



Professional Triathlete - Registered Dietitian -
USA Triathlon Coach

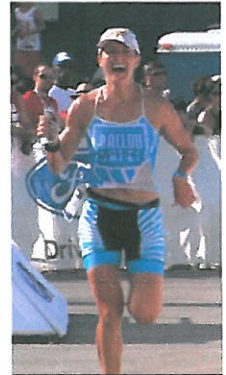
Kim Schwabenbauer, RD, LDN
P.O. Box 119 • WILDWOOD, PA 15091
PHONE 814.280.6473
EMAIL kim@fuelyourpassion.net
www.fuelyourpassion.net

About Kim

I raced in Kona in 2008 for my very first Ironman, after qualifying in St. Croix at the 70.3 distance. No pressure. Then I was just there to finish and I think I was able to take it all in and really enjoy myself. In 2009, I had the delusion that it would be no sweat to punch my ticket again; I'd just been there right! I ended the year with a series of bad races, a broken collarbone and a broken heart.

As I rode my bike in a sling all winter, I knew what it was going to take, would be everything that I had. After a slower than I wanted comeback, I raced Ironman Cozumel in November of 2010 to a first place amateur victory and a huge PR. *I cried.* Not just because I was going to Kona, but because I had overcome the many doubts and negativity that sometimes follow a devastating injury. With the help and support of my husband, coach, family and friends, I was going back to the big show in 2011.

It's been a wonderful experience to be part of the Ballou Skies team over the last two years and help raise money for research while sharing the positive results about Duchenne Muscular Dystrophy along with Ryan Ballou's story. Knowing that I am out there on the race course representing something bigger than myself has been a life changing experience and one I will not soon forget. I am excited about the journey to come and I hope it teaches me, challenges me and helps me to be person and athlete I am aspiring to become.



Race Highlights 2008—present

Date	Race	Result
May 2008	St. Croix 70.3	7 th OA, 1 st Age Grp 25-29, 5:22, qualified for IM World Championships
Oct 2008	IM World Champs	1 st Ironman, 9 th Age Grp 25-29, 10:56
Sept 2010	Half Rev Cedar Point	2 nd OA, 4:44 (new Half PR)
Nov 2010	Ironman Cozumel	1 st OA, 1 st Age Grp 30-34, 10:03, 6 th including professionals
July 2011	Ironman Lake Placid	1 st OA, 1 st Age Grp 30-34, 10:11, 3:17 IM marathon PR, 6 th including professionals

Modeling Highlights 2006-present

Commercial Print

Client

Giant Eagle Human Resources Website
Purity Mineral Makeup Website (<http://www.mineralscience.com>)
Dick's Sporting Goods Promotional Flyer
Culligan Water System Softener
Fisher Price
Seneca Casinos

Role

Get-Go Manager
Sienna "Tan" Color Scheme
Nike Running Short Model
Woman Using Water System
Mom Product—Booster Seat
Socializing Party Go-er

Commercials / Infomercials

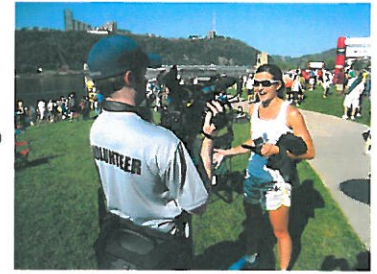
Gatorade with Sidney Crosby, Pittsburgh Penguin
Pilates Power Gym, produced by Fitness Quest
Bio-force TNT, produced by Fitness Quest

Lab Technical Assistant
Pilates Model
Lifting Model



Biography

Kim Schwabenbauer, RD, LDN, is the Corporate Dietitian for Super Bakery and Kim is a 2002 graduate of Penn State University's Undergraduate Nutrition Program, and a 2003 graduate of the Penn State University's Dietetic Internship Program. Through research and development, Kim serves as a member of the product team to create new products and serves as a source for credible nutrition expertise. Kim also provides sales and marketing development, acts as a liaison with foodservice directors and parents, and attends national meetings on Super Bakery's behalf. Kim is a member of sports, cardiovascular, and wellness nutritionists (SCAN), dietitians in business and communications (DBC), and School Nutrition Services (SNS) dietetic practice groups of the American Dietetic Association.



