MIDWEST DISTANCE RUNNING COACHING SUMMIT

7/20/13  8AM – 3:30PM

PRESENTED BY
WASHINGTON UNIVERSITY SPORTS MEDICINE

STATE-OF-THE-ART TRAINING TECHNIQUES
STRENGTH AND CONDITIONING PRACTICES
INJURY PREVENTION FOR RUNNERS
NUTRITION TIPS AND MORE!

TRACK AND CROSS COUNTRY COACHES, please join us for the

MIDWEST DISTANCE RUNNING COACHING SUMMIT

Washington University Orthopedics
14532 South Outer Forty Drive
Chesterfield, MO 63017
The Midwest Distance Running Coaching Summit is a conference designed for high school and college track and cross country coaches. This conference is intended to discuss state-of-the-art training techniques, strength and conditioning practices, nutrition tips and injury prevention for runners. Sessions will be presented by local and national coaches, as well as local sports medicine professionals.

REGISTRATION FEE: $50
Your full payment in advance completes your registration and ensures your enrollment in this course. Fee includes enrollment, educational materials, continental breakfast, refreshment breaks and lunch.

Register online: www.wustl.edu/etransact
Click on Midwest Distance Running Coaching Summit under Current Events.

Register by mail:
Please complete and fill out the form below. Make checks payable to Washington University Orthopedics, and mail the form along with your check to:
Washington University Orthopedics
Attn: Cheryl Wobbe, Manager, Practice Development
4625 Lindell Blvd., Suite 420
St. Louis, MO 63108

Conference Location:
The conference will be held at the Holiday Inn Airport West in Earth City, located at 3400 Rider Trail South, St. Louis, MO 63045. For directions, hotel accommodations and additional information, please visit: www.ortho.wustl.edu/runningsummit.