

**RACHEAL WOOD**  
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## Awards

- 2002 Female Masters **Ironman World Champion**
- 2002, 2001, 2000, 1999, 1998 **USA Triathlon All American, Top 10 in Age Group**
- 2001 USA Triathlon **Nationally Ranked #1** for Female 40-44 Age Division
- 2002 "Inside Triathlon" All American Athlete of the Year for 40-44, 2001 All American 35-39
- 2002, 2001 and 2000 Sun Sentinel "**Female Athlete of the Year**" for South Florida
- 2002, 2000 and 1999 Sun Sentinel "**Female Triathlete of the Year**" for South Florida
- 2002 Florida Sports "Ford Outfitters No Boundaries Athlete of the Month" for April
- 2002 and 2000 "Key Biscayne Trilogy Triathlon" Series Female Champion
- 2002 "Next Generation Off Road Duathlon" Series Champion
- 2001 North VS South Spring Mountain Bike Series Champion: Women Beginner & Team Competition
- 2001 XTERRA Southeast Regional Champion 35-39 Age Group
- 2000 "Crystal River Triathlon" Triathlon Series Female Champion
- 2000 "In it to Finish" Duathlon Series Female Champion
- 1998, 1999 and 2001 and 2003 Member of USA Triathlon World Championship Team
- 1999 "ESM Coca Cola Triathlon Series" - Overall Elite Series Female Champion
- 1998 Sun Sentinel "Most Improved Triathlete of the Year" for South Florida

## Racing Highlights

- 2003 St. Anthony's SE ITU Regional Championship, St. Petersburg, FL Female Masters Champion
- 2003 Gulf Coast Regional Long Course Championship, Panama City, FL, Female Masters Champion
- 2002 **Ironman World Championships**, Kona, Hawaii: 40-44 1<sup>st</sup> Place, Female Masters Champion
- 2002 Mrs. T's Pierogies **National International Distance** Age Group Championships, Couer D'Alene, Idaho, 40-44 8<sup>th</sup> Place, Qualified for Team USA World Championships in New Zealand, 2003.
- 2002 **National Sprint Age Group Championships**, Female Master Champion, 3<sup>rd</sup> OA Female
- 2002 Huntington Disease Olympic Triathlon, Key Biscayne FL, Overall Female Elite Champion
- 2002 Key Biscayne Trilogy Triathlon #1 and #3, Key Biscayne FL, Overall Female Champion
- 2001 Timex **Ironman World Championships**, Kona, Hawaii: 35-39 4<sup>th</sup> Place Female
- 2001 Janus Ironman Florida, Panama City, Florida: 35-39 2<sup>nd</sup> Place, 9<sup>th</sup> Overall Female
- 2001 National Sprint Championships, Key Biscayne, FL, 3<sup>rd</sup> Place Overall Female
- 2001 XTERRA Eastern USA Regional Championship, Richmond, VA, 2<sup>nd</sup> Place 35-39
- 2001 and 1999 "ESM Off Road Triathlon", North Miami, Florida, - Female Champion
- 2000 Isuzu Ironman Florida, Panama City, FL: 35-39 Champion, 9<sup>th</sup> Overall Female
- 2000 Mrs. T's Pierogies National Age Group Championships, St. Joseph, Missouri 6<sup>th</sup> Place
- 2000, 2001 "Florida Challenge Triathlon" - Regional Long Course Championship, Clermont, Florida, 4<sup>th</sup>, 5<sup>th</sup> Overall Female
- 2000 "Gulf Coast Triathlon" Regional Long Course Championship, Panama City, FL, 3<sup>rd</sup> OA Female
- 2000 "St. Anthony's" SE Regional Championship St. Petersburg, FL 35-39 Champion, 9<sup>th</sup> OA Female
- 2000 "High Tech Adventure Race, Miami, Florida - 1<sup>st</sup> Place Female Team
- 1999 Triathlon "ITU World Championship", Montreal 7<sup>th</sup> Female 35-39, 3<sup>rd</sup> American
- 1999 "Florida Duathlon Series" State Championship - Overall Female Champion
- 1998 Triathlon "ITU World Championship", Lausanne Switzerland, 16<sup>th</sup> 35-39
- 1998 Huntington Disease Regional Sprint Championships, Miami, Female Champion

## Education

- Masters of Science in Education, Exercise Science and Wellness, Florida Atlantic University, Florida, 1999.
- Bachelor of Science in Education-Health Education, University of Cincinnati.

## Work Experience

- Racheal Wood Multisport Coaching and Training 2002 to present  
Writing Training Programs and Personal training from Sprint to Ironman Distances
- Florida Atlantic University, 1999 - present  
Adjunct Professor - Exercise and Wellness  
Henderson University School, Boca Raton, FL., 2000 -2002  
Health and Physical Education Teacher- K-8th grades  
Tennis Coach, A.D. Henderson University School, 2001 and 2002
- Silver Lakes Middle School, Science and Health Teacher, North Lauderdale, FL, 1992-1993
- Hughes Alternative Center High School Health Education and Mathematics Teacher, Cincinnati, OH 1989-1992