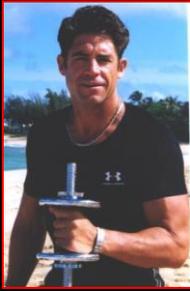


Tim Barnes

Master Trainer & Sales Manager

719.289.0351

tim@olympiatrainingssystem.com



Tim Barnes

Overview (see links in gray)

Tim Barnes is the founder of **Therafit** and **Therafit Pilates Centers**. Tim is author of the **Book Therafit®**. Currently living in Pueblo West, Colorado-Tim is the Western Region Manager and Master Trainer for **iQniter Cardio Training** powered by Suunto. Tim is also CO-Owner of **Olympia Training Systems (OTS)** with lifelong friend and co-athlete **Don Janicki**.

Education & Achievements

- As a 1982 marketing graduate of the University of Arizona- Tim was a NCAA division one 1,500-meter runner at 3:46 (4:02-mile). Tim went on to run 29:38 for 10-kilometers and sub 45:43 for 15-kilometers.
- Tim has also had national placings in duathlons (run-bike-run) and ultra-endurance cycling RAAM. Tim raced with the founder of Spinning- Johnny G- through the deserts of Arizona in 1988 at the 537 mile RAAM west, a unique non-stop endurance test from Tucson to Flagstaff and back in less than 38-hours.
- Tim also had a 3rd place finish in the Coors Light National Duathlon Championships in 1991 as well as a 3rd place finish in the World Masters Track Cycling- 3 Kilometer Pursuit in San Diego California.
- Competed in 2008 Olympic Canoe and Kayak Olympic Trials & Consults with SUPergofit indoor paddle fit program.
- Recently placed 2nd at the 2011 USA Indoor Olympic K-1 Nationals in Oklahoma City.

1984-1992

- Tim got his start in the human performance industry at the 1984 Summer Olympic Games in Los Angeles as Certified Biomechanics Specialist for Converse footwear- the Official Olympic Shoe Sponsor. Tim had the unique experience of having the famous Arthur Lydiard spend a week with him while Arthur was helping Tim Promote the then new Converse “Lydiard” running shoe. Tim was dramatically influenced as a facilitator by Arthurs Unique view of on performance lifestyle and endurance training. Of course it was interesting that Lydiard had the same influence on Bill Bowerman who went on to start a little running shoe company by the name of Nike.
- Beyond the Summer Olympics **1984-1988** Tim lived in Santa Barbara California employed as a dual sales & promotion representative for Converse. Managing a multi-million dollar Central California & Las Vegas account base- Tim also managed the promotional obligations of Converse Athlete: Irving “**Magic**” Johnson.
- **1988-1992** while living in La Jolla California -Tim was employed by Reebok International as Southern California Key Accounts Executive and Business Development Manager, managing a six-million dollar key account base centered around- Dillard’s & Macy’s as well as working with focus groups in the development of new footwear at- Reeboks “Creative” Santa Monica Office. While at Reebok Tim was involved in the creation of many new fitness movements from Reebok Step Aerobics to the Reebok Slide as he interfaced with many fitness facilities in Southern California through the late 80’s and early 90’s. Certified in too many disciplines to mention including Spinn, to this day Tim is very turned off by “Certifications” as there are simply just too many people with very little practical experience- wisdom one can only acquire through years of hands on experience, yet these newbie’s are claiming to be experts based on a \$300 internet certificate!

1993-1999

Tim served as President of Sales and Marketing for B.T. Express Corporation - an international trading company - based out of La Jolla California. Tim’s primary responsibility with B.T. Express was the sales and promotion of name brand athletic footwear & sporting goods to national accounts: ***Price Club- Montgomery Ward – Costco U.S. and Canada, as well as Sam’s Bentonville and Sam’s Wal-Mart in Mississauga Canada.*** Tim expanded his trade in 1993 to Japan and the service of its early 90’s hunger for- “**Americana**” of all sorts- from snowboards to inline skates- and of course athletic footwear and apparel.

2000-2012

In addition to his experiences in competition- sales- promotion- and fitness- Tim had both total hips -amputated- and replaced with **Total Hip Prosthetics (THR)** in 2000. This physical handicap brings a unique and special perspective to life- preventative health care- and the importance of exercise and consumer athletic product function. Created Therafit in 2001 to change lives!

2012-Current

Tim’s Life and Experience embody the winning philosophy to continue to challenge yourself regardless of your obstacles. Stay in the game! As Wilt Chamberlain used to say: “**You may not be beating anyone- but you are competing and they know your name**”, it keeps you alive! 30 years of experience from a fine career in running to Master of Biomechanics at the Olympic Games in 84, with a who’s who of athletic performance. Tim has a unique and extremely valuable body of experience to reference to your benefit. Olympic Trials Story on NBC news [here](#). Tim is currently combining his experience to change lives as a Master Trainer for Olympia Training Systems and iQniter Cardio Training powered by Suunto as National Manager for Sonic Fitness. See links for more...

www.sonic-fitness.com www.olympiatrainingssystem.com