



Marlo Mullen is a Level 1 USATF certified assistant track and field coach for Fort Belvoir Sonic Boom Track Club since 2013. He works primarily with the sprinters (100 meters, 200 meters, and 400 meters) and assists with mid-distance runners. Coach Mullen also volunteers as the event photographer and webmaster for the Sonic Boom." Coach Mullen also is the assistant coach for the Track and Field Winter offseason training program, and has assist coaching for the 115lb and 130lb Fort Belvoir Football teams where he primary worked with the wide receivers and defensive backs.

An avid track and field and football fan, Coach Mullen ran track for Woodrow Wilson High School where he was a premier sprinter. He is a two-time Indoor and Outdoor VHSL AAA State Championship participant in the 55 meter dash and the 400 meter dash. In 1995, Coach Mullen participated in the Junior Olympics held at UNC Chapel Hill, NC where he recorded a time of 49.6 in the 400-meter dash. After graduating from high school, Coach Mullen received a track and field partial scholarship to Shaw University. During his tenure at Shaw University, Coach Mullen specialized in the 200m (21.9), 400m (48.7), and ran both 4x100 and 4x400 Relays. Coach Mullen transferred to Norfolk State University where there he decided to join the US Army after 1 year of attendance.

Away from the track, Coach Mullen is an Information Technology Specialist for the Department of Homeland Security (Coast Guard). His prior military experience includes 3.5 years as a light wheel vehicle mechanic in the Army. He served at Fort Polk, LA, South Korea, and Schofield Barracks, HI. Never losing sight of his educational goals, Coach Mullen graduated from the University of Phoenix in 2009 with a Bachelor's Degree in Information Technology and added a Master's Degree in Business with a concentration of Program Management from Strayer University 2011.

Coach Mullen has one child: Je'Mere, who is also on the Sonic Boom Track Team. During his spare time, Coach Mullen enjoys jogging, golfing, basketball, football, playing video games, and playing fantasy football. Coach Mullen brings energy and enthusiasm along with impeccable coaching credentials to our Sonic Boom sprinters. Coach Mullen motivates his athletes to do their best work and make decisions that will bring career and personal happiness. Coach Mullen gains personal satisfaction by being able to leave a legacy of knowledge, insight and experience, and enhanced visibility and prestige with the Sonic Boom Track Club.