

# Speakers for the 2019 Cross Country Clinic

## Rick Weinheimer



For thirty-ninth years Rick Weinheimer taught English and coached boys' and girls' cross country and track at Columbus North High School before retiring in 2017. In Indiana's one-class cross country system, Rick's teams won six state championships, finished runner up five times, and earned 28 team medals for finishing in the top five. Rick was named Conference Coach of the Year 46 times, State XC Coach of the Year 10 times, and he was a 4-time nominee for National Coach of the Year. Rick was inducted into the Indiana Track and Cross Country Hall of Fame in 2004 and his school corporation's Education Hall of Fame in 2014. Rick's current business is named Every Day Excellence, and he has spoken to audiences in Indiana, California, Illinois, Michigan, Missouri, Nebraska, and Texas, presenting thoughts on seeking excellence in all areas of life, a message of hope, inspiration, and humor. Rick published his book *Move Your Chair, a Guide to Every Day Excellence* in 2015. He and his wife Amy, a special education teacher, have five children and two grandchildren.

## Dr. Erhard Bell



Dr. Erhard Bell is a Family and Sports Medicine Practitioner has proven his methods work!! Assistant Coach Carmel High School---Boys' and Girls' CC (4 years) / Boys' Track (9 years)  
Head Coach Carmel High School---Boys' Cross Country (5 years)  
State Finals -Cross Country 2009---4th Place-- 2010 9th place -- 2011 3rd place --  
2012 State Champs Sectionals -- 4 championships / Conference Champs -- 4 times /  
Track & Field 2009---State Champion 4 x 800 Meter Relay  
Track & Field 2010---State Champion 1600 Meter  
Track & Field 2011---State Runner-up in 1600 and 3200 Meter  
Track & Field 2013---3rd Place 800Meter Run  
Dr. Bell then moved to coach at two other schools with continued success!!

**MITCA COACHES SHARING WITH  
US THIS Year WILL BE**

**Scott Werner – Pewamo Westphalia**

**Nancy Smith – Northville**

**Chris Bolen – Tawas**

**Kevin Behmer on Athletic.net**

**Speed Dating on Thursday Night !!**