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WORK EXPERIENCE

SportFit Consulting LLC, Leesburg, FL (2007-present)

Owner and director of firm providing a range of fitness consulting services, including personal coaching, sports instruction, physiological assessment, and expert witness services.

Director of Sportfit Lab (2010-2022), fitness testing/analysis facility in Herndon, VA. Sportfit Lab included high-tech testing/analysis tools, used for endurance athletes and fitness enthusiasts, as well as a fully-equipped bike and triathlon retail shop for endurance sport racers and participants.

As a legal consultant, I have consulted on over 170 sports and fitness-related cases, on behalf of both plaintiffs and defendants, ranging from gym accidents to personal training liability cases. I have testified in over 40 depositions, as well as in local, state, and federal courts.

Marymount University, Arlington, VA (2015-2018)

Adjunct Professor, Malek School of Health Professions, Department of Health and Human Performance, teaching upper-level course in Fitness Management (2015).

Head Coach, Men's and Women's Triathlon. Conducting training and coaching races for NCAA and club triathletes competing in regional and national competitions (2016-2018).

Personal Fitness Inc. [d.b.a. Country Club Fitness], Rockville, MD (1985-2008)

Founder and President of company providing fitness center design, management, instruction, and personal training services. Country Club Fitness provided services to private and country clubs nationwide, including Congressional CC, Columbia CC, Chevy Chase Club, et al. As company president, duties included leadership and management (of approximately 110 employees); budgeting and financial planning; design of new facilities; employee hiring and training; development of fitness training programs; purchase, sales, and maintenance of fitness equipment; and marketing, consulting, etc. As a personal trainer, I conducted over 25,000 training sessions in 25 years.

Sports Training Institute, New York, NY (1979-1985)

Program Director (1983-1985); Manager of gyms at Racquet and Tennis Club and Morgan Stanley & Co. Duties included fitness testing, hiring and supervising trainers, designing fitness centers, personal training of clients, and all other phases of management. Personal fitness trainer (1979-1985)

Franklin School, New York, NY (1978-1979)

High school biology and history teacher; Varsity basketball coach.

Webb School of California, Claremont, CA (H.S. teacher & coach) (1977-1978)

High school biology, math, history teacher; basketball, football coach; Dir. of Student Activities.

EDUCATION

- Harvard University**, Cambridge, MA (1973-1977)
 B.A. in Anthropology, 1977. Varsity baseball, football.
- City University of New York; New York University; Montgomery College**
 Pre-medical science studies - biology, chemistry, physics, anatomy & physiology (1984-1988)
- California University of Pennsylvania** (2005)
 M.S. in Exercise Science and Health Promotion, with honors, 2005.

BUSINESS HONORS

- Boardroom Awards** (2002-2006)
 Winner of Excellence in Achievement Award as top Fitness Company/Consultant, for four consecutive years.

CERTIFICATIONS AND MEMBERSHIPS

- American College of Sports Medicine** (1983-present)
 ACSM Health/Fitness Director Certified 1988-present.
- American Academy of Health and Fitness Professionals** (1995-present)
 Certified Medical Exercise Specialist.
- National Academy of Sports Medicine** (2004-present)
 Certified Performance Enhancement Specialist 2005.
- IDEA - Int'l Association of Fitness Professionals** member (1986-present)
- IHRSA - Int'l Health & Racquet Sportsclub Assn.** member (2003-present)
- Schwinn Spinning** (2009)
 Certified Spinning Instructor
- Serotta Int'l Cycling Institute (SICI)** (2010-present)
 Certified Professional Bike Fitter.
- USA Cycling** (2010-2011)
 Certified Professional Cycling Coach.
- Barnett Institute** (2011)
 Certified in Bicycle Assembly and Maintenance.
- Fit Institute for Slow Twitch (FIST)** (2013-present)
 Certified Triathlon Bike Fitter.
- International Bike Fitting Institute (IBFI)** (2015-present)
 Certified Level 3 Bike Fitter.

