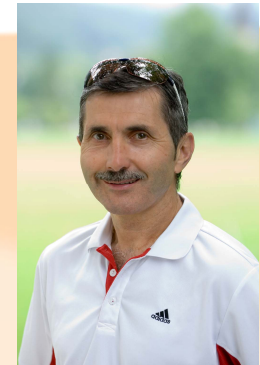




Richard Umberg

- Coach in elite sports, with federal diploma of higher vocational education and training
- Sport Manager Swiss Olympic
- Member of the section for Endurance by Swiss Olympic
- Training Consultant at Swiss Olympic Medical Centre Bad Ragaz, Switzerland
- Personal Trainer & Conditioning Coach
- Race Director Jungfrau Marathon & Jungfrau Mile





My success as a Runner and Coach

- Multiple Swiss Marathon Champion and Record holder
- 31 Marathons Sub 2:20 with a Personal best of 2:13:37
- Winner of the Marathons in Bienne SUI (1976), Melbourne AUS (1986), Cesano Boscone ITA (1988), Chicago USA (1990) and Duluth USA (1991)
- 25 Contest with the Swiss National team
- Award as „Track and Field Coach of the year 1997" of Swiss Athletics



Coach and Trainer of

- Franziska Rochat-Moser, 1997 New York City Marathon Champion and Runner up at the 1999 Boston Marathon
- Vera Notz-Umberg, multiple Swiss 5000m Champion
- Caroline Steffen, third place Finisher at Ironman Zurich 2008
- Jacqueline Rüeeggger, Marathon
- Lea Vetsch, Junior World Mountain Race Champion



Conditioning Coach of

- Manuela Pesko, 2007 World Champion Snowboard, Winner of the 2003, 2006 and 2007 FIS World Cup
- Athletes in tennis, snowboard, alpine skiing, windsurfing
- Sport stage as a Conditioning Coach by FC Bavaria Munich
- Referees and Assistants Referees of the Swiss Football League
- UEFA Referee Fitness Coach
- Referee Training Expert & Instructor during UEFA EURO 2008



My co-ordinates

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