

2007 National Distance Running Summit

You are invited to a special distance running event!

Site: The new Joe Rosenfield Center on the Campus of Grinnell College, Grinnell, IA

Date: Fri. and Sat. Jan. 5-6, 2007

Cost: \$70 (\$85 after Dec. 1 and for walk-ins). All attendees will receive bound copies of all notes and a special Summit T-Shirt.

Contact for more information: Will Freeman freemanw@grinnell.edu 641-821-8628

This is a great opportunity for coaches and athletes alike to learn from six master coaches who have been invited to speak on all elements of distance running. Each presentation will be for 1:30 with question/answer period after. If you are a distance runner or a coach of distance runners, this special distance running summit will help you.

The new Joe Rosenfield Center on the campus of Grinnell College will be the site for the Summit. Grinnell College is located in Grinnell, IA and is 1 hr. from both Des Moines and Cedar Rapids. Those flying in for the summit will fly into Des Moines or Cedar Rapids.

THE PRESENTERS:



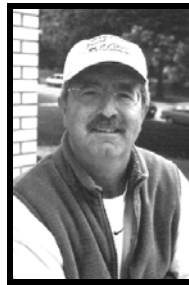
VIGIL



NEWTON



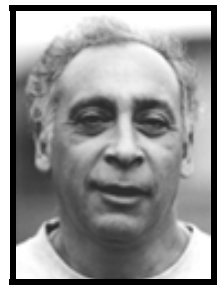
SIMMONS



FREEMAN



WIECZOREK



TERRIQUEZ

JOE VIGIL A true *Master Coach*, Joe Vigil has done it all. Coach, educator, motivator, diplomat. 17-time International team coach, Olympic coach, 20 National Championships, 425 All-Americans, 89 individual national champions. One of the great presenters at clinics all over the world. Coach of Deena Kastor and Meb Keflezighi, both Olympic marathon medalists at Athens.

JOE NEWTON Coach Newton is the greatest high school cross country coach of all time. Coach Newton's teams have won 25 Illinois State CC titles and 20 National HS CC team titles. A master motivator, no other coach in the U.S. has had a greater impact on the sport of cross country. In 1988, Coach Newton became the first high school coach to ever be named to the men's Olympic staff.

SCOTT SIMMONS Perhaps the hottest distance coach in the nation, Simmons-coached teams have won the past 4 NAIA national titles in cross country. Level III certified by the USATF, Simmons has been a national team coach twice. His athletes have won 28 individual national titles in the past 16 years as well as 5 Penn Relay titles, 13 conference team championships and over 150 All-American awards. One of the hottest runners in the U.S., Fernando Cabada, who recently broke the U.S. 25k record, is a product of the Simmons system.

WILL FREEMAN Coach Freeman coaches at highly-selective Grinnell College, where his teams have won 19 of the past 20 Midwest Conference titles in cross country. He has coached beginners to national champions at Grinnell. Level III certified, Freeman is a former director of the coaching education program of USATF and has taught coaches around the world. He has written 3 books and published 19 coaching videos.

LARRY WIECZOREK Coach Wieczorek is in his 20th season at the Univ. of Iowa. A 6-time Big ten champion in track and CC. His athletes have won 24 All-America honors and he has coached 39 Big-10 individual champions. Equally impressive is the 166 Academic All-Big 10 honors his athletes have won. In 2003, Wieczorek was named Midwest Region coach of the year when his Hawkeyes won the Regional CC title for the first time in school history.

BILL TERRIQUEZ Coach Terriquez is in his final year of an outstanding career at highly-selective Carleton College in Northfield, MN. Terriquez consistently has nationally-ranked teams in cross country. In 1993 and 1994, he was the NCAA Div. III Central region CC coach of the year. His teams have made five straight NCAA appearances in CC. Terriquez also serves as the alpine skiing coach at Carleton.

The National Distance Running Summit Schedule

FRI JAN 5

8:00-9:00

Check-in and packet pick-up (Rosenfield Center)

9:00 JOE VIGIL

“The physiology of training the distance runner...how to succeed”

10:30 WILL FREEMAN

“The athlete-centered model and why it works”

12:00 LUNCH

1:00 SCOTT SIMMONS

“Functional training for the 800 and 1500/1600”

2:30 BILL TERRIQUEZ

“Regeneration for distance runners...a necessary part of training”

4:00 LARRY WIECZOREK

“Creating success in cross country”

5:30 DINNER

7:00 JOE NEWTON

“Motivation and the coach’s role”

8:30 ROUNDTABLE Q/A 1 WITH CLINICIANS

Questions will be answered by the staff in a round-table format.

10:00 SOCIAL

SAT JAN 6

9:00 JOE VIGIL

“New thoughts on tapering the distance runner”

10:30 WILL FREEMAN

“Outside the X’s and O’s. Nutrition, relationship-building and team issues”

12:00 LUNCH

1:00 SCOTT SIMMONS

“The System that resulted in 4 straight NAIA National CC titles”

2:30 JOE NEWTON

“How York HS won 20 national high school CC titles”

4:00 ROUND-TABLE 2 CLINICIANS

Questions will be answered by the staff in a round-table format.

GRINNELL HOUSING OPTIONS

Country Inn and Suites

641-236-9600

Days Inn

641-236-6710

Econolodge

641-236-6116

Super 8

641-236-7888

Carriage House B&B

641-236-7529

To sign up for the Summit, detach the following and mail in with a check for \$70. Space is limited. \$85 after Dec. 1st. No refunds after Dec 15, 2006.

Send Check for \$70 to:
National Distance Running Summit
1118 10th Ave.
Grinnell, IA 50112

Name _____ School/Club _____

Address _____ City _____ State _____ Zip _____

e-mail _____ Phone _____

Athlete or coach? _____ No. of years coaching? _____

