

How to Get Out of Trouble When Trouble Strikes



COACH GERARD PEARLBERG, aka “Coach GP,” hails from England and has been an avid athlete for 37 of his 45 years. An international rugby player for many years, GP took up distance running in April 1990. He ran his first marathon at New York that year after being challenged by his sister Nicole. After that initial 4:41 at New York, GP was determined to find out why the marathon had been such a challenge. From that day forward, he was committed to uncovering the secrets to moving the human body through space with as much efficiency, economy, and speed as possible. Over the next 14 years, GP completed 22 marathons, including a 2:34:00 in the 1998 Napa Valley Marathon and a 4:21 mile at the Capital Mile in Sacramento at age 35.

GP’s professional coaching career was born. He is considered one of the top authorities on running biomechanics, and he is the full-time coach to several world-class runners, including Florida’s two time Olympic marathoner, Ronnie Holassie, and 2004 USA Olympic trialist, Deirdre Brill. GP also coaches age-group runners around the world via his Web site: www.runningbuzz.com.

Coach GP is a top masters track runner. During 2008, he achieved Masters All American status in the 1500 and the mile and is ranked as a master in the top 15 in the U.S.A. at both these distances.

GP is the author of *Run Tall, Run Easy: The Ultimate Guide to Better Running Mechanics, Second Edition*. He has also just released his first DVD entitled “Training & Racing in Pursuit of Success, Not Fear of Failure”

A member of Team Mizuno, Coach GP co-founded the Iron Maidens all-women’s running club in California and co-founded the running and triathlon camp of Mark Allen, six-time Hawaii Ironman champion.

GP does TV and radio commentary, and he is a frequent guest at races across North America, where his talk, “Proper Running Biomechanics: How to Get Out of Trouble When Trouble Strikes,” offers race participants concrete advice they can apply to their running the very next day in the race. Coach GP is one of the featured speakers in the *Marathon & Beyond* Speakers Bureau, joining a distinguished panel that includes legendary American distance runners Helen Klein and Patti Catalano Dillon. Coach GP brings his own brand of energy, humor, and high degree of motivation to his speaking engagements, along with straightforward facts that runners can put into use immediately.

