



CONSUMMATE ATHLETE

WEBSITE, COACHING, PODCAST,
CLINICS + EVENTS

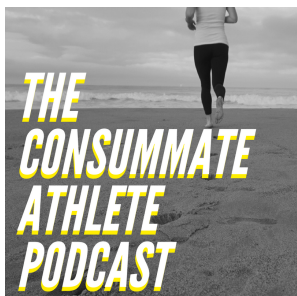
CONSUMMATEATHLETE.COM



At the Consummate Athlete, our goal is simple: help people lead their best active, adventurous lives. We believe in a multi-faceted approach to being your healthiest, most active version of yourself. We focus on outdoor adventure, health & fitness, and share stories and advice through articles, videos, podcasts and in-person/virtual talks and clinics.

5,000+ views per month | 7-9 posts/week

CONSUMMATE ATHLETE PODCAST



220+ episodes featuring Olympic coaches, pro cyclists and runners, award-winning authors & more. Part of the Wide Angle Podium network.

Average 3,000+ DL per episode

SOCIAL REACH



@mollyjhurford
IG + Twitter: 11,500

@peterglassford
IG + Twitter: 2500

@ConsummateAthlete
IG + Twitter: 400

COACHING, CLINICS AND EVENTS



Peter and Molly host a wide range of on-bike skills sessions and clinics, camps in various destinations around the world, and in-person and virtual talks. Peter also offers one-on-one coaching in person and online.

MOLLY HURFORD PETER GLASSFORD



ABOUT PETER

Peter Glassford is a Kinesiologist and Professional Endurance Coach working predominantly with busy masters/adult endurance athletes. He consults on bike skill, movement, and training load individuals and groups world-wide.

Peter has competed in many cycling disciplines & other sports, including Ironman. He holds the Canadian Leadville MTB record.

peterglassford@gmail.com | 908.343.1081

ABOUT MOLLY

Molly Hurford is an outdoor adventurer obsessed with all things running, nutrition, cycling and movement-related. She's raced every type of endurance sport from cyclocross to Ironman, and currently is focused on trail running.

Molly writes for Bicycling, Outside magazine & more. She is a certified USA Cycling Coach, Yoga Alliance teacher-trained, has Precision Nutrition Level 1 credentials and is a Fast & Female Expert Ambassador.

mjhurford@gmail.com | 908.752.1257

BOOKS BY MOLLY

- Fuel Your Ride (2016, Rodale Press)
- Saddle, Sore: Ride Comfortable, Ride Happy (2016)
- Mud, Snow and Cyclocross (2013, Deeds Publishing)
- Shred Girls Series: "Lindsay's Joyride" and "Ali's Rocky Ride" (Random House Kids 2019 & 2020)
- The Athlete's Guide to Sponsorship (2019)