



Sonki Hong Bio

HIGHLIGHTS

- Undisputed 5-time World Champion in STREND Fitness Competition (1996 - 2000)
- Top Graduate at West Point in Physical Fitness (#1 out of 1027)
- 5+ years of service in the US Army getting soldiers in top shape for combat
- Extensive experience in personal, group, and corporate fitness training
- Achieved a perfect score on every single Army Physical Fitness Test (personal best is 125 push-ups in 2 minutes, 114 sit-ups in 2 minutes, & 10:06 on the 2-mile run)

TRAINING

- Bachelor of Science, US Military Academy at West Point
- Certified Master Fitness Trainer (MFT) through the US Military Academy (a comprehensive 47-month long program consisting of 600 hours of education and training)
- Management Development for Entrepreneurs (MDE), UCLA Anderson School of Management
- US Air Assault School (Distinguished Honor Graduate)
- US Airborne School (Parachute Badge)
- US Army Intelligence School Officer Course
- CPR

AWARDS

- Top Graduate at West Point in Physical Fitness
- All-Army Hawaii runner
- Four-time Brigade Wrestling Champion at West Point
- US Air Assault School Ruck March Champion (12 mile challenge)
- US Military Intelligence School Ironman Award
- 1st place elite division at 1995 & 1996 Kaneohe STREND Competition
- 1st place elite division at 1995 Hickam STREND Competition
- 1st place elite division at 1997 Aloha State Games (STREND)
- 1st place overall at Lokomaikai 10K run 1997
- 1st place in division at the Great Aloha Run 1995, 10th place overall in 1997, 9th place overall in 1998 (over 35,000 runners)
- 1st in division at the Val Nolasco Half Marathon (1:18:45)
- 1st place in division at the Hard Rock 10K 1995 (7th overall, 33:58), 3rd place in division in 1994, 2nd place in division in 1996 (9th overall), 1st place in division in 1997 (7th overall)
- 2nd place overall at Newman Center 5K 1997
- 2nd place in division at the Susan G. Komen Race For the Cure 5K 2000
- 2nd place overall at the Hawaiian Style 8K 1995 (26:46)
- 3rd place overall at the Angel Island 5 Mile 2001
- 3rd place overall at the Symphony 4 Mile run 1995
- 3rd place overall at the McGruff 8K Run
- 6th place overall at the UH Rainbow 5K Run
- 81st overall out of over 12,000 in the Army 10 Miler (55:32)
- Bay to Breakers 1999 (88th out of over 75,000 runners)
- Bay to Breakers 2001 (72nd out of over 60,000 runners)
- 4th place in division at the Chronicle Classic 5M 2000
- 1st place in division at the 7th Annual LMU Run for the Bay 5K 2002
- 1st place in division (6th overall) at the Kickin Cancer 5K 2002
- 1st place in division (7th overall) at the Nike Run Hit Wonder 5K 2003
- 1st place in division (2nd overall) at the Malibu Shark 5K 2004



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- 1st place overall at the Achievable 5k 2004
- 2nd place in division at the Nike Run Hit Wonder 5k 2004
- 1st place in division at the Nike Run Hit Wonder 5k 2005
- 3rd place overall at the Camp Pendleton Mud Run 2006
- 1st place in division at the Saint Johns Santa Monica 5k 2008
- 1st place in division (3rd overall) at the Warrior Dash 2010 (over 6000 runners)
- 2nd place overall at the Gladiator Rock'n Run 5k 2011
- 1st place overall at the ROC 5k 2011
- Superintendent's Award and Dean's List at West Point

SPORTS EXPERIENCE

- Running (23 years, over 13 years competitively)
- Weightlifting (22 years)
- Wrestling (11 years competitively)
- Baseball / Softball (10 years competitively)
- Triathlon (2 years competitively)
- Sandhurst adventure racing (2 years competitively)
- Judo
- Tae Kwon Do
- Basketball
- Football