

## Dave Billings - Orange Runners Club Monthly Meeting Biography

Dave Billings grew up in Ivory Coast, Africa (his parents were missionaries) He came to the States when his twin sister got cancer (she died at age 13)

Back in the summer of 1970, Dave was introduced to the sport of running by a national class college distance runner. He immediately found out that he was very gifted in the sport. Billings attended high school in Nyack, where during his junior year he became a overnight success. He won a number of national titles at various distances while in high school, college & post-college.

While in high school, Dave won numerous races, set a lot of course records, and capped off his scholastic seasons by winning the New York State championship in cross-country & track. In his senior year, he set the state record in the 2 mile, as well as capturing the Eastern State Championship and A.A.U. Junior Championship in cross-country.

While in college, Dave won 2 national titles, 3 national qualifying meets, 3 conference titles, was named All-American 3 times, as well receiving the Outstanding College Athlete Award twice.

After college, he continued to develop his running by becoming a national class distance runner in the following events: 5K, 5 mile, 10K, and marathon while running for Nike's Club East team.

During this time, he also started coaching other runners, using the Jack Daniels running formula. He coached 3 high school teams, 2 college teams, and a number of post college elite runners, as well as others just training for local races or trying to get into shape through running.

Dave also parlayed his gift of running and coaching into his occupation which has included church redevelopment, starting a church from scratch, as well as helping people develop their leadership and life skills.

Dave is the operator/owner of LIFEWORKS International, an organization that helps people develop their potential thru life coaching, leadership coaching and leisure coaching both here in the states, as well as overseas. He also pastors Middletown Alliance Church, soon to be known as Crossroads, where he teaches people what it means to love God and love others, as well as leading real life discipleship events.

As for community involvement, he is one of the Classic 10K directors, former running coach at the Middletown YMCA, and a former Rotarian president for South Orangetown, in Rockland County. Dave has been married for almost 37 years, has 4 grown children & 5 grandchildren.