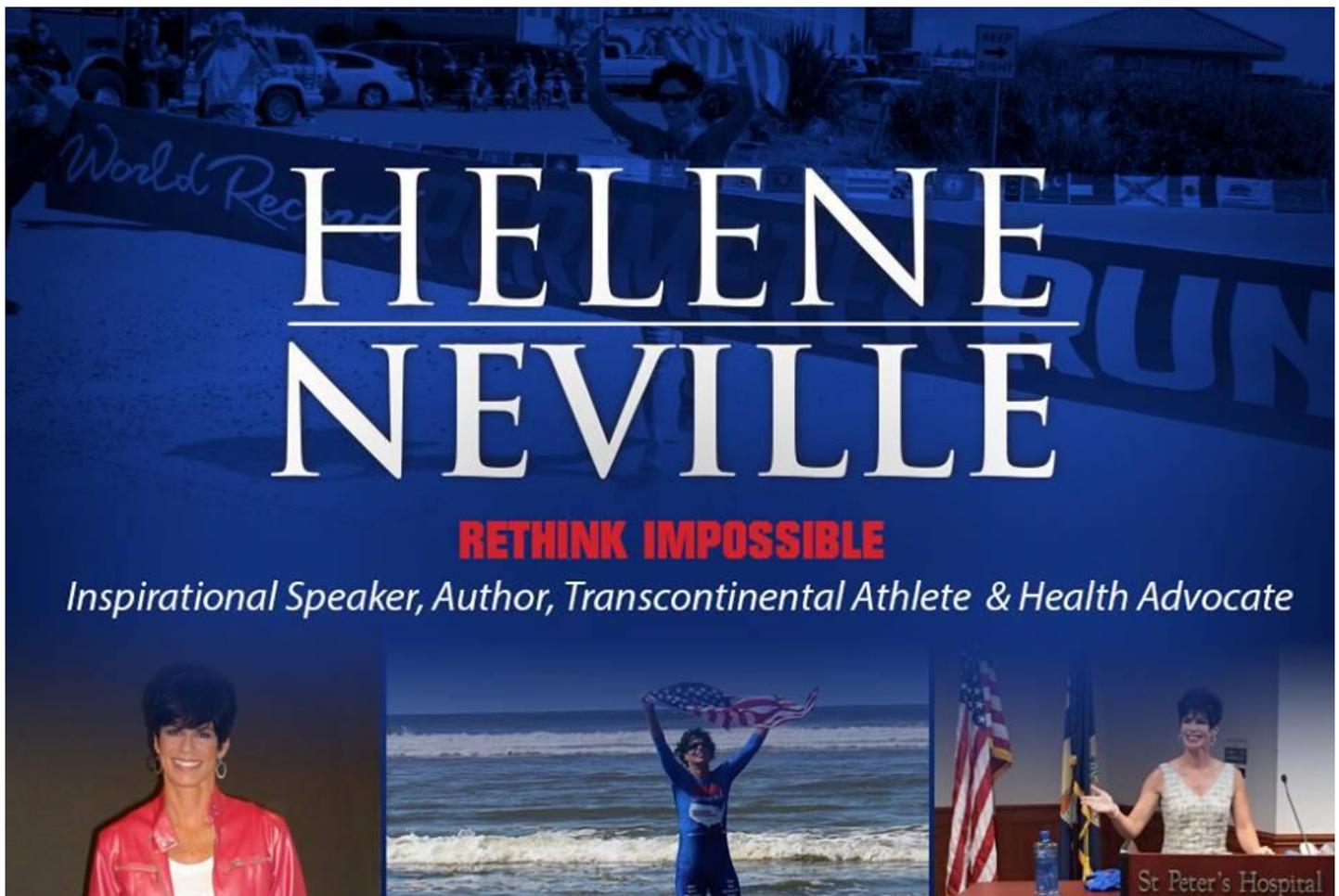


Speakers for the 2016 MITCA Cross Country Clinic



HISTORY MAKING:

On September 5, 2015, at the age of 55, Helene became the first nurse, first cancer survivor, first grandmother, the first person over the age of 50 and the fifth person overall to run the entire perimeter of the continental United States solo. She ran through 37 states and the District of Columbia and through two countries running 9,713 miles over 334 non-consecutive days. Helene ran her first transcontinental run across the southern United States in 2010, a route that has only been completed six times, and never before attempted during the hot, humid conditions of summer. Helene is now the first person, and first woman, ever to complete the southern route in the summer.

On January 30, 2016, Helene set a second world record running the Las Vegas Strip non-stop, back and forth, for 35 hours, covering 135 miles.

NEED EVEN MORE INSPIRATION? Helene is a four time cancer survivor and has endured three brain surgeries, chemotherapy and radiation. Undeterred by cancer, alone and running 25 miles or more each day, sometimes running through vast tracks of desolate and unchanging landscape, Helene kept running. Helene says she drew strength from people who came out to meet her on the road and offer her ice water, hugs or even blessings as she passed. And, states she is sincerely touched by the generosity of people she met along her journey whose lives have become part of hers. Helene calls her run: **One On the Run.**

HER MISSION: Helene’s mission is to motivate others to “Rethink Impossible” and awaken the human spirit — one state, one mile, and one person at a time.

HER VISION: Helene is a true visionary with an indomitable spirit! She ran to unite the country and inspire others to realize their own dreams. Helene’s vision is to share her life affirming discoveries with the world.

