



Presents...



Day Of Distance Coaching Clinic

Villanova University
Friday, March 16, 2012
8 AM - 4 PM

Featuring ROY BENSON, legendary high school and collegiate coach, author and exercise scientist and MARCUS O'SULLIVAN, former Olympian and World Champion, and Director of Villanova Track & Field. Joined by Hall of Famer, JUSTINA CASSAVELL, CrossFit Endurance Expert, RICHARD AIREY, and highly successful high school coach, ROB HEWITT.



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“DAY OF DISTANCE” REGISTRATION FORM OR REGISTER ONLINE @ WWW.RUNNINGWORKS.COM

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First Name: _____ Last Name: _____

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How did you hear about us? _____ How many years attended clinic? _____

1:30 pm - 3:30 pm:

____ Rob Hewitt: “Coaching the 99%: Shaping the Team You Have”

____ Justina Cassavell: “Building a Successful High School Girl’s Program”

____ Richard Airey: “Crossfit for Endurance Athletes”

*** Confirmation of registration will be sent by email only**

Please complete and return with the non-refundable registration fee of \$100 to: **RunningWorks, Inc.**, P.O. Box 8832, Collingswood, NJ 08108.
A Parking Pass will be emailed upon receipt of payment. Payment Guarantees your Registration.

Speakers include...



Marcus O'Sullivan is the Director of Villanova Men and Women's Track & Field/Cross Country and Head Coach of the Men's Program. O'Sullivan established himself as one of 'Nova's all-time great distance runners during his collegiate career (1980-1984) and since taking the helm of the program, has returned the Wildcats to prominence on the conference and national scenes. This year, both the men's and women's teams (with Coach Gina Procaccio at the women's helm), won the Big East Cross Country Championships and the women placed 3rd and the men 13th at the NCAA Championships, with Sheila Reid winning the women's race. O'Sullivan has earned recognition on the national and conference levels. In 1998 the NCAA bestowed the honor of National Cross Country Coach of the Year on him. He is a four-time (1998, 2001, '02, and '03) Regional Cross Country Coach of the Year, and O'Sullivan earned BIG EAST Coach of the Year distinction in 2002. He also currently coaches two former Villanovans who are competing on the international level. Carmen Douma-Hussar (Villanova, '00) won a silver medal at the World Indoor Championships in the 1500m in 2004 and was a finalist in the event at both the 2004 Olympics and 2005 Outdoor World Championships. Adrian Blincoe (Villanova, '03) lowered his personal best in the 5,000m to 13:10 and competed in the Beijing Olympics for New Zealand. O'Sullivan previously coached former American record-holder Bob Kennedy to a personal best in the 10,000m. As an athlete, O'Sullivan is a four-time Olympian, three-time World Indoor champion in the 1500m, and previously held the world records for the indoor 1500m and the 4x1 mile relay. His professional career, which has spanned 15 years, includes medals at the Goodwill Games, the European Championships, the World Championships and the U.S. Championships. He has the distinction of being one of three men to run more than 100 sub-4:00 minute miles.



Roy T. Benson is an exercise scientist and distance running coach. He earned a Masters Degree in PE with an emphasis in exercise physiology from the University of Florida. Since 1976, he has held a national certification as a Fitness Instructor from the American College of Sports Medicine. He has presented several hundred professional papers and lectures for academic and popular audiences. He currently serves as a Special Contributor for Running Times magazine with a monthly readership of over 250,000 serious runners. His newest book "Heart Rate Training" was published by Human Kinetics in the Spring of 2011 and has already sold over 4,500 copies. He coached at the U of Florida from 1969 to 1979 as head X-C coach for seven years and head T & F coach for three years. For 16 years, 1993 to 2008, he served as Community Coach at Marist School (a IIA size private school) in Atlanta where his Girl's and Boy's teams won 16 state class 4A X-C championships and individual runners won a total of 21 state titles in x-c and track. He founded and has directed the Smoky Mountain Running Camp for 38 years and co-founded/co-directed the Green Mountain Running Camp with John Holland for the past 37 years. Coach Benson has also run competitively for over 45 years.

