

# 2018 MITCA Cross Country Clinic Presents the Superstars!

## Emma Coburn



Emma Coburn is the United States Greatest Female Steeplechase Runner of all time. She will be joining us on Friday and Saturday of the clinic!!

Look at these stats!!

- 2011 World Championship Steeplechase Finalist
- 2012 Olympian – 9th place
- 2013 NCAA Indoor Mile Champion
- 2015 World Championship Steeplechase 5th place
- 2016 Olympic Bronze Medalist in the Steeple  
1st American woman to win an Olympic medal in the steeplechase
- 2017 IAAF World Champion Steeplechase !!!  
American Record Holder 3k Steeple  
6x US Steeplechase Champion  
2x NCAA Steeplechase Champion

## Nick Willis



The New Zealand greatest at 1500m. A University of Michigan athlete that will be speaking on Thursday night for us.

An unbelievable career:

- 2008 Silver Medalist in 1500- Olympic Games
- 2012 London Olympics Flag Bearer
- 2016 3<sup>rd</sup> in the 1500m –oldest male to ever Medal

Medaled in 3 consecutive Commonwealth Games – 2006 – 2010 – 2014

Holds New Zealand records for:

1500m 3:29.91

3000m 7:36

Also ran 13:20 for the 5,000m

One of only eight men to have won 2 Olympic medals in the 1500m

One of Twenty Seven men to break 3:30

In addition we have talks on:

**Middle School Training, High School Training, Technology, Injury Prevention, Running Form and Evaluation, Strength for Distance Runners, Summer Training, Middle of the Season Training, and End of Season Peaking!!**

**You do not want to miss this clinic!!!  
Go To MITCA.ORG for registration form**

- Where: Comfort Inn and Suites - Mt. Pleasant, Michigan
- When: November 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> 2018
- Rooms: We fill up the hotel space every year so make that reservation early!  
Call 989 772 4000 and request MITCA Rate which will be \$97.00