

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



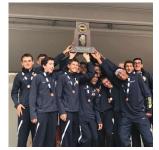




Jim Ryun

- 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:		6/4/19:	
9:00 - 10:00	Paul Vandersteen: The Importance of Moderation	9:00 - 10:00	Paul Vandersteen: The Development of Commitment
and Consistency		10:00 - 10:20	Q & A with Coach Vadersteen
10:00 - 10:20	Q & A with Coach Vandersteen	10:40 - 11:15	Dr. Stu Lisle: The Importance of Recovery & Strength
10:40 - 11:15	Dr. Stu Lisle: Injury Prevention	Training	
11:15 - 11:30	Q & A with Dr. Lisle	11:15 - 11:30	Q & A with Dr. Lisle
11:30 - 1:00	Lunch (food trucks will be available)	11:30 - 1:00	Lunch (food trucks will be available)
1:00 - 1:35	Suzy Rojas & Andrea Ratkovic: Performance	1:00 - 1:30	Andrea Ratkovic: What can I do when I can't run
Nutrition		1:30 - 1:45	Q & A with Andrea Ratkovic
1:35 - 1:50	Q & A with Suzy Rojas & Andrea Ratkovic	2:00 - 3:30	Jim Ryun: Dream Big - Goal Setting
2:00 - 3:30	Jim Ryun: Ordinary people doing extraordinary	3:30 - 4:00	Q & A with Jim Ryun
things	-		
3:30 - 4:00	Q & A with Jim Ryun		