



The IATCCC Cross-Country Clinic @ Cross-Country Town, USA

Sponsored by:

Indiana Track & Field & Cross Country Hall of Fame Museum
Terre Haute Convention and Visitor Bureau

Friday, July 21, 2017

Schedule

	Athletes		Coaches
8:30	Registration/Check-In	8:30	Registration/Check-In
9:00	Athletes run on Lavern Gibson State CC Course Workout	9:30	Mike Hillyard – USI Athlete Development Methods Applicable to High School Athletes
10:30	Mike Stahr Functional Form Training	10:30	Mike Stahr Functional Form Training
11:30	Hall of Fame / Lunch	11:30	<u>Coaches Roundtable</u>
12:30	Terry Brahm/T-Shirt Swap	12:30	Lunch
1:30	Mike Stahr Goal Setting/Motivation	1:30	Todd Williams- 2X Olympian Training versus Over-Training
2:30	Todd Williams RunSafer Program	2:30	Mike Stahr Running2Win & Importance of Training Logs
3:30	Athlete Roundtable	3:00	
4:00 Confirmed	Alissa McKaig Former Huntington North All-State Runner NCAA & NAIA All-American/National Champion 2 x Olympic Trial Qualifier & Professional Runner	4:00	<u>John Sipple- NXN Championship Qualifying Coach- Downers Grove North</u>
4:30- 4:50	Conclusion: Dennis McNulty Motivation- Your Opportunity as a Coach – <u>MAYBE</u>		



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Speaker Bio's

1. Todd Williams
 - 2 X Olympian in 10,000m- 1992 & 1996
 - 21 U.S. Titles in track, cross country, and road racing
 - 6 x Michigan High school State Champion
 - 8 X All-American at the University of Tennessee
 - Has held the 3k, 5k, and 10k school records at UT for over 20 years
 - Black Belt in Jiu Jitsu
 - Founder of *RunSafer*- a self-defense program for runners
2. Alissa McKaig
 - 2003 IHSA State Champion in XC & 20014 1600m State Champion and 9 X All-State for Concordia Lutheran
 - 10th at 2006 NCAA XC Championships for Michigan State
 - Multiple NAIA Championships including 5,000m, 10,000m, and XC at Indiana Tech
 - Member of bronze medal winning World XC Team in 2011
 - Member of the 2011 USATF World Team in marathon
 - 2017 Indiana Association of Track and Cross Country coaches Hall Inductee
3. Mike Hillyard
 - 23 X GLVC Coach of the Year
 - 5-Place Women's Team- 2016 NCAA Division II XC Championships
 - 5 Top Ten NCAA DII performances by the Men's Team and 4 for Women's
 - 13 Men and 9 Women All- American with 18 & 11 overall All-American performances
 - 12 Straight and 13 Overall GLVC XC Titles for Men, 11 Overall for Women with 6 Straight
 - 1992 All-American in the Steeplechase at USI and 1991 34th place in the DII XC Nationals Championships
 - Coached 5 NCAA DII National Champions in Track & Field
4. Mike Stahr
 - 1982 & 83 Millrose High School Mile Champion
 - Won 4 New York State Mile Championships
 - Part of the World Records 4x800m Relay at Arizona State in 1:44.8
 - All-American in XC at Georgetown University
 - 1987 NCAA Indoor Mile Champion
 - Anchored World Record DMR in 1987 with a 3:54
 - 1988 & 92 Olympic Trial Qualifier
 - Founder of Running2Win.com- an online running log, coaching, and support website



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- Computer Programmer and Visiting Lecturer at Miami University in Ohio
5. Terry Brahm
- 1992 Olympian in 5000m
 - Bronze Medalist, 3000m, 1987 Indoor World Championships
 - 3 x Olympic Trials Qualifier- 1988, 92 & 96
 - Big 10 Mile record- 3:54.56
 - 3 x All-State for Heritage Hills
 - 5 Big Ten titles & 6 All-American Honors
- 6.