

# SCOTT COLE

MULTISPORT ENDURANCE ATHLETE, COACH AND SPEAKER

## Sports Resume

### **BACKGROUND**

Scott started racing in 1999 and since then has developed into an elite competitor, author, coach, and speaker. As an athlete he competes internationally in events that combine running, cycling, and paddling. His races, which range from 5 hours to 5 days, have been covered in various print media, blogs, podcasts, and other news outlets.

Follow his adventures on his [Facebook page](#) or [endurance racing blog](#).

### **Author**

Contributing author to *Thrill of Victory, The Agony of my feet: Tales from the world of Adventure racing* (Breakaway Books, 1999, ISBN: 1-891369-54-7) with chapter on *Racing under the midnight sun: Explore Sweden Airborne Expedition Race*.

Frequent contributor to [Sleepmonsters.com](#), an international adventure racing website.

### **Speaker**

Scott has given over 50 slide shows and presentations in the US, New Zealand, Sweden, Norway, and China since 1999. He is regularly invited to speak in front of sports clubs, schools, athletic events, and private companies.

### **Coach**

Following his relatively late-blooming success in endurance racing – which he attributes to the lack of coaching early in his career – Scott has developed into a coach in his own right and has helped countless athletes with training programs and racing tips to help them reach their endurance goals.

### **Endurance Racer**

Scott has a long list of victories and top finishes across a variety of endurance events stretching from 1999 to 2015, as shown on the following pages.

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## ENDURANCE RACER

2014 Race Results			
1 <sup>st</sup>	Mountain Man	N. Zealand	5 hr solo multisport race (bike, run, paddle)
17 <sup>th</sup>	Coast to Coast	N. Zealand	11 hr solo multisport race. Run, bike, paddle
2 <sup>nd</sup>	Race of Champs (SOG)	Sweden	5 hr team multisport race.
4 <sup>th</sup>	Åre Extreme Challenge	Sweden	5 hr solo multisport race (Run, bike, paddle)
1 <sup>st</sup>	Sweden SkyRace 24	Sweden	50 km mountain run
3 <sup>rd</sup>	AXA Fjällmarathon	Sweden	22 km half marathon
4 <sup>th</sup>	Wu Long Mountain Quest	China	4 day multisport stage race with Team Silva
6 <sup>th</sup>	Zunyi Mountain Quest	China	2 day multisport stage race with Team Thule
1 <sup>st</sup>	Taining Mountain Quest	China	3 day multisport stage race with Team Thule
1 <sup>st</sup>	Norrlandsknäcket	Sweden	5 hr team multisport race
4 <sup>th</sup>	Wuhan Mountain Quest	China	3 day multisport stage race with Team Thule
6 <sup>th</sup>	Wild Boar Trail Run	Sweden	22 km trail run
2013 Race Results			
20 <sup>th</sup>	Coast to Coast	N. Zealand	11 hr multisport race. Run, bike, paddle
2 <sup>nd</sup>	Motatupu	N. Zealand	5 hr multisport race. Run, bike, paddle
1 <sup>st</sup>	Gold Rush	N. Zealand	3 day race. Run, bike, paddle
1 <sup>st</sup>	Scandinavia Outdoor Games	Sweden	5 hr multisport race. Run, bike, paddle
1 <sup>st</sup>	Norderön Adventure Race	Sweden	5 hr multisport race. Run, bike, paddle
2 <sup>nd</sup>	Åre Extreme Challenge	Sweden	5 hr multisport race. Run, bike, paddle
4 <sup>th</sup>	AXA Mtn Half Marathon	Sweden	4 hr/20 km trail run
1 <sup>st</sup>	Trip Trapp Triathlon	Norway	5 hr multisport race. Run, bike, paddle
2 <sup>nd</sup>	Zunyi Outdoor Quest	China	2 day race. Run, bike, paddle

2011-2012 Race Results	
<i>(Scott raced with one of the top teams in Sweden, Team AXA-adidas Adventure Racing)</i>	
1 <sup>st</sup>	Åre Extreme Challenge (2012)
2 <sup>nd</sup>	Åre Extreme Challenge (2011)
2 <sup>nd</sup>	Swedish Multisport – Anderstorp (2011)
1 <sup>st</sup>	Swedish Multisport – Trolhattan (2012)
2 <sup>nd</sup>	Hjo (2011)
1 <sup>st</sup>	Stockholm Extreme Adventure race (24 hr race)
2 <sup>nd</sup>	Taining Outdoor Challenge (2012) China
2 <sup>nd</sup>	Wu Long Mountain Quest (2011) China

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## Other adventure races

2012 Coast to Coast in New Zealand  
2008-2010 Åre Extreme Challenge (3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> respectively)  
2009 Vasaloppet 90 km ski race  
2009 Explore Sweden Monster  
2009 Adventure Racing World Championships, Portugal  
2006 Primal Quest Adventure race - Utah  
2006 Kayaking expedition in Norway (10 days)  
2006 Explore Sweden ARWC  
2005 Explore Sweden Kjittelfjäll  
2004 Primal Quest Adventure race + Washington State  
2004 Explore Sweden Airborne Expedition Race  
2003 Southern Traverse Adventure Race, Dunedin, NZ 9<sup>th</sup> overall  
2002 Sea to Summit Triathlon (New Hampshire) - 5<sup>th</sup> Solo  
2001-2005 Son of Inferno Penthalon (New Hampshire) - 3<sup>rd</sup> Solo  
2002 Appalachian Extreme Adventure Race (Maine)  
2001 A Wasatch Adventure, 48 hour Adventure Race (Utah) - 3<sup>rd</sup> (4-person male team)  
2002 Green Mountain Road Cycling Stage Race (Vermont) - 9<sup>th</sup> in General Classification (Cat 4)  
2001-2002 24 Hours of Great Glen (New Hampshire) -

## Other expeditions and outdoor pursuits

2004 Bike expedition British Columbia (50 days)  
2003 "7 peaks in 7 Days" fundraiser (700 km by bike & 7 high peaks in New England)  
2001 Bike expedition France (60 days)  
1999 Great Divide Mountain Bike Route Self-Supported Bike Tour (70 days)  
1999 Whitewater paddling in Sweden and US (CO, NH, ME, CT, MA)  
2000 A 55-mile White Mountain Traverse NH (20-hour trail run, Rte. 16 to I-93, 18,000' vertical)  
1998 Wilderness First Responder Training (80 hours, improvisational first aid techniques)  
1998 10-day wilderness rafting expedition, Franklin River, Tasmania, Australia  
1995-1996 Duke University Varsity Football (walk-on scout-team quarterback)