



**HOKA ONE ONE**

# Endurance Crossroads Clinic

Sat, 6 August, 2016 – Sacramento City College

*presented by CoachesChoice Books and DVD's*

## CLINIC SCHEDULE:

**8:00-9:00am** – Registration in foyer of Lillard Hall, Sacramento City College

**9:00-9:10am** – Introduction and Orientation

**9:20am-5:00pm** – Seven 70 minute sessions covering Cross Country and Special Topics

**5:00pm-5:40pm** – Special showing of the just-released film "Bannister: Everest on the Track"

## CLINIC PRESENTERS (*Check out the clinic website for detailed bios*):

**Peter Thompson** – Renowned IAAF Endurance coach who has as enjoyed decades of success in both Europe and the US

**Louie Quintana** – highly successful Arizona State Cross Country coach

**Matt Fitzgerald** – Prolific author and runner on optimizing the mental preparation for endurance events

**Rick Anderson** – Multiple State JC Cross Country Championship coach from American River College

**Bill Gregg** – Davis Seniors HS's long time coach whose programs has enjoyed phenomenal success in both X-C & Track

**Tena Harms** – Successful endurance coach from Placerville's El Dorado HS on the effective nutrition

**Robert Grove** – Highly successful coach at Vista Del Lago HS

## CLINIC COST: *Seating limited, reserve your seat soon!*

**\$55.00** - School or club staffs or 2 or more by Wednesday, 3 August

**\$65.00** - individual pre-registered by Wednesday, 3 August

**\$85.00** - registration at the door for individuals

## REGISTRATION PAGE (*for individuals and staffs*): <https://www.simplyregister.net/register/?e=108613>

### What you get:

- all pre-registered coaches will receive presentation notes of each session they attend, with additional clinic notes available on the [www.pausatf.org](http://www.pausatf.org) website after the clinic.
- HOKA ONE ONE clinic t-shirts for the first 100 registrants
- A portion of the clinic's proceeds goes towards scholarships for Pacific Association coaches to attend an Assoc. Level 1 School.

### Directions: Lillard Hall, Sacramento City College, 3835 Freeport Blvd., Sacramento, 95822

Refer to the following link for clinic and campus location: <http://www.scc.losrios.edu/campus-map/>

**Driving:** from Hwy 5: Exit at Sutterville Road (*south of Hwy 5-Bus. 80-50 interchange*), travel east until 'T' intersection at Freeport, turn left. At first light, turn right back onto Sutterville, turn left into SCC main entrance at the first light and park in west parking lot to your left.

From Hwy. 99: Exit at Sutterville/12th Ave. exit (*south of Hwy 50-Bus 80*), travel west until pass Hughes Stadium on your right. Turn right into SCC main entrance 100m after Hughes Stadium into campus, park in west parking lot to your left. No parking charges on weekends.

**Air:** Sacramento International Airport (SMF) is 17 miles north of Sacramento City College; San Francisco international is 86 miles west. Hotel runs complimentary shuttle to/from airport. There is also SuperShuttle: [www.supershuttle.com](http://www.supershuttle.com), 800-258-3826. To/from Richard Road hotels: \$14.00; direct to/from City College: \$21.00

**Accommodation: Governors Inn Hotel** (210 Richards Road, Sacramento, 95811) **\$86.00 Special clinic rate.** Reservations can be booked by calling (916) 448-7224 and asking for the 'Endurance Clinic' rate until 1 August. Airport transfers 8:00 am to 5:00 pm to/from SAC airport, Sacramento CC. Complimentary breakfast and wireless internet available throughout the hotel. Hotel Info: <http://governorsinnhotel.com/>

**Further Info:** Peanut Harms: [nutboy51@yahoo.com](mailto:nutboy51@yahoo.com), or Dave Shrock: [coachshrock@gmail.com](mailto:coachshrock@gmail.com),

Event website: <http://www.pausatf.org/coaches/endurance-cross-roads-clinic/>, or QR Code:

