



## INTRODUCING DAVE BILLINGS

*Leadership Coach, Life Coach, Running Coach,  
Club Chaplain/Care Team Coordinator*

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.

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 & 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 events. During this time, he also started coaching other runners, using the Jack Daniels Running Formula. He coached 4 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 & life skills.

Dave is the operator/owner of LIFEWORKS INTERNATIONAL, an organization that helps people develop their potential thru life coaching, leadership coaching & coaching runners thru his business called TRAIN 2 RACE.

He also pastors CROSSROADS CHURCH, 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 was one of the Classic 10K Directors, Running Coach at the Middletown YMCA, and a former Rotarian president for South Orangetown in Rockland County. He is also an institutional chaplain with Garnett HealthCare. In the past, he has also been a chaplain for a Fire Dept & Police Dept, as well as a Race Consultant for a number of different races both locally & nationally.

Dave & his wife, Carol, have been married for 44 years. They have 4 adult children, and 5 grandchildren, who all live in the greater New York area.

During the Spring of 2021, The Board of Directors of the Orange Runners Club invited Dave to be its Club Chaplain.

Some of you may wonder what a sports club chaplain does.

As the newly minted ORC Chaplain, Dave sees himself as a pastoral practitioner who seeks to build relationships of trust thru compassionate presence & thereby offers help & support in a wide range of ways. His role is to be supportive, serving as a counselor & guide to the emotional-spiritual needs of those who are a part of ORC.

So if you need a life coach, leadership coach, running coach or just someone to talk with about *“doing life one step at a time”* feel free to contact Dave. His contact information includes his CP # 914-772-8357 or Email: [runningpadre@yahoo.com](mailto:runningpadre@yahoo.com)

\* Picture is of Dave & one of his grand kids getting ready to run a 5k race.

FYI...Dave coached all of his 4 children in high school cross-country & track & like Dave, three of them really excelled in the sport. The youngest became a javelin & discus thrower Dave also gets his 5 grand kids to train & run races with him as well & even his grand dogs...I guess you could say...it's a family affair 😊