

SONJA FRIEND-UHL



SPECIALTIES

- USATF Certified Running Coach
- Junior Fitness (FitPlay®, TeenFit®)
- Nutrition Counseling & Food Plans
- Motivation/Goal-Setting
- Weight-Loss (Personal Best Program®)
- "FreeStyle" Training for Women
- Senior Fitness (FitCare®)
- Pre & Post-Natal Exercise

A World-Class Athlete, Sonja Friend-Uhl has trained people of all ages and abilities for over ten years. A skilled fitness programmer, Sonja holds Personal Training Certifications with ACSM and AFAA as well as AFAA specialty certifications in Youth, Senior, and Pre-Natal Fitness. She is a USATF Level I Certified Coach and CPR/AED Certified. Sonja has a Bachelor of Arts Degree from the College of William and Mary. She has published fitness and running articles in Pennsylvania's Health & Fitness Magazine and is a featured fitness columnist for the local news periodicals. A natural and motivating public speaker, Sonja has performed as the keynote speaker for athletic banquets, Rotary Club functions, and national TV affiliates. Sonja developed and coached dynamic fitness programs for The Athletic Club at Weston and The Athletic Club Boca Raton while serving as their Athletic Director from 1998-2003. Sonja is the President and Head Fitness Trainer of FIT Studio which she opened in 2004. Fit Studio guarantees clients results through private and semi-private personal fitness and pilates training. The studio also offers nutrition counseling. Her clientele range from novice to advanced fitness enthusiasts with diverse needs and goals. Sonja's passion for running led her to create several adult and youth running clubs in South Florida. One of Florida's most celebrated female athlete's in the last six years, Sonja's personal athletic achievements have spanned nearly her entire life as she still competes at the national and world level. A State Champion in High School and a scholarship, record-setting runner at the College of William and Mary, success has continued to follow Sonja through her transition into professional racing. She has been a member of six U.S. world teams, a 2000 Olympic Trials Competitor in the 1500m, and currently is ranked in the top twenty-four women in the country for distances from the 5k to the Half-Marathon. A prime example of maintaining a good balance in your life, Sonja prioritizes her roles as a wife and mother in addition to her fitness career and competitive endeavors.

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” - Aristotle





Sonja Friend-Uhl Athletic Biography



Represents: USA

Birth Date: 3/22/71

Height: 5'7"

Weight: 135

Residence: West Palm Beach, FL

College: William & Mary, VA

High School: Cape Henlopen HS (Delaware) '89

Coach: Jack Daniels

Club: Nike Racing Team

Events: Track, Road-Racing and Cross-Country; 800m – Half Marathon

Personal: Wife of Brad Uhl; Mother of Brianna (3); Owner and Operator of Fit Studio and Fit International Corp., USATF Club Coach

Personal Records:

800m – 2:06.4 (2000)

1500m – 4:13.9 (2000)

Mile – 4:37 (2000)

5k – 16:19 (2006)

10k – 33:57 (1997)

Half-Marathon – 1:15:20 (2003)

Career Highlights:

800m Delaware HS State Champ '89; World Champion – 2K Beach Run, World Lifesaving Championships, Japan '92; NCAA Cross-Country – 16th '93; World Champion – 2K Beach Run, World Lifesaving Championships, New Zealand '98; USA Indoor Mile – 5th 2000; 2000 Olympic Trials – 1500m; USA Indoor 1500m – 5th '03; National Half-Marathon Champs – 9th '03

Achievements**2004**

2004 Sun-Sentinel Female Athlete of the Year

2004 Naples Daily News Half-Marathon – 1:16:51, 3rd Open, 2nd American Female

2004 Boca Town Center Classic – 16:30, 2nd Overall Female

2004 Gate River Run USATF 15K Championship – 11th Female, 53:28

2004 West Palm Beach Race For The Cure Champion

2004 Women's 7 Mile Bridge Champion – New Course Record

2004 USATF Ekiden World Team Member – Beijing, China

2004 Cooper River Bridge Run 10K, 6th Overall, 1st American, 35:01

2004 5th Third Bank USATF 25K National Championships – Runner-Up in 1:31:24

2004 Friehoffer's National 5k Championships – 9th Overall, 16:42

2004 Pace-Setter for the Women's Olympic Development 5000m in Boston. (3 women went under the Olympic A-Standard time of 15:25 for that race including Marla Runyan and Shalane Flanagan.)

2004 Tufts 10K For Women (USATF 10K National Championship). 11th overall, 34:48

2003

2003 USATF Florida Female Distance Runner of the Year

2003 Naples Daily News Half-Marathon – 1:16:22 - 3rd Place Open Female/2nd Place American Female

2003 USATF Florida Women's 10k State Champion – 35:15

2003 Gator Invitational Women's Indoor Mile Champion – 4:42.2

2003 Women's 1500m – 5th Place @ USATF Indoor National Championships - 4:20.7

2003 Women's Champion – 7 Mile Bridge Run; 3rd Overall

2003 Women's Ekiden World Team Member – Seoul, Korea

2003 Hurricane Invitational 1500m and 800m Women's Champion

2003 Freihofer's Run For Women 5k US National Championship – 13th Overall; 16:47

2003 US Women's Half-Marathon Championship – 9th Overall; 1:15:20

2002

1998, 1999, 2000, 2002 Disney Cross-Country Classic Invitational Champion

2001 – Maternity Leave

2000

2000 Women's Olympic Trials 1500m – 6th in Heat; 15th overall – 4:15.6

2000 Gator Cross-Country Invitational Women's Champion

2000 Women's Ekiden World Team Member – Chiba, Japan

2000 Florida Sports Magazine & Sun-Sentinel Open Female Runner of the Year

1999 Women's Mile – 5th Place @ USA Indoor Track & Field Championships

1998 World Lifesaving Championships – Auckland, New Zealand
Women's 2k Beach Run World Champion

1997 Women's Ekiden World Team Member – Yokohama, Japan

1996

1996 Women's World Team Member @ The Maraton Internacional – Puerto Rico

1996 Discover Card Mile on 5th Ave (NYC) Runner-Up – 4:42

1992 World Lifesaving Championships – Shimoda, Japan
Women's 2k Beach Run World Champion

1989 Delaware High School 800m State Champion



Professional Memberships/Certifications

ACSM – HFI Certified since 2000; **AFAA** – Personal Trainer Certification since 1996, AFAA Pre-Natal, Youth, and Senior Fitness Specialty Certifications since 1998; **USATF** Level I Certified Coach since 2000; **USLA** Lifesaving Certification with **CPR/AED** since 1986.

Coaching Resume

2002 – Present Head Coach of the Wellington Runners and Palm Beach Jr. Striders.

2002 – Present Founder and Head Coach of the Boca Striders

2000-2002 Western High School Boys & Girls Head Cross-Country & Track Coach – Davie, FL

1998-2002 Founder and Head Coach of the Weston Striders and Weston Jr. Striders

1999/2000 Head Coach – Leukemia Society Team in Training; 2000 Disney Marathon - Weston Division

1996-1998 Assistant Cross-Country & Track Coach - Carnegie Mellon University – Pittsburgh, PA

