



# Joan Benoit Samuelson

## CONTACT

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## EDUCATION

**1975-1979:** Bowdoin College, Brunswick, Maine  
A.B. History and Environmental Studies

**1977-1978:** North Carolina State University

**1972-1975:** Cape Elizabeth High School, Cape Elizabeth, Maine

## PERSONAL

**Date of Birth:** 05/16/1957

**Height:** 5'3"

**Weight:** 105 lbs.

## EMPLOYMENT

### 1981-1983

*Coach:* Boston University Women's Long Distance Coach

### 2001-2004

*Coach:* Freeport Middle School, Nordic Coach

### 1980-Present

*Athlete/Consultant:* Nike, Inc.

*Motivational Speaker:* Highly experienced group speaker giving regular addresses to corporations, civic groups, schools and athletes

*Author:* Autobiography, Running Tide, Knopf, 1987  
Joan Samuelson's Running For Women, Rodale Press, 1995

*Clinician:* Conduct numerous running, health and fitness clinics throughout the United States and World

*Contracted Services:* Abbott (present)  
*(Past and Present)* Poland Spring Water Company  
World Book Encyclopedia  
Kraft Foods  
Fortis, Inc. (Insurance)  
Avon Products, Inc.  
Verrill & Dana LLP Sports Law Group  
Borden, Inc.  
L.L. Bean  
Tufts Associated Health Plan (Present)  
John Hancock Financial Services (Present)  
TD Bank (Present)  
Harvard Pilgrim Healthcare (Present)  
Apple (Present)

## HONORS

<b>1972-1975</b>	Collegiate (AIAW/NCAA) All American Honors
<b>1979</b>	Boston Marathon Winner, World Best Time
<b>1983</b>	Boston Marathon Winner, New World Best Time
<b>1984</b>	Inaugural U.S. Women's Olympic Trials Winner
<b>1984</b>	Olympic Gold Medalist, Inaugural Women's Olympic Marathon
<b>1984</b>	Philadelphia Half Marathon, American Record
<b>1984</b>	Jesse Owens Award
<b>1984</b>	Maine Sports Hall of Fame Inductee
<b>1985</b>	Chicago Marathon Winner, American Record
<b>1985</b>	Sullivan Award
<b>1985</b>	Bowdoin Prize
<b>1986</b>	Inductee, Deborah Morton Society
<b>1987</b>	Honorary Degree Recipient, Williams College
<b>1988</b>	Tufts Jumbo Award
<b>1990</b>	Kiputh Award, Yale University
<b>1990</b>	Honorary Degree Recipient, Colby-Sawyer College
<b>1990</b>	Paul Harris Fellow, Rotary Club International
<b>1993</b>	Sarah Orne Jewett, Maine Women's Fund
<b>1994</b>	New England Women's Leadership Award
<b>1994</b>	Boy's and Girl's Club of America – National Hall of Fame
<b>1995</b>	Honorary Degree Recipient, Mt. Ida College
<b>1998</b>	National Runner's Hall of Fame - Inductee
<b>1998</b>	Road Runner's Club of America, Women's Master Runner of the Year
<b>1998</b>	United States 2000 Olympic Marathon Trails Qualifier
<b>1999</b>	Honorary Degree Recipient, Thomas College
<b>1999</b>	Inductee, International Scholar-Athlete Hall of Fame
<b>1999</b>	Inductee, International Women's Sports Foundation Hall of Fame
<b>2000</b>	Inductee, Maine Women's Hall of Fame
<b>2000</b>	Sports Illustrated – Top Athlete in State for 20th Century
<b>2002</b>	Girl Scouts of America, Kennebec Council, Women of Distinction Award
<b>2003</b>	Honorary Degree Recipient, Lasell College
<b>2003</b>	American Running Association, Honoree
<b>2003</b>	Spokesperson, Race to Stop Global Warming
<b>2004</b>	Inductee, National Track and Field Hall of Fame
<b>2004</b>	NCAA Silver Anniversary Award
<b>2005</b>	Selma Black New England Hero Award, Northeastern University
<b>2006</b>	Honorary Degree Recipient, The University of New England
<b>2008</b>	Inductee, U.S. Olympic Hall of Fame
<b>2008</b>	President's Award, Portland Chamber of Commerce
<b>2009</b>	President's Award, USA Track & Field
<b>2010</b>	Inductee, Junior Achievement Maine Business Hall of Fame
<b>2014</b>	USTAF Masters Hall Of Fame
<b>2017</b>	Los Angeles Coliseum Memorial Court of Honor

## COMMUNITY AND CIVIC INVOLVEMENT

### Committees and Boards:

<b>1986-1993</b>	Samantha Smith Center
<b>1985-Present</b>	Friends of Casco Bay
<b>1990-1991</b>	Bowdoin College Fund Director – Chair
<b>1990-1997</b>	Honorary Board – Big Sister’s Association of Boston
<b>1994-1997</b>	Freeport Recreation Committee
<b>1995</b>	Nominating Committee, YWCA of Portland, Maine
<b>1995</b>	Advisory Board, Maine Women’s Fund
<b>1995-1996</b>	Co-Chair, Casco Bay Area YMCA Capital Campaign
<b>1995-Present</b>	Bowdoin College Board of Trustees
<b>1997</b>	Governor’s Executive Council, Communities for Children
<b>1997-Present</b>	Founder and Chair, TD Banknorth Beach to Beacon 10K Road Race
<b>1997-Present</b>	Road Runner’s Club of America, Roads Scholar Selection Committee
<b>1999</b>	Nominating Committee, Deborah Morton Society
<b>2002</b>	Maine Women’s Forum
<b>2003-2011</b>	Co-Chair, Maine Governor’s Council for Physical Fitness, Sports, Health and Wellness
<b>2003-2006</b>	University of Maine Coaching and Sport Education Initiative

### Public Service, Past and Present:

National Resources Council of Maine  
Maine Lung Association  
Alzheimer’s Foundation  
M.S. Society  
Special Olympics  
Freeport Public Schools  
Massachusetts Association for the Blind  
Maine Honorary Chair, March of Dimes Walk America  
New England Women’s Leadership Award Nominating Committee  
Maine Honorary Chair, March of Dimes Walk America  
Maine Amateur Athletic Foundation, Board of Directors  
Dana Farber Cancer Research Institute

## LICENSES/CERTIFICATES

**1999** Master Gardener

## FAMILY

**Husband:** Scott Anders Samuelson  
Birth Date: 01/15/1958

**Daughter:** Abigail Webb Samuelson  
Birth Date: 10/24/1987

**Son:** Anders Clark Samuelson  
Birth Date: 01/24/1990