

2024 World Triathlon Elections

# CHRISTINE PALMQUIST

PARALYMPIC COMMITTEE NOMINEE

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## ABOUT

Christine Palmquist is a professional educator, endurance coach, and a writer. As an educator, Chris has a decade of public-school teaching experience and 15 years of instructing and developing coursework for professional coaches. Over many years of coaching, she has helped beginner through world-class athletes achieve success. Chris has had a strong partnership with USA Triathlon, acting as a Paratriathlon National Team Coach, a Rio 2016 Team USA Coach, a developer/instructor for USAT Coach Education classes, and as a volunteer on the National Coaching Committee and National Paratriathlon Committee. Chris was elected to the World Triathlon Paratriathlon Committee in 2020 and sits on the World Triathlon Paratriathlon Coach Working Group.

## EDUCATION

- B.A. Psychology – Cornell University, Ithaca, NY | 1987
- Women's Crew (1983-1987), 4th at 1986 National Championships
- M.B.A. (Marketing) – Cornell University, Ithaca, NY | 1988
- M.S. Education (Elementary and Secondary) – Northwestern University, Evanston, IL | 1993

## RECOGNITIONS

- 2021 USAT Coach Educator of the Year
- 2019 USAT Development Coach of the Year
- 2017 USAT Paratriathlon Coach of the Year

## CAMPAIGN GOALS

- Work to include every Paratriathlon Sport Class and gender as LA28 medal events
- Work to develop and test a protocol for the Paratriathlon Mixed Relay event with the hope that the Mixed Para Relay will be an LA28 Medal Event
- Work to encourage new national federations/"Flags to support the participation of athletes in Paratriathlon
- Work to improve the quality and safety of the World Triathlon Paratriathlon Races
- Work to support new athletes with support, education, and equipment needed to successfully participate in Paratriathlon
- Work to collect proposed Rules Modification suggestions and make Committee Recommendations for changes
- Work on to improve our Paratriathlon Classification system while staying aligned with the IPC Classification Code
- Serve as the liaison to the Para Coaches Working Group by facilitating communication with the Paratriathlon Committee I am dedicated to continuing to increase the quality and breadth of paratriathlon competition at the international level. I want to contribute my experience to make Paratriathlon the strongest sport in the Paralympic Games



## PROFESSIONAL HIGHLIGHTS

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- **DARE2TRI, PROGRAMMING COORDINATOR**
  - Working to bring paratriathlon to athletes and injured military members.
- **HEAD COACH, FOUNDER, CLOUD 10 MULTISPORT INC. | 2019–PRESENT**
  - Coaching endurance athletes of all ability levels through one-on-one coaching, group clinics and training sessions
  - Coached several world class para triathletes and junior triathletes
  - Geneva High School Assistant Girls XC and Track Coach (2019-present)
  - Coach - Dare2tri and CAF adult and youth camps (2014-present)
  - Founder and Manager of Cloud 10 Multisport Inc.
- **HEAD COACH, MMTT YOUTH DEVELOPMENT TRIATHLON TEAM | 2010–2020**
  - Coached/managed the youth/junior development group of MMTT (Multisport Madness Triathlon Team)
  - 15 Team National Championships, 60+ Individual National Champions and World Champions
- **COAUTHOR OF THREE BOOKS RELATED TO THE SPORT OF TRIATHLON & ENDURANCE**
  - USAT Complete Triathlon Guide
  - Tri-Mom: Swimming, Biking and Running through Motherhood
  - ENDURANCE SPORTS FOR KIDS A Guide for Getting Your Kids into Triathlon, Cycling, Swimming and More

## TRIATHLON SPORT LEADERSHIP HIGHLIGHTS

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- **WORLD TRIATHLON COMMITTEES**
  - Para Committee (2020 to present)
  - World Triathlon Para Coaches Working Group
  - Delegate to 2022 and 2023 World Triathlon Congress
- **USA TRIATHLON**
  - **USAT PARATRIATHLON NATIONAL TEAM COACH (2015 TO PRESENT)**
    - Coach - USA Paratriathlon High Performance Camps
    - Coach – USAT Paratriathlon Nationals, PATCO, Paratriathlon World Cups, World Paratriathlon Series Events and Paratriathlon World Championships
    - Rio 2016 USA Paratriathlon Paralympic Coach
    - Coach of Paralympic Athletes (Patty Collins, Rio and Liz Baker, Tokyo)  
Identified, recruited, coached, and mentored several pipeline para triathletes
  - **USA PARATRIATHLON DEVELOPMENT (2015 TO PRESENT)**
    - Head Coach of USAT U23 Paratriathlon Development Team (2015-present)
    - Manager of USA Paratriathlon Development Race Series
    - Manager of 2023 USAT Paratriathlon National Championships
    - Manager of 2023 USAT Paratriathlon National Classification  
Mentor to incoming Paratriathletes and Paratriathlon Coaches
  - **USAT COACHING EDUCATION**
    - Head instructor for 4-6 USAT Coaching Certification clinics per year
    - Course Developer (Paratriathlon, LIII, Youth/Junior, LI)  
Presenter/Instructor/Mentor (Youth/Junior, Paratriathlon, LIII, EE)
  - **USAT COMMITTEE VOLUNTEER**
    - USAT National Coaching Committee member (2014 – present)
    - USAT National Paratriathlon Committee member (2015 – present)
  - **USAT YOUTH AND JUNIOR**
    - Coach/Manager MMTT Youth Development Team (2010-2020)
    - Coach - USAT Junior Skills Camps (2013-2017)
    - USAT 2020 Junior Development Paratriathlon Team Coach (2020-present)
    - USAT Paratriathlon Youth Coordinator (2017-present)