

# Sidney Togumi

Birthday : 24/05/1973

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Graduate: Physical Education / UNIFMU

Specialist in sports training

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Owner of UPFTRAIL Assessoria Esportiva

Personal Trainer.



## Sport Experience

- Head Coach UFITRAIL Team.
- Head Coach Team Brazil - Trail World Championship 2016 - Braga/Portugal
- Chief of Team Brazil - Trail World Championships 2017 - Badia Patraglia / Italy
- 2x time UTMB Finisher
- 1x PTL Finisher
- 1 TDG Finisher
- 5x La Mision Race 160k Finisher
- 8x Ironman Finisher

## Motivation

Trail Running in Brazil is growing up very fast and we need to start to organize this sport.

We have more than 80 events per year.

In 2016 was the first time that our country sent a national team to Trail World Championship and I was the head coach of team Brazil.

I did many contacts with coaches and athletes of the more traditional countries in trail running to learn how works the trail's organizations in them countries .

I brought many orientations to Brazil to start this necessary organization of Trail Running in our country.

I'd like to continuous this job and like a national representative of my country in ITRA because I think that may I contribute many many more with trail running development.