

Derek is a former high school track and field and cross country coach. In the early 2000s he found information online about Coach Clyde Hart and how he trained 400 meter runners at Baylor University. Derek studied Coach Hart's system and modified it for high school athletes. In 2009 Derek coached the Indiana state runners-up in the boys 4x400 meter relay, and in 2010 he coached the Indiana state champions in the 4x400 meter relay using the balanced approach to training that we present in this book.

Derek left coaching in 2015 when he became a school administrator, but he continues to stay connected to high school track and field and cross country through his work at IndianaRunner.com and as a meet director, broadcast commentator, and track and field official. Derek earned his Ph.D. in Educational Administration from Indiana State University in 2019. Derek is currently a school principal and an adjunct professor in Fort Wayne, Indiana, where he lives with his wife and two daughters.