

Bob Speck

PO Box 2469
Manchester Center, VT 05255
Cell: 802-379-4513
Email: bob.speck@wildmountainu.org



Personal Vision:

"Live an adventurous life that is meaningful for society, inspirational for those around me, and true to my heart. Share my love for the mountains and the outdoor environment. Help others discover health and happiness for themselves, their families, and their communities. Be engaged in work that stimulates my skills and strengths, and fulfills my desire to learn, to lead, and to do what's right."

Summary of Skills:

Mentor, Coach, Trainer, Teacher;
Director of Staff Development and Training; Facilitator of Group Visioning and Goal-Setting;
Program Director for Ski and Snowboard Learning Centers;
Program Developer and Facilitator- Adaptive and Therapeutic Adventure Programs for Combat Veterans with PTSD;
Consultant- Health & Wellness, Outdoor Education, Strengths-Based Experiential Education, Adventure-Based Counseling Applications;
Engineering Project Manager;
Design Consultant for Builders of Timber Frame / Sustainable Homes.

Professional Highlights (Outdoor Education and Leadership):

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| 2009-2012 | Adaptive Sports Foundation: Managing Director- Programs & Staff Development (FT)
Wrote educational materials (written and on-line), developed new educational programs, facilitated therapeutic outdoor education workshops, coordinated training of 250+ volunteer staff and led training events, coached skiing & snowboarding, mentored on-snow lessons, coached kayaking & cycling, developed and facilitated health & wellness programs for wounded warriors, managed winter racing program, coordinated office procedural improvements. |
| 2007-2009 | Stratton Mountain Ski & Snowboard School: Ski Instructor and Trainer (PT) |
| 2004-2010 | Snowbird Mountain School: Ski Instructor; Ski & Yoga Camp Co-Leader (PT) |
| 2003-2004 | Bromley Mountain Ski School: Ski Instructor (PT) |
| 2002-2003 | Academy at Charlemont: School Teacher; Athletic Coach; Outdoor Leadership Program Teacher (FT)
Taught health, geography, pre-calculus, geometry; coached soccer and taught yoga. |
| 1994-2007 | Professional Ski Instructors of America, Eastern Division: Educational Staff (PT)
Development Team; Divisional Clinic Leader; Master Teacher Course Developer |
| 1985-2003 | Mount Snow Ski & Snowboard School: Instructor, Trainer, Staff Development Director, Skier Services Department Manager (PT & FT)
Taught skiing and snowboarding; trained staff at resort and throughout American Skiing Corporation; developed training materials and tracking system; published corporate newsletter; managed various skier-services departments; planned, designed and managed construction of new resort learn-to ski and ride facility; guided mountain bike groups; developed stance alignment and performance center program with Green Mountain Orthotics Lab (and tested for SKI magazine at Mt. Bachelor, OR). |
| 1984-1985 | Pico Mountain Ski School: Ski Instructor (PT) |
| 1974-1984 | Hickory Ski Center: Ski Instructor; Trainer; Ski School Director (PT) |



Professional Highlights (Architectural and Structural Engineering):

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| 2006-2012 | Gaia Structures, LLC: Owner; Designer of Energy-Efficient Timber Framed Homes (FT)
Designed custom, efficient timber framed homes and barns for builders and their clients throughout New England and Upstate New York; builders included: <i>The Wadsworth Company, Vermont Timber Frames, and Vermont Barns.</i> |
| 2004-2009 | Engineering Ventures, Inc: Engineering Consultant and Branch Manager (PT & FT)
Project engineer / manager for building evaluations and rehabilitation projects, timber frame structural engineering. |
| 2001-2002 | Stevens & Associates, PC: Project Manager (FT)
Project engineer / manager for historic building evaluations (structural and building sciences) and building rehabilitation projects; structural engineering consulting. |
| 1983-2001 | Ryan – Biggs Associates, PC: Engineering Consultant; Business Partner (FT & PT)
Project engineer and manager; business partner in charge of hiring, staff development, office systems, and quality improvement (initiated QUEST- Quality Engineering Services through Teamwork); project types: hospitals, parking structures, schools & colleges, historic buildings, restaurants, office buildings, residences, and specialty structures. |
| 1982-1983 | Rensselaer Polytechnic Institute: Research Assistant (PT)
Conducted and published award-winning research on the prediction of snow loads on multi-level roofs. |
| 1980-1982 | Saratoga Associates, PC: Project Designer; Production Coordinator (FT)
Designed and produced construction documents for college parking, athletic fields, campus plans, and energy conservation projects. |

