



Chris Bennett is the Head Coach of Nike+ NYC Run Club.

As an athlete, Chris was a 2 time New Jersey High School State Champion winning the 800m and the XC state championship for national powerhouse Christian Brothers Academy (CBA). Bennett went on to UNC where he captained the Tar Heels' XC and Track teams. He scored for the Tar Heels at the ACC Championships in the 4x800, Distance Medley, Mile, 1500, 5k and XC. He ran 5 years for the Olympic Development Nike Farm Team running 3:43 for 1500m. Bennett was 9th at the 2002 USATF Indoor National Championships in the Mile.

In 2007, Bennett returned to CBA where he coached between 2007 and 2014. While

Bennett was at CBA the Colts won 3 National Championships in the 4xMile (2011, 2013 & 2014), the NXN XC National Championship (2011), the National Championship Outdoor 4x800 (7:34) and set the National Record in the Indoor 4xMile (17:07.17). During Bennett's last season CBA set the national record for most athletes ever on one team under 10 minutes in the 3200M with 23.

Chris has had the privilege of being coached by some of the most renowned coaches in the history of distance running. At UNC he was coached by Jerry Schumacher, the current Bowerman Track Club Head Coach. Throughout his 5 at Stanford University based Nike Farm Team, Chris' coaches included University of Oregon's Vin Lanana, Nike employee #1 Jeff Johnson, NJNYTC's Frank 'Gags' Gagliano and the legendary coach and author of *Daniel's Running Formula*, Jack Daniels. This long line of incredible coaches has left an indelible mark on Bennett. Whether it's the strong belief of Schumacher that running is the best way to get better at running, the passion for the sport of Johnson, or that long term goals guide short term decisions that Lananna espoused, the motivation and inspiration of Gags or the focus on the entirety of the training plan that Daniels often spoke of, Bennett carries each coach with him during every session, every conversation with athletes, and every step of every mile he runs.

Chris Bennett lives in Red Bank, NJ with his wife Tammie and 3 kids Jack, Maggie and Emma.