

Philip Clark
The Training Station
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Master of Physical Training

Curriculum Vitae

Philip Clark has over 20 years of experience in the physical training of athletes and other exercisers. As an athlete, he trained for the Olympic Games and participated in national and international competitions. As a coach, he developed athletes in Football, Track & Field, the Triathlon, Olympic Weightlifting, Baseball, Basketball, Rugby, and Ultimate Frisbee.

In 1994, Phil graduated from Yale University with a degree in Economics and accepted an invitation from Dan Pfaff, one of the finest master coaches in all of sport, to train with an elite set of premier athletes. Phil joined the elite ranks of some of the world's premier athletes including national champions and Olympic gold-medalists. Pfaff administered Phil's training program and, most notably, privately tutored Phil in the theory and methodology of physical training.

In 1996, Phil was named Assistant Coach for the Widener University Track and Field Team. He coached male and female sprinters, jumpers, and throwers. Upon Phil's arrival, the team had not one regionally recognized athlete. Within five months, Phil had developed nine Conference Champions.

Phil's success as an athlete and coach lead him to start his first business in 1998. The business, Phil Clark's Muscle Systems, concentrated largely around the distribution of Phil's workout manuals penned by Phil. More than 5,000 of his manuals were sold throughout the world. Phil also provided services as a private trainer for professional athletes such as Brad Scioli, Tony Hunt, and Jason Davis of the NFL. Soon, he expanded his practice to include fitness enthusiasts and every-day exercisers.

Phil opened the renowned Run Shoe Store in 2009. At Run, he introduced filmed gait analysis to the Delaware Valley. Phil's expertise and ability to identify proper footwear for specific individuals lead to an on-going relationship with Temple University's School of Podiatry, whose Director of Sports Medicine, Dr. Howard Palamarchuk, praised Phil's gait analysis method as "better than Nike." Students of the program visit with Phil to discuss proper fitting of athletic footwear.

In 2010, Phil opened The Training Station, often lauded as Philadelphia's premier gym facility. Without advertising, The Training Station has garnered Philadelphia's top honors awarded to gyms and gained a devoted following. Both the gym and Phil have received local and national press and often appear in television segments and

national magazines. Phil has amassed about 10,000 hours of training more than 250 different clients.

Phil is a member of the USA Track and Field Coaches Registry, which is administered by the national governing body for the sport. Phil has appeared at churches, schools, and organizations for motivational and informational talks about the best ways to train. As a prominent member of the Philadelphia community, Phil is engaged in civil activities, and has published works on a variety of social justice topics. He is also a freelance writer for The Philadelphia Inquirer.

Specializations: Running, Strength Training

HIGHER EDUCATION

B.A., Economics, Yale University, New Haven, CT, 1994.

PHYSICAL TRAINING EXPERIENCE

The Training Station, Philadelphia, PA; 2010—Present

Owner of Philadelphia's multiple-award-winning gym

- Producer of WPVI 6abc's weekly video tip series: "The best answers to everyday questions about fitness."
- Over 10,000 hours training 250 clients
- Coach Olympic Hopefuls and athletes from rugby, the triathlon, ultimate Frisbee, Olympic Weightlifting, Powerlifting and road running
- Guide back to health more than 500 exercisers with pre-existing injuries
- Over 1500 hours mentoring professional coaches
- Philadelphia's only conventional gym offering Olympic Weightlifting
- Starred in 6ABC-produced workout video with 5,000+ downloads on iTunes
- Among the highest rated gyms in its category on Yelp! and Google

Run Shoe Store, Philadelphia, PA; 2009-present

Owner of the only running shoe specialty store in Northern Liberties

- Organized and conducted more than 100 advanced running clinics
- Performed approximately 1000 gait analyses
- Fitting method endorsed by Temple University Podiatric Sports Medicine Director Howard Palamarchuck, DPM
- Highest rated running shoe store on Yelp! and Google

Phil Clark's Muscle Systems, Philadelphia, PA; 1997-2009

Owner of private coaching and publishing business

- Built a clientele of professional athletes and serious amateur athletes
- Authored and sold more than 5,000 strength-training manuals to athletes, coaches, and parents worldwide

- Consultant and advisor to the Director of Health and Fitness at a U.S. Olympic Committee Sports Science Site
- Designed and conducted speed development workouts for professional track & field and football athletes and for serious high school athletes

