

LISA DORFMAN, MS, RD, CSSD, LMHC

The Running Nutritionist ®

Dorfman has been a...

- Competitive athlete since 1988; professional runner/ triathlete '92-'99
- USOC, *USA Triathlon National Coaching Committee* Member '97-'01
- "Florida's Finest" *Florida Running and Triathlon Magazine*, '94,'95,'96,'97,'99,'00, '01,'02,'06,'08
- *Florida Sports Magazine*, "Top Guns" '93-'96
- Florida USA Track and Field (USATF) Board Member, '96-'98; **Woman's Sport Foundation**, Advisory Council Member-'98; **American Medical Athletic Association (AAMA)** Board Member, '00- '01
- **Featured in more than 100 publications**, including WSJ, NYT, USA Today, Newsweek, *Sports Illustrated for Women, Fit, Runner's World, Running Times, Men's Health, Men's Fitness, Food & Wine, American Way Magazine, Vegetarian Times, Woman's Day, Family Circle, etc*

ON THE TRACK:

Selected Highlights: Marathon PR 2:52:32 (Disney World Marathon); 10K 37:27; 5K 17:23

Team USA Member-ITU Duathlon Long Course World Championship, Denmark, 8/04, 4th AG, 21st OA

'12 -'13 Highlights: 1st Place OVERALL: Bay Harbor, FL 10K, Surfside, FL 5K, Run 4 Life, FL 5K; 1st PI Masters/AG: 15+ Du/tris 2- Adventure races; 1-30K; 9-½ marathons; 1x 10m; 2x5m; 4x5k; 1st-3rd PL: PAL 10K 5/12; Lou Gehrig's 10K 5/12; Inspiration 5K

Highlights prior to 2011:

- **1st OA (male/female)—Xterra 10k Trail Run, 4/09;**
- **1st OA-Winding Up the Wachovia 55 story climb, 2 time champion, 4/05, 4/06**
- 2nd OA Female-Revlon 5K, New York City, 5/03
- 1st OA-Walt Disney Marathon "Goofy" Challenge—1/2 marathon, marathon 1/06
- **6th Overall-Miami Tropical Marathon, '03, Canon Long Island Marathon, '01 Big Sur Marathon, '98**
- 7th OA-Disney World Marathon, '01, 9th Overall-Marine Corps Marathon, '00
- 3rd OA- Syttende Mai 20 mile Run-Stoughton, WI 5/00
- 1st South Florida Female, **100th Boston Marathon-2:53:18.**
- 11th female pro- **Lake Placid IZUZU Ironman, 8/99**
- 1st OA Female- Metro Dade Miami Marathon, Miami, 2/95
- 2nd OA - Atlanta Marathon, *Olympic Marathon Course*, Atlanta, 11/92
- **1st OA - Tropical 50K, Miami, 8/93**
- 11th OA-Fila Sky Marathon, Aspen, CO (Altitude climb to 14,000), 6/96
- 8th OA - **Los Angeles Marathon, 2:53, '94**

Other top finishes: 2nd Overall, Las Vegas Marathon 5K, 2/00, 8th Place- Elite Female, **Escape From Alcatraz Triathlon**, San Francisco, 8/95; 5/95; 2nd Overall Female, **Great Race 1/2 Marathon**, Elkhart, Indiana, 5/96; 1st Overall -**Grand Bahamas 5000** - Freeport 2/95; 8/96; **1st Overall Female-Alien Chase 5K** Roswell, New Mexico, 7/98; **1st Overall Female-Main Course 10K**, Chicago, 5/97; **1st Overall-Florida Law Enforcement Olympics-** 3000 and ½ marathon, Gainesville, Fl. 6/97; **1st overall- USAT&F Master's Championships 3000**, Boca Raton, Fl. 6/97

OFF THE TRACK:

- **CEO of Food Fitness International, Inc. since 1983**
- **Former Director of Graduate Program: Nutrition for Health & Human Performance— Dept. of Kinesiology & Sports Sciences, University of Miami; Former UM Director of Sports Medicine Nutrition & Performance & Athletic Dept. Nutritionist**
- **Author:** *Legally Lean (2014) Performance Nutrition for Tackling Stress (Momentum Media, 2013); Performance Nutrition for Football (Momentum Media 2010), The Reunion Diet (Sunrise River Press, 2010), The Tropical Diet (2004); The Vegetarian Sports Nutrition Guide: Peak Performance for Everyone from Beginners to Gold Medalists (Wiley, 2000); Eating Disorders: A Guide for Health Professionals (ADA 2006)*
- **Licensed psychotherapist** specializing in Sports Performance, Stress Management, Addictions
- **National Media Spokesperson, Academy of Dietetics & Nutrition (formerly ADA) '03-'08**
- **Recognized Dietitian of the Year**, American Dietetic Association; **Who's Who in American Women '05**
- **Wife of Bob for 32 years & Mom of three** ages 27, 25, & 23 years old.

For References, Media & Seminar information: www.runningnutritionist.com