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

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 3rd in the 1500m –oldest male to ever Medal

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 8th, 9th and 10th 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