



## Amanda Pollock Bayliss '97

Amanda is a 1997 graduate of Averill Park High School. After high school she attended Clemson University where graduated in 2002 with a BS in Marketing and a MS in Exercise Science. Amanda and her husband Trevor have 3 children; Everett, Charles and William and reside in Williamstown, Massachusetts. She is employed by Berkshire Medical Center where she is a cancer and exercise specialist and an integrative health coach.

At Averill Park Amanda competed in cross country and outdoor track & field for four years and indoor track and field for one year. In cross country she was a major part of four consecutive Section 2 Class B championship teams, two of which won NYSPHSAA championships (1995 and 1996) and two of which were NYSPHSAA championship runners-up (1993 and 1994). In all four NYSPHSAA championship meets Amanda placed in the top 20, including her best finish of 4th in 1993. She was a four-time Colonial Council all-star and a four-time Troy Record all-star. Amanda was also captain of the 1996 state championship team. In outdoor track & field she captured a NYSPHSAA championship in the 1600m intersectional relay for Section 2 and still holds two Averill Park records as part of the 3200m relay team and 4x1500m relay team.

At Clemson University Amanda was a four-year member of the cross country and track & field teams. In 1999 she was a member of the Clemson team that won the ACC track & field championship and she was an Academic All-ACC award winner.

After college Amanda competed in the Disney Marathon, Nashville Marathon, Philadelphia Marathon and Mohawk-Hudson Marathon where she placed 8th in a time of 3:18.

Amanda has been involved in the health and wellness industry for over 20 years as a collegiate strength and conditioning coach and cross country and track & field coach. As a collegiate strength and conditioning coach at Dartmouth College and RPI Amanda has trained Division I and Division III National Champions in swimming & diving and track & field, as well as Ivy League championship teams and individual All-Americans.

