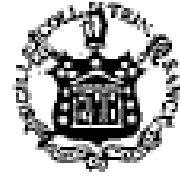




Trinity College Distance Clinic Featuring Legendary Distance Coach “Jack Daniels”



Coach Daniels will give a one day distance clinic. Topics to be covered:
Principles and needs, Goals of Training, and Setting up a season’s training.
The presentation will be followed by a question and answer session.

Daniels is the head distance running coach at the Center for High Altitude Training at Northern Arizona University in Flagstaff, Arizona, a U.S. Olympic Trials site. In the past, he has coached over 30 national champion teams, 130 All-Americans, as well as trained or advised Olympians such as Jim Ryun and Joan Benoit Samuelson. He is the author of the highly regarded *Daniels’ Running Formula*, a book that prompted *Runner World* magazine to name Daniels “The World’s Greatest Coach.”

Date: Saturday December 27th, 2008

Location: Trinity College Field House
300 Summit Street
Trinity College
Hartford, CT 06106

Schedule:

Registration: 9:15 to 10:00 AM

1st session: 10:00 to 12:00 AM

Lunch: 12:00 (Provided)

2nd session: 1:00 to 3:00 PM

Fees:

• \$55.00 if received by December 12, 2008

• \$70.00 if received after December 12, 2008

**Co-Sponsored by Woodbridge Running Company*

Tear off and mail back with check.

Registration Form:

First Name _____ Last Name _____

Street Address _____ City _____ State _____ Zip _____

School/ affiliation: _____ Email (*Important for confirmation*) _____

Home phone _____ Cell # _____

Make checks payable to George Suitor

Mail to George Suitor, 85 Pinnacle Road, Ellington, CT 06029

