

RED-S: WHAT COACHES NEED TO KNOW



MELANIE MYRAND

is a nurse practitioner in primary care working at a family medicine clinic and elderly care residence in the West Island of Montreal. She was an all-Canadian and academic all-Canadian at McGill in XC and Track while doing her masters in nursing. She ran her first marathon in 2014 in 3:04:55 and quickly improved running 2:39:10 at the Toronto waterfront marathon in 2017 placing 3rd Canadian. In 2018 she finished 9th in the Chicago Marathon, and ran her personal best of 2:33:17 at the 2019 Rotterdam marathon, where she also finished 9th. That performance qualified her for the world championships in 2019 where she placed 27th in the heat and humidity of Doha Qatar.



MIKE WOJCIAKOWSKI

Is a 1997 Aquinas College graduate, is in his 24th season as the Saints head cross country coach and his fourth year as head track & field coach at AQ. Commonly known as 'Woj', he has enjoyed incredible success at the helm of the Aquinas programs, including a lengthy list of conference Championships, numerous individual and relay NAIA National Championships, and Conference and Region Coach of the Year honors.



RACHAEL STEIL

Isis the author of the book Running in Silence, which shares her story as an All-American athlete struggling with anorexia and binge eating. She serves on the board for the Michigan Eating Disorder Alliance (MiEDA), and was a mentor for the USTFCCA Female Coaches Mentorship Program. Rachael is based in Grand Rapids, Michigan where she is writing her second book and coaches high school cross country and track.