

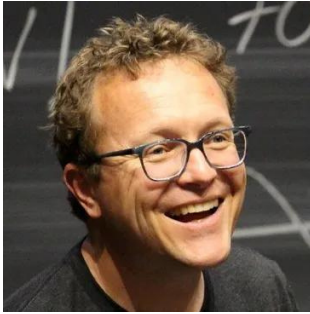
June 16-17

Learn from the best compilation of Nationally Renowned Distance Running Experts at the **Midwest Distance Forum!**



Featured Speakers

SESSION #1



Jay has coached high school, collegiate, and professional runners for more than two decades, including three USATF champions in cross country, indoor track, and road racing. He studied kinesiology and applied physiology at the University of Colorado, where he was a member of the varsity cross country team featured in Chris Lear's cult-classic *Running with the Buffaloes*. Jay earned his M.S. in Kinesiology and Applied Physiology from CU in 2000.

Coach Jay Johnson – Boulder, CO

SESSION #2



Justin has been coaching at Saint Thomas Aquinas since 2001. His teams have won 19 state XC titles along with 4 T&F. In addition, Justin has coached 12 individual state XC and 16 track distance champions.

Coach Justin Wrigley – Overland Park, KS

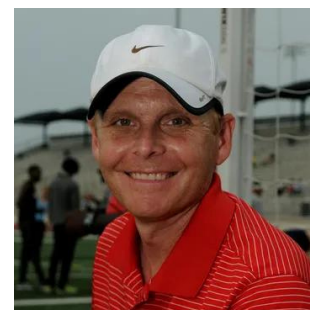
SESSION #3



Adam coaches The Academy High School of Albuquerque, NM, and has been coaching for 33 years. His teams own 31 state team titles and have been ranked the #1 XC team in the USA.

Coach Adam Kedge – Albuquerque, NM

SESSION #4



Juris has led The Woodlands High School the Cross Country and Track and Field programs since 2009. His XC teams have won 6 6A State Cross Country Championships and placed 2nd and 3rd twice each. Juris led in the springtime the Highlanders track and field program to the top winning the 2017 and 2018 6A State Championships, including being voted the US #1 high school track team in 2017.

Coach Juris Green – Woodlands, TX



2023 MIDWEST DISTANCE FORUM AGENDA

June 16-17

Friday, June 16

4:00 – 5:30 p.m. Gold Medal Forum Registrants Packet Pick-up & Montgomery Inn Dinner.

5:00 – 5:30 p.m. Midwest Distance Forum Regular Registrant Packet Pick-up.

5:30 – 5:45 p.m. Opening Thoughts & How to Use this Forum – Howard Russ, Beaver Creek HS XC & Track

5:45 – 6:45 p.m. Session #1 – Jay Johnson – “Consistency Is Key: How to have consistency define this summer’s training”

6:45 – 6:55 p.m. Break

6:55 – 7:45 p.m. Session #2 – Justin Wrigley – Saints Cross Country Training

7:45 – 7:50 p.m. Break

7:50 – 8:40 p.m. Session #3 – Adam Kedge – Training for the 800 Meters

8:40 – 8:45 p.m. Break

8:45 – 9:35 p.m. Session #4 – Juris Green – Training evolution for The Woodlands XC

9:35 – Midnight Social at Buckeye Running for all Gold Medal Registrants. Wide array of food & beverage. Coach Nester will open his Bourbon collection too!

Saturday, June 17

9:00 – 10:00 a.m. Session #5 – Jay Johnson – “Ten Take Home Messages for the Next Six Months”

10:00 – 10:10 a.m. Break

10:10 – 11:00 a.m. Session #6 – Justin Wrigley – Business As Usual, A Championship Mentality

11:00 – 11:10 a.m. Break

11:10 a.m. – Noon Session #7 – Adam Kedge – Achieve Big-Time Success in a Small School Program

12:00 – 12:30 p.m. Lunches for all Attendees

12:30 – 1:20 p.m. Session #8 – Juris Green – It Starts with You!

1:20 – 1:30 p.m. Break

1:30 – 2:15 p.m. Session #9 – State Champion Panel – Learning from those who have Won Ohio Team Championships.

2:15 – 2:35 p.m. Session #10 – Adam Kedge – College Recruiting Process



The Midwest Distance Forum will take place at **Buckeye Running Mason** – 4200 Aero Drive, Mason, OH 45040

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buckeyerunning.com



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Steve Nester Mobile
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