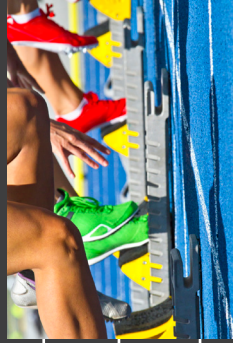


TRACK AND CROSS COUNTRY COACHES, please join us for the  
**MIDWEST DISTANCE RUNNING COACHING SUMMIT**

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



# MIDWEST DISTANCE RUNNING

COACHING  
SUMMIT

7/20/13 ▶ 8AM - 3:30PM

PRESENTED BY  
WASHINGTON UNIVERSITY SPORTS MEDICINE



# AGENDA

- 7:30-8:00AM**  
Registration/Continental Breakfast
- 8:00-8:30**  
Connie Diekman – The Right Fuel for the Best Performance
- 8:30-9:30**  
Kevin Kinney – Strength Development for Sprinters and Runners
- 9:30-9:45** Break
- 9:45-10:30**  
Joe Porter – Beyond Training: Building Championship Teams through Leadership and Unity
- 10:30-12:00PM**  
Scott Simmons – Championship Training Design
- 12:00-12:45**  
Lunch/Greg Holtzman – The Injured Runner : Treatment Strategies for Recovery and Prevention
- 12:45-1:00** Break
- 1:00-2:00**  
David Racey – Functional Strength, Flexibility, and Cardio Exercises for Track and Cross Country Athletes
- 2:00-2:30**  
Carter Snow – Making the Most of the “Off-Season”
- 2:30-3:15**  
Mark Halstead – Running Sports Medicine : Fact and Fiction
- 3:15 – 3:30**  
Closing Remarks and Drawings

# SPEAKERS

- SCOTT SIMMONS**  
Coach/Director of the American Distance Project
- DAVID RACEY**  
Cross Country and Track Coach, Napperville North High School
- MARK HALSTEAD, MD**  
Sports Medicine Physician, Assistant Medical Director, Go! St. Louis Marathon, Team Physician, Lafayette High School
- CONNIE DIEKMAN, M.ED., RD, CSSD, LD**  
Sports Dietitian, Washington University
- GREG HOLTZMAN, DPT**  
Assistant Professor of Physical Therapy and Orthopedic Surgery, Director of Runners Clinic at Washington University
- KEVIN KINNEY**  
Strength and Conditioning Coach, John Burroughs School
- JOE PORTER**  
Cross Country and Track Coach, St. Louis University High
- CARTER SNOW**  
Cross Country and Track Coach, Parkway North High School

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](http://www.wustl.edu/etransact)

Click on Midwest Distance Running Coaching Summit under Current Events.



Scan this QR Code with your smart phone to be taken directly to the online registration form or visit: [www.wustl.edu/etransact](http://www.wustl.edu/etransact)

## 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](http://www.ortho.wustl.edu/runningsummit).

To ensure the proper spelling of your name, please print clearly.

Full Name:

Address:

City:

State:

Zip:

Email Address:

School:

Title:

For questions, please contact Cheryl Wobbe, Manager of Practice Development at (314) 514-3552 or [wobbec@wustl.edu](mailto:wobbec@wustl.edu).

# REGISTER

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