ironman pace), followed by a 5-mile run.