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Education:

2005-2008 **Boston Architectural College:** Certificate in Sustainable Design, Master's Level
1982-1984 **Rensselaer Polytechnic Institute:** Master of Engineering
1976-1980 **Union College:** Bachelor of Civil Engineering, summa cum laude (Daniel F. Pullman Award for Highest Academic Standing)

Specialized Training and Certifications:

- Professional Ski Instructors of America (PSIA): Level III, 30-year pin (1979)
- American Association of Snowboard Instructors (AASI): Level I (2011); Adaptive Level I (2012)
- American College of Sports Medicine (ACSM): Certified Personal Trainer (2010)
- Yoga Alliance: Registered Yoga Teacher, RYT-200 (2011)
- Mind-Body Solutions: Adaptive Yoga Teacher Training (2011)
- Hard & Soft Yoga Institute: 200-hr teacher training (2001-2006)
- Excursions of Escalante: Basic Technical Course in Canyoneering (2012)
- Project Adventure: Adventure Programming (1998); Adventure Based Counseling (2010)
- The Hartford Ski Spectacular Race Camp: Volunteer Coach (2010-2011)
- Paralympic Conference: Developing Amazing Leaders, Olympic Training Center, CO (2010)
- Red Cross: Basic First Aid, CPR, AED; Small Craft Safety (2010)
- National Outdoor Leadership School (NOLS): Outdoor Educator Certificate (1996)
- PSIA National Academy: Snowbird (1993, 1997, 2008), Val d'Isere (1998), Whistler – Blackcomb (2001), Chamonix (2006)
- PSIA-E Master & Mini Academy and Directors Seminar; Children's Symposium: (10 events- 1991 – 2009)
- Licensed Professional Engineer (PE): VT (and formerly also New York and Ohio) (1984-2012)



Association Memberships:

- Timber Framers Guild (TFG)
- Past President, Mohawk-Hudson Section, American Society of Civil Engineers (ASCE)
- Association of Experiential Education (AEE)
- Adventure Cycling Association
- PSIA/AASI
- Yoga Alliance
- ACSM



Other Activities:

Hiking Trip Leader: For the past 15 years, my wife and I have led backcountry backpacking trips with family and friends and groups of high school kids. We've backpacked in Vermont, New Hampshire, Utah, Colorado, Wyoming, Montana, Oregon and Washington.

Bicyclist: I've competed in numerous endurance competitions over the years including 24-hour cycling time trials, triathlons, and mountain bike races. My wife and I toured 500 miles in Colorado on a tandem bicycle. I have pedaled around New Zealand, New York and New England.

Fitness and Health Coach: I devote much of my time to maintaining my health through weight training, yoga and nutrition. I have mentored numerous young athletes, able-bodied and disabled. I have assisted my wife teaching yoga. Recently, we were featured as fitness models in a book by Beryl Bender Birch entitled, "*Boomer Yoga*". I hope to further my education as a fitness and health coach.

Mentor: I've maintained a mentoring relationship with numerous Wounded Warriors (especially those with PTSD), various able-bodied & disabled young athletes, and a number of our ASF students with autism. I am a proponent of strengths-based adventure learning and helping others discover their own personal strengths. I have begun a self-discovery trekking program and mentor storytelling web blog entitled, "*A Mentor Walks with Me*," and have helped a former program participant launch her own nonprofit organization based in San Diego, CA, called *Warriors Live On*.

Writing: I've published educational and human interest articles in local magazines and company newsletters. I helped edit the publications: *The Cracker Barrel*; *ASC's Perfect Pro*; *RBA's Connection*; *ASF's Quick Check Pocket Reference Guide* and various on-line newsletters. I've had the role of writing office standards, technical papers, and editing company newsletters. I co-authored published research papers while a graduate student at RPI. Recently, I've helped develop a number of written proposals, grants, and educational materials for new programs at ASF and Wounded Warrior Project (Warriors in Motion), competitive programs for adaptive athletes, and health and wellness programs for kids with autism.

Sports & Adventure Enthusiast: I am an avid Red Sox and Celtics fan. I have played and coached competitive baseball and soccer. I have also played tennis, golf, basketball, and volleyball. Over the years, I have: bungee-jumped; white-water rafted; para-jumped; para-sailed; surfed; body-surfed; board-sailed; tele-skied; heli-skied; flown an ultra-light; traveled on glaciers; avoided avalanches; snorkeled; deep-sea fished; scuba-dived; rappelled; mountain-climbed; rock-climbed; canyoneered; and rode my bicycle 200+ miles in one day... twice. 😊