Widener University, Chester, PA; 1996-1997

Assistant Coach, Men's and Women's Track & Field Teams

- Coached the team to the 1997 Mid-Atlantic Conference Indoor Track and Field Championship
- Produced nine individual Mid-Atlantic Champions
- Designed and installed a world-class athletic conditioning program

NOTABLE AWARDS:

- Philadelphia's Magazine's Best Gym Award, 2012
- Philadelphia Sportsweek's award for Best Gym, 2012
- Be Well Philly magazine's Best Gym for Serious Runners, 2012
- Philadelphia Weekly's Best Sneakers, 2010

NOTABLE PRESS:

- 6abc, ongoing host of weekly exercise tip series, "The Best Answers to Everyday Questions About Fitness"
- Philadelphia Daily News, 9/21/2016, interview; "Secret to Anti-Aging"
- FYI Philly, 2/2/2016, television feature, The Training Station's bigger facility
- FYI Philly, 5/2/2015, television feature; Running technique and footwear expert
- FYI Philly, 7/7/2014, television feature; Judge of city-wide fitness contest
- FYI Philly, 5/24/2014, television feature; Running footwear expert
- FYI Philly, 3/22/2014, television feature; Judge of city-wide fitness contest
- Philadelphia Inquirer, 4/9/2014, interview; "Focusing on the Entire Foot"
- Club Solutions, December 2013, interview; "The Training Station"
- Philadelphia Inquirer, 4/23/2012, interview; "Losing pounds, gaining a new outlook"
- FYI Philly, 4/14/2012, television feature; Work-out instruction
- Philadelphia Magazine, 3/2/2012, interview, "Low Carb Diets: What's Really Happening to Your Body?"
- Club Solutions, December 2012, p 50, interview; "Training at the Olympic Level"
- Philadelphia Style, Summer 2011, p 107; "Top Gym" in Philadelphia
- Philadelphia Magazine, February 2011 pg 46; "[A Person] every Philly runner should know."
- Philadelphia Inquirer, 3/14/2011, feature; "This Way Up: Foot Injury Leads Runner to a Shoe Fitting"
- Philadelphia Magazine, September 2011, interview, "If Running Sucks, You're Doing it Wrong"

- Philadelphia Style, October/November 2011, interview, “On the Right Foot”
- KYW News, 5/6/2011, radio interview, “Foot Pain from Running”
- FYI Philly, 1/8/2011, television feature; The Training Station
- Philadelphia Magazine, January 2011 pg 28; Philadelphia’s top running professional
- Philadelphia Style, Summer 2010, p 116; “[The Training Station] is the best gym for goal-oriented people”
- Philadelphia Magazine, August 2010, p 115; The Training Station as a “Standout Shop”
- FYI Philly, 4/24/2010, television feature; The Training Station’s services for runners
- FYI Philly, 3/13/2010, television feature; The Training Station
- FYI Philly, 5/22/2010, television feature; Workout for local television personalities
- KYW News, 2/15/2010, television feature; The Training Station
- Thrillist, 2010, feature; The Training Station
- Philadelphia Home, Fall/Winter 2009, p 74; Phil Clark and The Training Station
- Philadelphia Daily News, 8/20/2009, p 35 interview; “Women Joggers, Beware: There’s Trouble Out There”

NOTABLE ATHLETIC ACHIEVEMENTS:

- 1996, 2000, 2008, and 2012 Olympic Hopeful
- Won the prestigious 1999 Homedale International Championship.
- Invited and sponsored to live and train – from 1994 to 1996 at the Louisiana State University – with the world’s best track and field athletes. Trained alongside Donovan Bailey, Sheila Echols, and other Olympic Champions, World Champions, and World Record Holders.
- Broke one of Yale’s track and field school records. Named as an All-Ivy Athlete.
- Ranked among top 10 Pennsylvania high school boy track athletes.

NOTBALE APPEARANCES:

- St Joseph’s Preparatory School, Philadelphia, February 2016; Talk
- St Joseph’s Preparatory School, Philadelphia, July 2015; Talk
- The Garces Foundation, Philadelphia, January 2015; Talk
- A Second Chance, Pittsburg, June 2013; Keynote Address
- General Philip Kearny School, Philadelphia, June 2012; Commencement Address

LECTURES:

University of Texas at Austin; College of Education; Sport Management Graduate Program; April 2015; "Strategic decision making in small businesses in the leisure industry."