HISTORY MAKING RUNS: 2010 Run - Ocean Beach, California to Atlantic Beach, Florida; 2,520 miles in 93 days in the heat of the summer – she became first person to run the southern route in the summer. 2011-2012 -A cancer relapse caused a two year delay in Helene’s perimeter run while she underwent treatment. 2013 Run - Vancouver BC, Canada to Tijuana, Mexico; 1,520 miles in 45 days. During her 2013 run, Helene carried an urn filled with the ashes of her recently deceased brother in her backpack. 2014 Run - Marathon, Florida to Portland, Maine; 1,860 miles in 68 days. 2015 Run - St. Stephen's, New Brunswick, Canada, to Ocean Shores, Washington; 3,773 miles in 128 days.

MILEAGE: Helene ran 25 miles or more every single day without roadside support, surviving on whatever was in her backpack for that particular day. Her longest daily perimeter run was 100 miles, covering that distance in 25.5 hours. On January 30, 2016, she ran 135 non-stop miles.

GIVING BACK: After running 25 miles or more each day, Helene harnessed the energy to share her story at hospitals, schools, cancer centers, and businesses along her journey. Proceeds from Helene’s book sales were donated to the Maryellen Rouse Neifert Memorial Fund at St. Francis de Sales Elementary School in Philadelphia. The memorial fund was set up in Neville's mother's name, carrying on the donations her mother had made before she died of cancer.

SPECIAL RECOGNITION: Helene was honored on October 10, 2015, with one of the 50 stars on the Flag for Hope. The Flag for Hope honors 50 Americans who have greatly contributed to unity and peace. She received Key to the City from Las Cruces, New Mexico, Des Moines, Iowa, and Ocean Shores, Washington. She received “Ski to the City” in Killington, Vermont. She received a proclamation from the City of Cleveland, Ohio and the state pin from the State of Oregon along her history making run. HeleneNeville@hotmail.com OneOnTheRun.com



MIKE SWINGER

PHYSICAL THERAPIST
Flexibility / Stretching / Form Analysis
You have to catch Mike’s presentations

I am a Physical Therapist in Traverse City, Michigan. I have been in practice since 2005 working with a variety of patient cases and conditions. Runners and triathletes have become my favorite populations to work with ranging from someone running their first 5K up to high school state champions, collegiate All-Americans, and Ironman competitors.

I believe that running is a skill, just like any skill we set out to master. Unfortunately most people assume that run form is innate. A small percentage of the population does have inherently good run form, but for the other 99% of us, we need to work at it! I am certainly part of that 99%.

I’ve enjoyed coming alongside runners to help them in the clinical setting, but also out on the roads and trails. Again, so often there’s little awareness for inefficiencies with run form, but with a few suggestions and tweaks, changes can be made that are quite profound. This is where the geek part of me often comes out!



**ONE OF THE MOST IMPORTANT SPEAKERS WE HAVE EVER
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HOW TO BE A TRULY EFFECTIVE COACH, MENTOR, and
BUILDER of CHAMPIONSHIP TEAMS**

Rob Miller

Proactive Coaching

Proactive Coaching... Our "Why": Because the character lessons intentionally taught will be the coach's best legacy and one athlete of character improves your team - One team of character changes your school - One school of character impacts your community – A coach of significance can impact generations It all begins and ends with strong families.

Rob's Background Education

Born and raised in Pigeon, MI / Graduate of Laker High School

Undergraduate: Bachelor of Arts, Secondary Education / Social Sciences from Spring Arbor College

Graduate degree: Master of Science, Sports Administration, Michigan State University

Experience Player:

High School - 3-sport Athlete

College - Men's Basketball (captain)

Coach: College - Spring Arbor College Men's Basketball

High School - Boys' Basketball and Girls' Basketball

Administrator:

Commissioner - Wolverine-Hoosier Athletic Conference (WHAC)

Executive Director - National Christian College Athletic Association (NCCAA)

Former Director of Champions of Character - National Association of Intercollegiate Athletics (NAIA)

The Sun Conference Commissioner - NAIA Conference

Recent Accomplishments: Spring Arbor University Young Leader Award (2005)

Coach Mike Krzyzewski Leadership Award, College of the Ozarks (2006)

Win the Tip, Basketball Coaches Network Service to the Profession Award (2007)

Programming Chair, Citizenship Through Sports Alliance (CTSA) (2005-2007)

"Rob Miller brings his life's experiences to each presentation he makes. Through short stories he connects the audience to his sportsmanship message and the power of the coach to influence their student-athletes. His belief and passion for this important message come through loud and clear."

"Rob Miller was the catalyst that ignited the implementation of the Champions of Character program at the United States Military Academy. Rob quickly captured the attention and garnered the respect of West Point's senior leadership with Bruce Brown's concept of Redefining the Term Athlete. His numerous trips to West Point are helping us change the culture of sport at the United States Military Academy."

"Many schools have had the opportunity to have Rob speak to a variety of groups about character, leadership, and teamwork. Whether it was an athletic team, coaches, parents, or student body, Rob's passion in his presentation is powerful and pertinent. I would highly recommend Rob to any school that is looking for someone to motivate a group to reach higher standards or excellence."

I wish we could require every coach in Missouri to attend one of Rob's seminars so they can truly understand the impact they have and how they can make a positive difference in the young people they work with on a daily basis.

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