



## 2008 National Distance Running Summit

***You are invited! Learn from an outstanding group of presenters!***

**Site:** The new Joe Rosenfield Center (JRC) on the Campus of Grinnell College, Grinnell, IA

**Date:** Fri. and Sat. Jan. 4-5, 2008

**Cost:** \$100 with no meals (\$115 after Dec. 1)  
\$132 with four meals (two lunches and two dinners. **All-you-can-eat.** \$147 after Dec. 15)  
All attendees will receive bound copies of all notes and a special Summit T-Shirt.  
**NO WALK-INS THIS YEAR DUE TO SPACE LIMITATIONS!!! PLEASE REGISTER EARLY TO GUARANTEE A SPOT!! NO REFUNDS AFTER DEC 15.**

**How to register:** You can register one of two ways:

1. On-line with a credit card by going to this address:  
[http://www.active.com/event\\_detail.cfm?event\\_id=1490090](http://www.active.com/event_detail.cfm?event_id=1490090)
2. You can also mail a check with the form at the end of this flyer.

**For more information:** contact Will Freeman [freemanw@grinnell.edu](mailto:freemanw@grinnell.edu) 641-821-8628

**USATF Level 3 Credit is Available for this event. USATF Coaching Education is proudly presented by Gill Athletics.**

**Overview:** This is a great opportunity for coaches and athletes alike to learn from four master coaches and one of our greatest Olympic champions. They have been invited to speak on all elements of distance running. Each presentation will be for 1:45 with a question/answer period after. If you are a distance runner or a coach of distance runners and interested in high-level learning, this special distance running summit will help you. The new Joe Rosenfield Center (JRC) on the campus of Grinnell College will again be the site for the Summit.

### WHY A DISTANCE RUNNING SUMMIT?

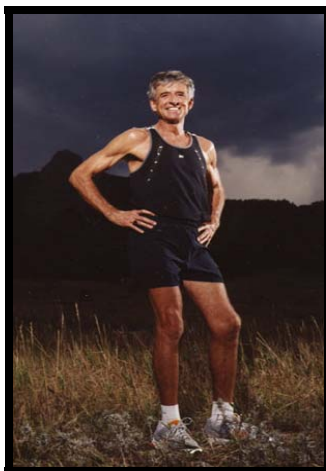
This country has over 300 million people and a fine developmental system for distance runners (the HS and college model), yet our history of World Championship and Olympic medals over the past 30+ years has been unremarkable at best, if not disappointing at the least. What are the reasons for this? Is it sociological, has the rest of the world simply past us by, or are the reasons systemic to our coaching and training methodologies? Our goal in starting the summit was to provide a forum for learning and discourse and to challenge the coach and runner alike to really think about how we train distance runners in this country.

The first summit of January, 2007 was a great success with over 235 coaches from around the U.S. attending. Highlights had Joe Vigil mesmerizing the crowd with his knowledge and energy, Scott Simmons sharing how his teams have won the last 5 national NAIA CC championships and Charlie Kern showing why York HS (IL) has been such a dominant force in HS cross country over the years. Having the summit in the brand new Joe Rosenfield Center on the campus of Grinnell College was also a highlight... it was a great environment for learning. A lot of questions were answered and new questions formulated in the minds of the coaches as everyone began to take a hard look at how and why they train their runners the way they do. The main theme for the 2007 summit was on physiology of training. For 2008, the main themes will be 1) team building, 2) the psychology of the runner and 3) Training design and periodization for both cross country and track endurance events.

# THE 2008 SUMMIT SPEAKERS



**2008 OLYMPIC COACH**  
**Dr. JOE VIGIL**



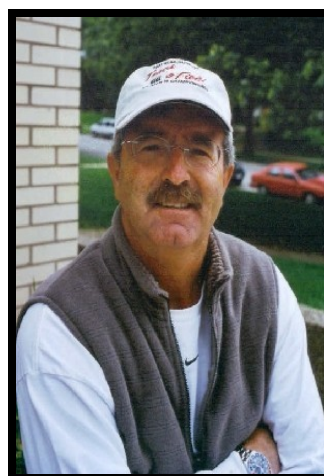
**OLYMPIC GOLD MEDALIST**  
**FRANK SHORTER**



**5X NAIA CHAMPION COACH**  
**SCOTT SIMMONS**



**DAN GREEN**  
**THE WOODLANDS, TX.**



**WILL FREEMAN**  
**GRINNELL COLLEGE**

**JOE VIGIL** A true *Master Coach*, Joe Vigil has done it all. Coach, educator, motivator, diplomat. A 17-time International team coach and 2-time Olympic coach (including 2008), 20 National Championships, 425 All-Americans, 89 individual national champions. One of the great presenters at clinics all over the world, Vigil is the Coach of Deena Kastor and Meb Keflezighi, both Olympic marathon medalists at Athens and has coached many of America's best runners during his illustrious career.