Kim is not only a dietitian, but an avid athlete, serving as team captain of the cross-country team during her time at Penn State University after walking on as a sophomore. Today she retains certifications as a USA Level One Triathlon Coach, Professional Triathlete and runs her own personal sports nutrition counseling and endurance coaching business called "Fuel Your Passion" which stemmed from her love of triathlons of all distances. In July 2011, Kim appeared as a triathlon coach on MTV's show "MADE" which will air in December 2011.



Kim completed her first Ironman triathlon (2.4 mile swim, 112 mile bike, and 26.2 mile run) at the World Championships in Hawaii on October 11th, 2008 and most recently placed 6th female overall and first amateur female at Ironman Cozumel and Ironman Lake Placid. The 2012 season will be Kim's first as a professional triathlete where she hopes to develop as an athlete and continue to achieve her dreams. Kim believes no matter where you are starting - the journey of a thousand miles, *starts* with a single step.

Blog:

Fuelyourpassiononline.blogspot.com
Average Hits Per Day: 145
Followers: 134
All-Time Page Views: 72,000 to date

Youtube Channel:

<http://www.youtube.com/user/kimberlysb>

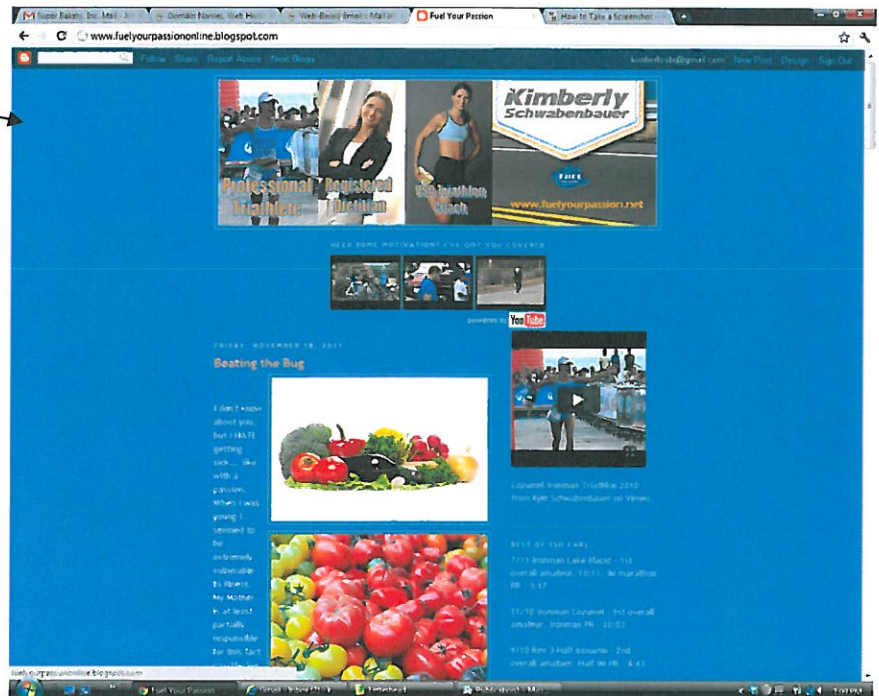
Popular Videos:

Training 24/7—The Life of a Triathlete
(234,000 views to date)

The Hawaii Ironman World Champs
(4,090 views to date)

The Half Ironman World Championships
(4,987 views to date)

Kim, Beth & Barb, Training in Tucson Feb '10
(1,777 views to date)



Twitter:

@fuelyourpassion / 172 Followers

Registered Dietitian & Triathlete. Helping people improve their lifestyles and believes that a journey of a thousand miles starts with a single step. Fuelyourpassion.net



Kim Schwabenbauer, RD, LDN
Professional Triathlete, Registered Dietitian, USA Triathlon Coach & Model

