

PERSONAL TRAINING *with* Obea Moore

“Penn Relay Hall of Fame Inductee and Track-n-Field Legend”

1997 Penn Relay

With a time of 45.08 for the 4x400 split and is still today the fastest high school leg in the relays history



William Obea Moore is a former American sprinter. Particularly excelling in the 400 metres, Moore holds the World Youth Best in this event. He was expected to be the next great American quarter miler, to follow Michael Johnson as Olympic champion.

Starting as an eight-year-old, running for the Los Angeles Jets youth club under coach James Robertson, Moore went on to set American youth records in the Bantam (9–10), the Midget (11–12), the Youth (13–14), and the Intermediate division (15–16)—some of which are still standing—, adding the 200 metres record in the Intermediate division, and was part of the 4 × 400 metres relay team in the Youth division.

Moore ran for John Muir High School in Pasadena, California. His freshman year, his team won the CIF California State Meet 4x400 relay. In 1995, his sophomore year, Moore won the 400, beating future World Champion, Tyree Washington by a half a second. He was also second in the 200 and again anchored his team to winning the relay in remarkable come from behind fashion. Later in the season, he represented the United States at the 1995 Pan American Junior Athletics Championships in Santiago, Chile, where he set the still standing World Youth Best in the 400 metres at 45.14.

The following year Moore won both the 400, 200 and anchored the relay to the state meet record. At major relay events around the country, including the Penn Relays, Moore became a trackside legend as one of the best, a high school junior being clocked doing 45 second laps. He was Track and Field News “High School Athlete of the Year” in 1996.

With high expectations of having a chance to be the first high school athlete to qualify for the Olympics since Dwayne Evans and Lam Jones in 1976, Moore qualified for the 1996 U.S. Olympic Trials. Later in 1996, Moore won the World Junior Championships in Sydney, Australia.

Personal information	
Nationality	American
Born	January 10, 1979 (age 38)
Height	5 ft 9 in (1.75 m)
Weight	160 lb (73 kg)
Sport	
Sport	Track and field
Event(s)	200 metres, 400 metres
Coached by	James Robertson
Achievements and titles	
Personal best(s)	200 m: 20.77 (Norwalk 1996) 400 m: 45.14 (Santiago 1995)
Medal record	
Men's Athletics	
Representing the United States	
World Junior Championships	
	1996 Sydney 400 m
	1996 Sydney 4x100 m relay
	1996 Sydney 4x400 m relay
Pan American Junior Championships	
	1995 Santiago 400 m
	1995 Santiago 4x400 m relay
	1995 Santiago 4x100 m relay

“Discipline and Consistency in Training”

Elite Athletes require a commitment to discipline and consistency in their training!

The below discounts provided are in line with my philosophy of excellence

Responsibility in Training

Clients shall train 3x per week with Obea Moore and shall call Obea Moore if running late.

Obea Moore will wait for client no more then 30 minutes past scheduled training time.

PACKAGE PRICING

2 Hour Training \$100 X 6 sessions= \$600

2 Hour Training \$90 X 12 sessions= \$1080 - **a \$120 Savings**

2 Hour Training \$80 X 18 sessions= \$1440 - **a \$360 Savings**

2 Hour Training \$70 X 24 sessions= \$1680 - **a \$720 Savings**

Client should have with them for training • PLENTY OF WATER • YOGA MAT • GLOVES

TRAINER

Name: William Obea Moore

Email: vegansoul7@gmail.com

Phone Number: 714.267.6145

Signature: _____

CLIENT

Name: _____

Email: _____

Phone Number: _____

Signature: _____