

## Couch to 5K Training!

with Yavé Guzman Valdez

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**Yavé Guzman Valdez** is the Operations Manager for the School of Performing Arts for Sonoma State University (started January 2023). He was the Managing Artistic Director for the Cloverdale Performing Arts Center (2014-2020), as well as other roles within CPAC: Scenic & Lighting Designer, Technical Director (2010-2014). He is also a Lighting Technician for Got Light, Inc. (2013-present). Yavé has 12+ years coaching experience in Track & Field and Cross Country and was the Head Coach & assistant coach for Cloverdale high school Track and Field & Cross-Country teams (2009-2020); Yavé was a high school and college distance runner and sprinter for Cloverdale High, Santa Rosa Junior College, and UC Santa Cruz Track & Field and XC Club teams. He received his Bachelor of Arts in Theater Arts from UC Santa Cruz, cum laude (Go Slugs!), with one year of independent Graduate courses in Theater with a focus in Stage Direction, and most recently received his MBA from Sonoma State University (Go Seawolves!). Yavé enjoys coaching, running, hiking, disc golfing, cooking and during the closures took up baking!