



THE RUNNING SUMMIT WEST
September 21st & 22nd, 2013
Chabot College
Hayward, CA
www.runningsummit.com

Sign Up Early and Save!

Event is open to coaches and athletes of all levels (no previous certification required). Sign up now to secure a seat with early registration pricing and the option of a meal with the speakers (seating is limited). Participants are eligible for USATF Level 3, NSCA and USA Triathlon CEU credit.

For Distance Runners and Coaches of All Levels and Abilities!

Hear legendary coaches and running experts Bob Sevene, Matt Fitzgerald, Robert Chapman, Jay Dicharry, Peter Thompson and Jim Hunt speak about coaching philosophies, training principles, the physiological and mental aspects of running, more effective interval sessions, running nutrition, strength and flexibility and much, much more.

For more information, visit www.runningsummit.com

Running Summit participants will be given the opportunity (for an additional charge) to have lunch and/or dinner with the speakers!

Coach Bob Sevene



Bob Sevene is internationally recognized as the coach of Joan Benoit Samuelson who won the gold medal in the first Women's Olympic Marathon in 1984. He

has coached more than 50 US Olympic Trials Qualifiers, 20 US World Championship Cross Country members and numerous track and cross country national champions.

Jay Dicharry



Jay Dicharry is an educator, clinician, researcher, and leader in the field of sports analysis. His innovative approach has blurred the lines between rehab and

performance training. He carved his niche as director of the University of Virginia's SPEED Clinic, and currently directs the REP Biomechanics Lab in Bend, OR.

Matt Fitzgerald



Matt Fitzgerald is one of the world's most acclaimed endurance sports writers. His numerous awards include the 2011 MIN Award for best opinion/commentary.

Most recently, his book *Iron War: Dave Scott, Mark Allen, and the Greatest Race Ever Run* was shortlisted for the 2012 William Hill Sports Book of the Year.

Coach Peter Thompson



Peter Thompson, who has competed and coached for more than 50 years, has trained athletes who have competed in the Olympics, the Commonwealth

Games, and the International Association of Athletics Federation (IAAF) Track & Field World Championships. He has resourced and applied cutting edge knowledge and

Dr. Robert Chapman



Dr. Robert Chapman is an Assistant Professor of Kinesiology at Indiana University. In that role, Chapman primarily conducts research into altitude training, as

well as limitations to performance in elite athletes. Chapman also serves as the Associate Director of Sport Science and Medicine for USA Track & Field.

Coach Jim Hunt



Jim Hunt was the head cross-country and track and field coach at Humboldt State University for 22 years. Jim's 1980 cross-country team won the NCAA

Division II National Championships. His teams regularly finished in the top 10 at NCAA Nationals, producing 64 All-Americans and 11 National Champions.

Get USATF Level 3, NSCA CEU and USAT CEU Credits!

