



## 2011 National Distance Running Summit

***You are invited! Learn from an outstanding group of presenters!  
This is a high level Clinic for coaches and runners!  
A great opportunity for all coaches, HS, open and college runners!***

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

**Date:** Sat. and Sun. July 30-31, 2011

**Cost:** COACHES AND OPEN RUNNERS: \$110 (\$130 after July 1, 2011)  
H.S. AND COLLEGE RUNNERS: \$65 (\$80 after July 1, 2011)  
All attendees will have access to all power-point notes and receive a special Asics Summit T-Shirt.

**Meals:** Lunch and Dinner on Saturday, and Lunch on Sunday are available just down the hall from the presentation room. Pay as you go through the line. The food options are outstanding!

**How to register:** You must send a check with form at the end of this document (or sign up in person the day of the event (there is an increased charge for walk-ins).

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

**USATF Level III Credit is Available for this event (sign up on site)**

**Overview:** This is a great opportunity for coaches and athletes alike to learn from four master coaches. The presenters have been invited to speak on all elements of distance running. Each presentation will be for 1:05 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.

### **WHO IS INVITED? WHAT CAN I LEARN?**

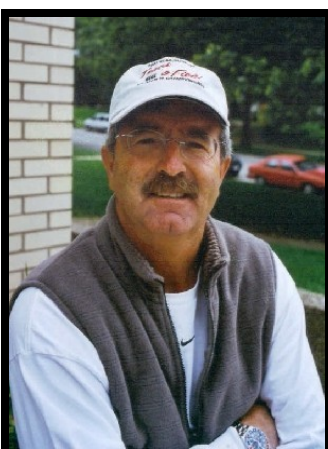
This country has over 300 million people and a fine developmental system for distance runners (the HS and college model), yet our history of World Championship and Olympic medals over the past 30+ years has been unremarkable at best. What are the reasons for this? Is it sociological, has the rest of the world simply past us by, or are the reasons systemic to our coaching and training methodologies?

Our goal in starting the summit several years ago 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. If you want to succeed, you will learn at this special clinic. Come prepared to learn!

## THE 2011 SUMMIT SPEAKERS



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



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



**STEVE SCOTT**  
**UC SAN MARCOS**



**BILL LEACH**  
**COACH AND**  
**GAIT EXPERT**

### **DR. 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, Joe Vigil was 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. Coach Vigil's passion for distance running will challenge all coaches and runners to be better. We are extremely happy to have Coach Vigil back in Grinnell.

### **WILL FREEMAN**

Will Freeman coaches at highly-selective Grinnell College, where his teams have won 24 of the past 25 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. His academic study in both biomechanics and sport psychology gives him a well-rounded background to coach distance runners. He has written 4 books and published 19 coaching videos. A former national junior champion, 5-time SEC champion and Penn Relays champion in the pole vault while at the University of Florida, Freeman also was a finalist in the event at the U.S. Olympic Trials in 1976.

### **STEVE SCOTT**

A member of the United States Track and Field Hall of Fame, Steve Scott coaches at UC State San Marcos in California. Scott won the 1,500-meter Olympic trials in 1980, but the U.S. team boycotted the games in Moscow. In 1981, he set the American record for the mile (3:48.68) and 1,500-meter (3:31.96). He bettered his mile record to 3:47.69 the following year, setting a mark that stood for over 25 years. Scott won the silver medal in the 1,500-meter at the IAAF World Outdoor Championships in 1983 and competed in the 1984 and 1988 Olympics. Over the course of his career, Scott was the national outdoor 1,500-meter champion six times. He has run the mile in under four minutes a record 136 times.

At Cal State San Marcos in 1999, Scott has built his team into perennial contenders in the National Association of Intercollegiate Athletics (NAIA) and been honored multiple times as the Region II Coach of the Year.

