

**Bob Willems**  
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## Qualifications

Bob is a competitive cyclist who brings his passion for the sport to the group cycling classes he teaches. Certified as a Group Cycling instructor through Schwinn & Madd Dogg Athletics and as a Level 3 cycling coach by USA Cycling, his years of experience racing, training and teaching in the area bring a unique depth to his classes. Bob served as the President of the region's largest amateur cycling team, xXx Racing-AthletiCo from 2007-2009.

## Certifications & Licensing

- Schwinn Cycling Instructor
- Spinning® Certification by Madd Dogg Athletics
- USCF Masters Cycling competitor, licensed for Road, Track, Mountain & Cyclocross
- USCF Level 3 Cycling Coach (note: license not renewed in '15)

## Experience

### *Racing*

- Competed in an average of 20 events per season 2005-2012
- 3<sup>rd</sup> place 2008 IL State Championship Criterium, Master's 30+ s
- Consistent top 10 finishes in regional amateur events including, but not limited to: Tour of Elk Grove, IL State Championship Road Race, Downer's Grove Criterium, Denzer Road Race
- Accumulated results required to upgrade to Category 3 in 2010

### *Group Cycling & Coaching*

- As President of xXx Racing '07-'09, led the team's first Elite and Men's Development Programs. In '09 the team achieved 86 victories, including one National Championship and four State Championships; 250 top 3 finishes and 374 top 5 finishes in races on the road, track and trails
- Regular weekly Spin classes 2006-present
  - 2010 - present Lakeshore Sport & Fitness Lincoln Park
  - 2009 - 2012 David Barton Gym
  - 2007 - 2010 Lakeshore Athletic Club Lincoln Park
  - 2008 - 2010 Lakeshore Athletic Club Illinois Center
  - 2006 - 2007 Lakeshore Athletic Club Downtown
- Jan-Apr 2009 Cycling Coach for Together We Tri indoor winter triathlon training program
- Several regular participants in my Lincoln Park classes started training and competing in the sport of cycling and one achieved State Championships in their first year of competing