

THE MISSION

Tania's mission is to empower individuals to reconnect with their passion, purpose, and potential, both in sport and in life. Create and support a community where people can rediscover their love for the journey, overcome challenges, and embrace their fullest potential. By sharing stories, wisdom, and practical tools, Tania aims to help others transform their mindset, build resilience, and cultivate a life of fulfillment, joy, and success.



ABOUT TANIA



Tania's journey began in 2016 when I was invited to run my first Spartan Race since then she is been always eager to explore the boundaries of her own capabilities.

As she grew into the sport she realised that helping others achieving their fitness goals was her true calling. Tania embarked on a path of education and certification to become a personal trainer, gaining the knowledge and skills needed to make a difference in people's lives.

Coaching became her life's work and thrives in the opportunity to inspire and guide individuals to push past their limits, Tania has already touched countless lives and inspired many journeys. With a deep passion for helping others, she has created a vibrant community where people fall back in love with both the sport and life itself.

Throughout her own extraordinary journey, Tania has achieved groundbreaking milestones, including becoming the first Mexican athlete to conquer the 5 Deserts, and the 7th woman in the world to complete one of the toughest endurance challenges on the planet.

These incredible feats are a testament to her resilience, determination, and unwavering belief in the power of the human spirit. By sharing her experiences, insights, and practical tools, Tania aims to help others transform their mindset, build resilience, and cultivate a life of fulfillment, joy, and success.



SERVICES

Speaking engagements, events, expos, trade shows.

TV, radio/podcast, print and web interviews.

Social Media engagement and promotion.

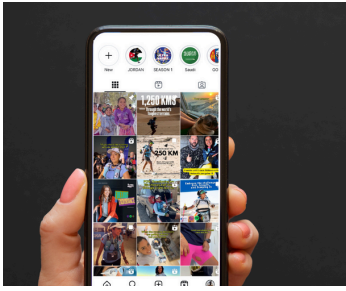
Media and endurance coaching consulting.

The Ultra Happy Podcast Sponsorships



ANALYTICS AND REACH

92K	15K	5K	75k
Total media audience	Monthly website traffic	Media Subscribers	Total Social Reach



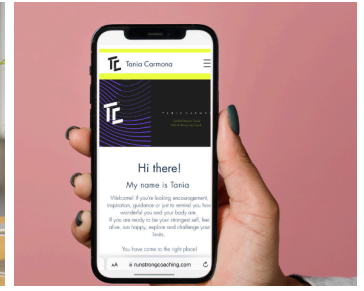
>35K
INSTAGRAM REACH



>13K
DOWNLOADS

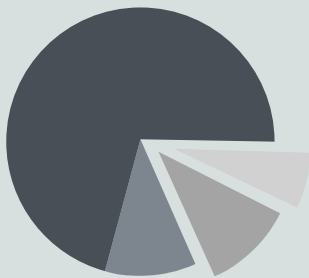


>20K
YOUTUBE VIEWS

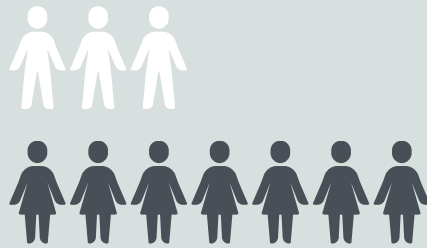


>5,000
EMAIL SUBSCRIBERS

AUDIENCE



64 %
Age: 25- 44



70 % Women
30% Male

DESCRIPTION

Our audience is directed to ultrarunning and endurance athletes that are seeking inspiration, mindset coaching, and strategies to push through challenges and reach their full potential.

Women looking for role models, guidance, and support to break barriers in traditionally male-dominated sports. As a trailblazer in endurance sports, your story is powerful for this group.

People passionate about fitness who are looking for ways to challenge themselves and take their fitness journeys to the next level. They might be inspired by your extreme endurance challenges or your balanced approach to training and life.



FIND US AT

Email: support@runstrongcoaching.com

Website: www.runstrongcoaching.com

Instagram: [@taniaruns_the_world](https://www.instagram.com/taniaruns_the_world)

Podcast: [The Ultra Happy Podcast](#)

Youtube Channel: [The Ultra Happy Podcast](#)