WRITTEN WORK

- Reston Bike Club** newsletter (2011-present)
 Monthly article on cycling science.
- Boardroom** magazine (2002-2008)
 Editorial columnist.
- Fitness Management** magazine (2002-2007)
 Advisory Board member, columnist (Fitness OnSite column) and frequent contributor.
- Club Management** magazine (2001)
 Published article, "Fitness Center Supervision"
- IDEA Personal Trainer** magazine (1999)
 Published article, "Selling Personal Training."
- Physician and Sportsmedicine** magazine (1988)
 Published "Sportsmedicine Forum" piece on low back injuries in recreational athletes.

LECTURES AND TEACHING

<u>INOVA Sports Medicine Continuing Education</u>	(2016)
Presenter of sports medicine lecture on exercise physiology of endurance athletes.	
<u>Indoor Cycling Association</u>	(2014)
Presenter of seminar to instructors on safety and liability in the indoor cycling setting.	
<u>Sportfit Lab Triathlon Clinic Series</u>	(2010-2022)
Presenter of lectures and demonstrations on training and preparation for triathlon.	
<u>Multisport Expo</u>	(2011-2017)
Lecturer on exercise physiology and training for triathlon.	
<u>Club Managers Association of America</u>	(2001-2007)
Lectured to regional/national club managers' groups on fitness center design & management.	
<u>Fitness Institute for Training</u>	(1997-2000)
Lecturer for Personal Trainer Certification course.	

EXPERT WITNESS EXPERIENCE

(partial list - complete list of 170+ cases available by request)

<u>C.R. v. Sorinex Exer. Equipment</u> , Columbia, SC	(May '21 - Present)
Expert for defendant regarding equipment accident in training center.	
<u>Doe v. Club Fitness</u> , West St. Louis, MO	(June '21 - Present)
Expert for defendant regarding illegal photographing of club members.	
<u>Eastwood v. Physical Fitness LLC</u> , New Haven, CT	(July '21 - Present)
Expert for plaintiff regarding personal training injury.	
<u>Kissner v. Countryside Country Club et al.</u> , Clearwater, FL	(Aug. '21 - Present)
Expert for plaintiff regarding injury suffered on Free Motion resistance machine.	
<u>McCarty v. Orange Theory Fitness</u> , Jacksonville, FL	(Aug. '21 - Present)
Expert for plaintiff regarding sudden cardiac death in interval training program.	
<u>Parrish v. LA Fitness</u> , Boynton Beach, FL	(Aug. '21 - Present)
Expert for plaintiff regarding injury suffered on cable crossover machine.	
<u>Nomura v. New England Baseball et al.</u> , Worcester, MA	(Sept. '21 - Present)
Expert for defendant regarding baseball injury in indoor batting cage.	
<u>Romero v. Goodlife Fitness</u> , London, Ontario	(Dec. '21 - Present)
Expert for plaintiff regarding weightlifting injury during personal training session.	
<u>Dunleavy v. Las Vegas A.C.</u> , Las Vegas, NV	(Dec. '21 - Present)
Expert for plaintiff regarding trip and fall injury suffered in fitness center.	
<u>Eno v. Las Vegas Racquetball Club</u> , Las Vegas, N	(Dec. '21 - Apr. '22)
Expert for plaintiff regarding treadmill injury in fitness facility.	
<u>Connelly v. Goodlife Fitness</u> , London, Ontario	(Mar. '22 - Present)
Expert for plaintiff regarding injury sustained during hiring process.	

SPORTS EXPERIENCE

Professional Squash Association (1985-2009)

Virginia State Open Champion, March 1987 and March 1996.

Teaching Professional 1985-1992, 2008-2011. Certified Level I Professional.

Potomac Valley Officials Assn. (2008-2020)

Champion Officials Assn. (2015-2020)

Cascade Officials Assn. (2001-2020)

High school, college, and recreational umpire for girls' fastpitch softball. Physical fitness consultant to CASO umpires and officials. High school state championship official. USA Softball National Championship official.

Men's Senior Baseball League (1997-present)

Baseball player/manager and all star selectee.

USA Triathlon (2005-present)

Triathlon competitor. #3 relay finisher in Nations Triathlon and New York City Triathlon.

Recreational sports and activities

Weight training, baseball, golf, skiing, cycling/racing, running, hiking, etc.