**FRANK SHORTER** Born in Munich, Germany where his father was in the Army, Frank Shorter would go on to run for Yale University, becoming the NCAA champion in the 6 mile for 1969. He would follow that win with AAU national wins in the 3 mi, the 6 mile and 4 national XC titles. In 1971 he would win the Pan American Games 10k. In 1972, he would return to his birthplace to win the Olympic marathon title. Later that year he was awarded the Sullivan Award given to the top amateur athlete in the U.S. He would return to the Olympics in 1976 and finished 2<sup>nd</sup> in the marathon in a still-disputed race due to alleged drug use of the winner. Frank received his Juris Doctor degree from the University of Florida in 1975. The founding chairman for the U.S. Anti-Doping Agency, he currently is a speaker on running and drug issues in sport, is the president of Frank Shorter Sports (sportswear company) and also is a TV commentator.

**SCOTT SIMMONS** One of the hottest distance coaches in the nation, Simmons-coached teams have won five straight NAIA national titles in cross country! Level 3 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. Scott Simmons now coaches at Queens University of Charlotte, NC. In 2007 he co-wrote the book "Take the Lead" with Will Freeman.

**DAN GREEN** Dan Green has been coaching HS cross country and track for 37 years, the past 32 at McCullough/The Woodlands HS in Houston, TX. The Woodlands is perennially considered one of the finest HS cross country programs in the nation, Green has coached his teams to 13 state championships and 6 runners-up and his athletes have won 6 individual titles. An outstanding presenter, Coach Green received his BS and Masters from the University of Houston, where he lettered in both cross country and track. Coach Green is Level 2 certified with USATF. His son Danny is the assistant CC and track coach at the University of Arkansas.

**WILL FREEMAN** Will Freeman coaches at highly-selective Grinnell College, where his teams have won 20 of the past 21 Midwest Conference titles in cross country. He has coached beginners to national champions at Grinnell. Level 3 certified, Freeman is a former director of the coaching education program of USATF and has taught coaches around the world. His academic study in both biomechanics and sport psychology gives him a well-rounded background to coach distance runners. He has written 3 books and published 19 coaching videos. A former national junior champion, 5-time SEC champion and Penn Relays champion in the pole vault, Freeman also was a finalist at the U.S. Olympic Trials in 1976.

# The 2008 National Distance Running Summit Speaking Schedule

## FRI. JAN 4<sup>TH</sup>

7:00-8:00 **CHECK IN AT ROSENFELD CENTER**

8:00-9:45 **JOE VIGIL**

*"The Team Covenant, the foundation of a team"*

10:00-12:00 **DAN GREEN**

*"A new approach to training distance runners"*

12:00-1:00 Lunch with the speakers at the Rosenfield center

1:00-2:45 **SCOTT SIMMONS**

*"Applying progression to training the distance runner"*

3:00-5:00 **WILL FREEMAN**

*"The psychology of training the endurance runner"*

5:00-6:30 DINNER with speakers at the Rosenfield Center.

