

CALIFORNIA STATE COLLEGE, HAYWARD  
DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION

# The Farther California Cross-Country Coaches Clinic

Date: Saturday, September 5, 1970

- 9:00 - 9:30 Jim Santos, Cross-Country Coach, Cal State, Hayward  
"The Language of Training"
- 9:35 - 10:05 Ed Parker, Cross-Country Coach, Mills High School  
"Preparing the Runner to Run 100 Miles a Week"
- 10:15-10:45 Don Chu, Head Trainer, Cal State Hayward  
"Care and Prevention of Leg Injuries Due to Running"
- 10:50-11:20 Norm Guest, Cross-Country Coach, Castro Valley High School  
"Recruiting & Motivation of Distance Runner"
- 11:40-12:10 Jerry Dorn, Track Coach, McLane High School, Fresno  
"Scoring, Tabulation and Finish Chute Methods"
- 12:15-12:45 Jack Malden, Cross-Country Coach, San Jose Mission High School  
"Problem Areas in Cross-Country Running"
- 12:45-1:00 Conclusion and Summary -- Jim Santos
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- 8:00 - 9:00 Coffee and Donut Social, Place - Gymnasium

Fee: \$2.00 Payable at clinic registration table only.

- Special Offerings: 1) Various track and field books and periodicals will be sold.
- 2) Track and field equipment display by sporting goods dealers.

Sponsor: Cal State, Hayward  
Physical Education Department - Jim Santos, Clinic Director