



## **Dennis Almodovar      Coach Nassau**

Dennis Almodovar joined Team in Training in 2006. Dennis began his running career back in the mid 80's as a member of the Chaminade High School Cross Country team. Dennis has completed three full marathons, ten half marathons, one century ride and one triathlon. He coached the Disney marathon this past January and will cherish the great memories with the team that he coached. Dennis is also Road Runners Club of America Certified Coach.

During the week Dennis works as an accountant and recently retired from his weekend job as a mobile DJ which he did for over 20 years. Dennis says, "As a DJ my job was to motivate people and give them the time of their life on the dance floor. As a coach for Team in Training, his job is the same, but now it's to the rhythm of sneakers hitting the pavement along the roads."

Dennis advises to always remember why we are doing this and get to know your teammates. All of our participants are incredible people.

Personal quote: "Much will be required of the person entrusted with much". Dennis says, "I feel that I have been blessed and would like to use my gifts to help others."

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