6:30-8:00 **FRANK SHORTER**

Keynote address: *"The State of Distance Running in the U.S."*

8:15 **ROUNDTABLE #1** with all speakers

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## SAT. JAN 5<sup>TH</sup>

8:00-9:45 **JOE VIGIL**

*"Critical zone training for the distance runner"*

10:00-12:00 **FRANK SHORTER**

*"How I trained to win the Olympic marathon"*

12:00-1:00 Lunch with the Staff at the Rosenfield Center

1:00-2:45 **SCOTT SIMMONS**

*"Building a distance program from square one"*

3:00-4:45 **WILL FREEMAN**

*"Functional periodization for cross country"*

5:00-6:30 DINNER with the speakers at the Rosenfield Center

6:30-8:30 **DAN GREEN**

*"Team building at the Woodlands"*

8:30 **ROUNDTABLE # 2** with all speakers

## DIRECTIONS TO THE DISTANCE SUMMIT

### From the Des Moines Airport:

Exit the airport and turn left on Fleur Dr. Drive for 3.3 miles (Fleur becomes Martin Luther King Jr. Pkwy). Exit right on I-235 E ramp. Drive 6.4 miles and exit right on I-80 East toward Davenport. Drive 44.4 miles to Grinnell exit. Turn left off ramp and drive 3.3 miles into Grinnell. You will pass all motels on the way into town. To get to the Rosenfield Center, turn right on 8<sup>th</sup> AVE. The JRC is 3.5 blocks ahead on the left.

### From the Cedar Rapids Airport:

Exit airport and turn right. Drive 1.1 miles to I-380 South. Go right on I-380 south. Drive 13.4 miles to I-80. Exit 380S onto I-80 West toward Des Moines. Drive 47.1 miles to Grinnell exit. Turn right off exit on Hwy 146 North. You are 3.3 miles from town (you will pass all motels on the way into town). Proceed to 8<sup>th</sup> Ave. and turn right. Rosenfield Center is 3.5 blocks ahead on the left.

**From I-80:** Take exit 182 north three miles on Highway 146. Go North to 8<sup>th</sup> Ave. and turn right. The JRC is three blocks down on the left.

**From southwest Wisconsin:** Take Highway 151 through Dubuque, Iowa to I-380 in Cedar Rapids, Iowa. Take I-380 south for approximately 16 miles and then head west on I-80. Follow the directions above for "From I-80."

**From Waterloo and other points in northeast Iowa:** Take Highway 63 south to the stop sign with Highway 6. Head west on Highway 6 into Grinnell. Grinnell College will be on the right. At the first light, turn right and proceed to 8<sup>th</sup> Ave. Turn right. The JRC is on the left.

**From the Twin Cities:** Take I-35 south to Des Moines, Iowa and then take I-80 east. Follow the directions above for "From I-80."

**From St. Louis:** Take I-70 west to Columbia, Missouri and then take Highway 63 north to New Sharon, Iowa. At the stop sign in the center of New Sharon, Iowa, proceed straight to take Highway 146 north to Grinnell. At 8<sup>th</sup> Ave. in Grinnell, turn right. The JRC is on the left in the 3<sup>rd</sup> block.

## Summit Housing Options in Grinnell

All of these motels will provide special rates for the Summit.  
Make sure you mention the Summit.

Best Western Inn  
2210 West St South  
Grinnell, IA 50112  
Distance to campus: 2.8  
miles  
641-236-6116

Days Inn  
I-80 and Ia 146  
Grinnell, IA 50112  
Distance to campus: 2.8  
miles  
641-236-6710

Comfort Inn  
1630 West St. South  
Grinnell, IA  
641-236-5236  
Distance to campus 2.8 mi.

Country Inn and Suites  
1710 West St. South  
Grinnell, IA 50112  
Distance to campus: 2.8  
miles  
641-236-9600

Super 8 Motel  
2111 West St. South,  
Grinnell, IA  
Distance to campus: 2.8  
miles  
641-236-7888

Carriage House B&B  
1133 Broad St.  
Grinnell  
641-236-7520  
Distance to campus:  
.3 miles

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### REGISTRATION FORM FOR THE 2008 NATIONAL DISTANCE RUNNING SUMMIT

(Please write clearly)

Make a copy for EACH participant.  
Copy or detach this section and send to:  
**National Distance Running Summit**  
**1118 10<sup>th</sup> Ave.**  
**Grinnell, IA 50112**



NAME \_\_\_\_\_ E: MAIL \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PHONE: \_\_\_\_\_ DATE THIS WAS MAILED \_\_\_\_\_

COACHING LEVEL \_\_\_\_\_ NO. YEARS COACHING \_\_\_\_\_

CHECK ONE:

NO MEALS \$100  
\$115 after Dec 15

WITH 4 MEALS \$132  
\$147 after Dec 15

Write checks to: **National Distance Running Summit**. You will receive a confirmation e-mail that your registration was received. **Note:** The facility holds a maximum of 235 people. If you are considering attending, please register early. The 2007 Summit did reach the limit and the 2008 Summit is also expected to reach the limit.