

Mike "Moach" Forbeck

Assistant Run Coach

I have been involved with Team In Training since August 1997 as a participant, mentor and coach. Through out my tenure I have raised over \$125,000! I have run over 70 total marathons and 2 "Rachel Carson 34 mile challenges", and have worn my TNT shirt in marathons in 50 different states and the DC area! I have two boys and an understanding wife. Besides TNT, I also volunteer as a Assistant Scoutmaster for Boy Scouts of America and various church and school associations and committees. During the day, I work for the Department of Environmental Protection as an Environmental Program Manager for the South West Region. I love to be with people from the Team as they have the will, the enthusiasm and especially the heart to do something good for the world...Finding A Cure!