### **BILL LEACH**

Coach Bill Leach has 44 years of coaching experience in Inter-collegiate Track and Field, Cross Country and Running and Performance Enhancement for athletes of all levels. Coach Leach has served as the Head Coach of Track and Field and Cross Country at four universities. He has coached 36 athletes to All-American Track and Field and Cross Country honors and several athletes to Olympic team status. Coach Leach is currently serving the running community in Chicago via leadership of Individualized Training Programs for runners preparing for races from 5 K to Full Marathons. He also leads Gait Analysis, Peak Performance Training and Speed Training for the Chicago Area Runner's Association – CARA. Many runners, both adults and children, living in Chicago and around the world, utilize Coach Leach for guidance in their preparation for local and national Track and Field and Road racing events.

# The 2011 National Distance Running Summit Schedule

SAT. JULY 30th

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

**8:00-9:15 JOE VIGIL** *"Iron and the Blood Chemistry of the Distance Runner"*

**9:30-10:15 WILL FREEMAN** *"Using the Pyramid Model Successful Distance Training"*

**10:30-11:45 STEVE SCOTT** *"How I trained in the 800 and 1500m"*

**12:00-1:00 Lunch with the speakers at the Rosenfield Center (pay through the line)**

**1:00-2:45 BILL LEACH** *"The Mechanics of Running. How to Improve Efficiency"*

**3:00-4:15 WILL FREEMAN** *"The Path to Greatness. What it takes to be your best."*

**4:15-5:00 ROUNDTABLE #1** *with all speakers*

**5:00-6:30 DINNER with speakers at the Rosenfield Center (pay through line).**

SUN. JULY 31st

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**8:00-9:15 JOE VIGIL** *"Cross Country Development"*

**9:30-10:45 STEVE SCOTT** *"Heart Rate Training"*

**12:00-1:00 Lunch with the Staff at the Rosenfield Center (pay through line)**

**1:15-2:30 BILL LEACH** *"Technical Tools for the Coach of Runners"*

**2:45-4:00 WILL FREEMAN** *"Building a Team in Cross Country"*

**4:15-5:30 JOE VIGIL** *"Training for the Marathon"*

**5:30-6:15 ROUNDTABLE # 2** *with all speakers*

**6:30-7:30 DINNER with the speakers at the Rosenfield Center (pay through line)**

## 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. The Joe 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.

## Distance Summit Housing Options in Grinnell

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

Best Western Pioneer Inn and Suites  
2210 West Street South Grinnell IA 50112  
Local: 641-236-6116

Country Inn by Carlson  
1710 West Street South Grinnell IA 50112  
Local: 641-236-9600

Carriage House Bed and Breakfast  
1133 Broad Street Grinnell IA 50112  
Local: 641-236-7520

Days Inn and Suites  
1902 West Street Grinnell IA  
Local: 641-236-6710

Comfort Inn & Suites  
1630 West Street South Grinnell IA 50112  
Local: 641-236-5236

Spaulding Inn Bed and Breakfast  
1103 Main St. Grinnell IA 50112  
Local: 641-990-1316

### REGISTRATION FORM (detach and send in with check)

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 last two Summits at Grinnell sold out, and the 2011 Summit is expected to as well.



### 2011 NATIONAL DISTANCE RUNNING SUMMIT

(Please PRINT clearly)

Make a copy for **EACH** participant.

Make check out to: **National Distance Summit**

**Send to :**

**Will Freeman**  
**1201 10<sup>th</sup> Ave.**  
**Grinnell, IA 50112**

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

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

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

COACHING LEVEL (HS, college, opne) \_\_\_\_\_ NO. YEARS COACHING \_\_\_\_\_

Check appropriate boxes:

COACHES,  
OPEN RUNNERS: \$110   
(\$135 after July 1, 2011)

MEALS:  
I plan to have the 3 meals   
(will pay at the time of the meals).

H.S. AND COLLEGE  
RUNNERS \$65   
(\$85 AFTER JULY 1, 2011)