



Norman High School Cross Country and OK Runner Presents:



2019 Oklahoma Distance Symposium

June 3 & 4, Nancy O'Brien Center at Norman North High School

9:00 a.m. – 4:00 p.m.

\$10 each day, lunch provided via food trucks at venue with minimal cost

Limited seating is expected to fill quickly! RSVP to reserve your spot at

<https://www.showtix4u.com/events/2019oklahomadistancesymposium>



Jim Ryun

- First high school runner to break four minutes in the mile
- Silver Medalist in the 1500 meters at the 1968 Summer Olympics
- Last American to hold the world record in the mile



Paul Vandersteen

- Head Cross Country Coach at Neuqua Valley (Illinois)
- 2007 Nike Team National Championship
- Three State Championships in Illinois

6/3/19:

9:00 - 10:00 Paul Vandersteen: The Importance of Moderation and Consistency
 10:00 - 10:20 Q & A with Coach Vandersteen
 10:40 - 11:15 Dr. Stu Lisle: Injury Prevention
 11:15 - 11:30 Q & A with Dr. Lisle
 11:30 - 1:00 Lunch (food trucks will be available)
 1:00 - 1:35 Suzy Rojas & Andrea Ratkovic: Performance Nutrition
 1:35 - 1:50 Q & A with Suzy Rojas & Andrea Ratkovic
 2:00 - 3:30 Jim Ryun: Ordinary people doing extraordinary things
 3:30 - 4:00 Q & A with Jim Ryun

6/4/19:

9:00 - 10:00 Paul Vandersteen: The Development of Commitment
 10:00 - 10:20 Q & A with Coach Vandersteen
 10:40 - 11:15 Dr. Stu Lisle: The Importance of Recovery & Strength Training
 11:15 - 11:30 Q & A with Dr. Lisle
 11:30 - 1:00 Lunch (food trucks will be available)
 1:00 - 1:30 Andrea Ratkovic: What can I do when I can't run
 1:30 - 1:45 Q & A with Andrea Ratkovic
 2:00 - 3:30 Jim Ryun: Dream Big - Goal Setting
 3:30 - 4:00 Q & A with Jim Ryun