The Day of Distance Clinic is designed to enlighten, encourage and excite Coaches and all those interested in Distance Running.



Rob Hewitt is the Head Boys and Girls Cross Country and Distance Coach for the Germantown Friends School. Hewitt has guided the GFS program to 8 straight Friends Schools Cross Country team titles (2004-2011) and 5 straight Independent State Cross Country team titles (2006-2010) and his teams have been ranked in the top 15 nationally. He has coached 8 athletes to 13 All American honors. In 2008, the Tigers won the Penn Relays Distance Medley Championship of America and in 2009 qualified for Nike Cross Nationals. Hewitt has been recognized as a three-time Pennsylvania Independent Schools Cross Country Coach of the Year in 2006, 2008, and 2009. Hewitt competed and was the Captain for St. Joseph's University in Philadelphia, PA. He currently holds a USATF Level 1 certificate and a USTFCCCA Endurance Specialist Certificate.



Justina Cassavell took over the head-coaching job at Voorhees High School in Glen Gardner, New Jersey in 1997 and her cross-country teams have qualified for the Meet of Champions every season. She has produced some of the best teams and individuals in state history while establishing herself as one of the premier distance coaches in New Jersey. The Voorhees girls have won eight group titles and two MOC Titles since 1997. In 2007, her team set the state record for the fastest team average at Holmdel and finished 13th at the Nike Team National Championships. In 2010, the Vikings won the Northeast Cross-Country Championship and qualified for the national championship for the second time. Recently, she was inducted into the NJSIAA Hall of Fame. Justina ran competitively for Rutgers University.



Richard Airey, coaches with Brian MacKenzie and teaches CrossFit Endurance seminars in southern California. Airey works with endurance athletes, crossfitters as well as USATF elite athletes. He ran NCAA Division I Cross Country and Track & Field at Monmouth University where he was conference champion in the steeplechase and the school record holder in the 10,000 meters. Airey began coaching runners at the high school level in 2000 and has coached 24 high school All-Americans. In 2007, he returned to Monmouth University to coach at the collegiate level. Since 2000, Airey has successfully competed in triathlons, duathlons, cyclo-cross, adventure races and marathons - attaining personal bests utilizing the CrossFit technique.



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Parking: Parking in Lancaster Avenue main parking lot. Please park in the designated area, across the street from the track and the Jake Nevin Field House. Please place your parking pass (emailed upon payment), on the dashboard where visible.

*Note: speakers are subject to change.

Accommodations:
Villanova Conference Center (610) 523-1757
Radnor Hotel (610) 688-5800
Philadelphia Marriott West (610) 941-5600

Directions: Check-in at Jake Nevin Field House Athletic Complex, which is located at the corner of Lancaster and Ithan Avenues.

From Interstate 476 (Blue Route)

Take Exit 13 (Villanova/St. Davids) onto US 30 East (Lancaster Ave.) Go about 1/2 mile to Ithan Avenue. Turn right onto Ithan Avenue and then turn left into the parking lot.

From The New Jersey Turnpike

Take Exit 6 off the New Jersey Turnpike to the Pennsylvania Turnpike (I-276). Exit PA Turnpike at I-476 South (Mid-County Exit). Exit I-476 at Exit 13 (Villanova/St Davids) and follow above directions.

From Delaware, Maryland

Take I-95 North into Pennsylvania and exit onto I-476 North until Exit 13. Follow above directions.

From Western Pennsylvania

Take PA Turnpike to I-76 East (Schuylkill Expressway). Exit from I-76 to I-476 South and follow above directions.

From Northeastern Extension (Western New York)

Take Northeast Extension to the PA Turnpike. Immediately exit Turnpike for I-476 South and go to Exit 13 (Villanova/St. Davids). Follow above directions.

Emergency contact number: (609) 471-0626
(For the day of the clinic only)

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