



# Endurance Crossroads Clinic

Sat, 15 August, 2015 – Sacramento City College

*presented by Coaches Choice Books and DVD's*

## CLINIC SCHEDULE:

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

9:00-9:20am - **Introduction and Orientation**

9:20am-5:00pm - **Four 90 minute sessions in ULTRA and Cross Country rooms** (you may choose which room depending on interest)

6:00-9:00pm - **High School Two Mile Postal Competition**

## CROSS COUNTRY ROOM:

**Bob Larsen:** One of our sport's most prolific distance coaches, Larsen has enjoyed success at every level through his coaching career. During his 21 year tenure at UCLA, Larsen was awarded the NCAA coach of the year award four times while leading the Bruins to two NCAA titles. Stepping down in 2000, Larsen helped found Running USA and assisted in the development of the Mammoth Lakes Distance Project, and is the current coach of Meb Keflezighi.

**Patrick Shane:** Renowned BYU Women's Cross Country Coach, in his 35 year career for the Cougars Shane won four NCAA DI XC titles, while coaching 189 DI all Americans in both Cross and Track. Shane has been voted national NCAA XC coach of the year three times by his peers.

**Ben Rosario:** Coach of the developing HOKA OneOne Northern Arizona Elite, the groups athletes' have had phenomenal success led by marathoners Kellyn Taylor, Matt Llano, 3x Oly Trials Steeple qualifier Ben Bruce, and international teams qualifier Scott Smith. An Olympic Trials marathon qualifier, Rosario hones his coaching philosophy from 20 years of competitive and coaching experience.

**Regional HS Coaches Panel:** Perennial state meet qualifying coaches share their insights in this Q&A session aimed to cover a wide variety of topics to better prepare you for the upcoming season.

## ULTRA RUNNING ROOM:

**Magdalena Lewy-Boulet:** Winner of the 2015 Western States 100 Mile Endurance Run, 'Magda is a 2008 Olympian in the marathon owning a best of 2:26.22. Also a member of USA International Cross teams, Magda has turned her attention to ULTRA running with excellent results. Currently Vice President of product development at GU Energy Labs and a post collegiate distance coach with Bay Area TC.

**Travis Macy:** Travis Macy is a speaker, author, coach, and professional endurance athlete. He is the author of *The Ultra Mindset: An Endurance Champion's 8 Core Principles for Success in Business, Sports, and Life*, and he holds the record for Leadman.

**Karl Meltzer:** The Godfather of Ultra running Meltzer has won thirty-six and finished sixty 100 mile trail races. Named the 2006 Ultra Runner of the Year, Meltzer has also been named runner-up twice. Meet Director of the SpeedGoat Ultra Series.

**Jen Benna:** An elite Ultra competitor, Jen has over 40 Ultras to her credit, having podium finishes at most all events she's run in the past four years while blogging on *A Girls Guide to Trail Running*.

**Jorge Maravilla:** Two time US National Trail Running Champ, Jorge will moderate the Ultra Room.

## CLINIC COST: *seating limited...reserve your seats soon!*

**\$65.00** - pre-registered by Wednesday, 12 August; School or club staffs or 3 or more: \$50.00 by Wednesday, 12 August

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

Contact Peanut Harms at [nutboy51@yahoo.com](mailto:nutboy51@yahoo.com) for coaching staff discounts of 3 or more coaches prior to 12 August

**REGISTRATION PAGE** (for individuals and staffs): <https://www.simplyregister.net/register/?e=105569>

## What you get:

- all preregistered 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 t-shirts for the first 100 registrants in each room

- 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 shuttles 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:** Best Western Sandman - 236 Jibboom St, Sacramento, CA 95811. Special clinic rate, reservations can be booked by calling (916) 443-6515 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://book.bestwestern.com/bestwestern/groupSearch.do?groupId=4M9DN7B5>

**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:

