



2016 HOKA ONE ONE Endurance Crossroads Clinic

Presenter information

Rick Anderson: Arguably Nor-Cal's top community college coach, the American River College Men's track teams under Anderson have won ten Championships and six Northern California Championships. Anderson's program has produced 101 All-Conference athletes, 64 athletes finish in the Top 3 in the NorCals, including 16 NorCal Individual champions, and 28 All-State athletes, including 6 State champions. His cross country teams have won twelve Conference, ten Northern California Championships, and five State Championships. Coach Anderson was named California Community College Cross Country Coach of the Year in 2004 and 2006, and has been recognized as the Northern California Community College Track & Field Coach of the Year four times.



Matt Fitzgerald: Matt Fitzgerald is an acclaimed endurance sports writer, coach, and nutritionist. His many books include *Racing Weight* and *80/20 Running*. A former editor for *Competitor* and *Triathlete*, Matt contributes to popular magazines and websites including *Women's Running* and competitor.com. He serves as a Training Intelligence Specialist for PEAR Sports and is a member of the Coaches Advisory Board of Lumo Run. Certified by the International Society of Sports Nutrition, Matt is the creator of the Diet Quality Score (DQS) app for smartphones and provides individual nutritional coaching services to athletes through racingweight.com.



Bill Gregg: Coach Gregg has been the Cross Country and Distance Track Coach at Davis High School since 1997. Honored as "Coach of the Year" by the Sacramento Running Association for the 2014 Cross Country season, Bill has transformed his Davis Senior High School teams into a perennial CIF powerhouse as evidenced by his twenty Sac Joaquin Section Cross Country titles and multiple top finishes at the California State Championships. Coach Gregg has two children (Brendan and Kaitlin) who are pursuing professional post-collegiate running careers.



Robert Grove: Robert Grove is the Head Cross Country Coach and Distance Coach for Track and Field at Vista del Lago in Folsom, California. The Vista del Lago Girls teams have been multiple league champions, as well as San Joaquin Division 3 Section Champions in 2010, 2011, 2013, 2014 and 2015. The girls teams have had a number of top 10 team finishes at the California State Meet including a second place overall finish in 2011. The Vista del Lago boys have also experienced recent success with CAL League Championships in 2014 and 2015. In 2015 the boys team won the San Joaquin Division 3 Section Championship and finished 10th place overall at the State Championship. Grove, a 1985 graduate of Mission San Jose High School was coached by the legendary Jack Marden who he credits for his Distance Coaching Foundation. He competed at Cal Poly San Luis Obispo running the 1500 and 5,000. Groves continues to compete at the Masters level for the Asics Aggies Running Club.



Tena Harms: Coach Harms began her coaching career as an assistant coach for Stanford women's cross country team in 1979, before becoming the Head Women's Track & Cross Country Coach at De Anza College in 1980. An assistant coach at Gunn High School from 1980 – 1990, Harms currently serves as assistant track, and co-head cross country coach at El Dorado High School in Placerville. As an athlete, Harms held both the 3000m and the 20 mile American records, was a 2 time National Champion, member of the US national cross country team, and 3 time Collegiate All-American at the University of California, Davis. Harms also won the first SF Marathon, the Oakland Marathon, as well as the Mission Bay Marathon. In total she ran 5 marathons under 3 hours!



Shayla Houlihan: One of the top steeplechasers in the United States, Houlihan is in her fourth season as a member of the California men's and women's cross country and track & field coaching staff and was recently promoted to Head Cross Country Coach. A record-setter in the 3000-meter steeplechase as a collegian at Northern Iowa and Utah, Houlihan continued to race after graduation and ended her professional career after a 22nd-place finish in the steeple at the U.S. Olympic Trials in 2012 (where she competed professionally for Brooks). She owns a PR of 9:51.26 in the event and was ranked seventh in the country by Track & Field News in 2010. Houlihan then worked as an assistant coach for Team Run Flagstaff in Arizona from 2010-12, planning, coordinating and supervising weekly workouts for 170 members.



Louie Quintana: Quintana has just completed his 15th year at Arizona State serving as the Head Cross Country and Distance Coach. During his time at ASU, Quintana has coached 6 Individual NCAA Champions in all the track distance disciplines (800m, 1500m, Steeplechase, 5000m and 10K). In addition, Quintana has coached 26 Conference Champions in Cross Country and Track and has had 12 Men's and Women's Teams Qualify for the NCAA Cross Country Championships with the Women's team twice finishing 4th at the NCAA Championships. His athletes have factored heavily in securing 4 NCAA Track Titles for ASU and several of his former athletes have gone on to have great International Careers – two, Amy Hastings and Desi Davila, have qualified for the USA Olympic Team in Rio in the Marathon. Quintana was the 1990 Foot Locker National Champion while running at Arroyo Grande High School in California and was a 9 Time NCAA All American at Villanova. He is one of only 4 athletes ever at Villanova to earn 3 All America awards in Cross Country.



Peter John L. Thompson: British-born, Peter Thompson has coached over 40 years, from High School to International level and is the innovator of the 'New Interval Training' method of training. He is the European Athletics Coaches Association 'European Endurance Leader' and the International Federation's 'IAAF Global Leader for Running'. Peter coached in the U.S.A. from 1976-1990 including Cathie Twomey, World Best 20 Km and world-ranked 9th at 5000m and Marty Cooksey, World Number 1 ranked road racer in 1986, with World Bests for 20 Km, Half Marathon, 30 Km and twice at 15 Km. In 1990, Thompson returned to Europe to work over a twenty-year period for the IAAF, designing and introducing the global 3-Level (1991) and 5-Level (2009) IAAF Coaches Education and Certification System. Over an eleven-year period from 2000, Peter was Honorary Head Coach to the historic Oxford University Cross Country Club and the endurance coach, 800-10,000, to the Oxford University Athletics Club. He returned to Eugene, Oregon in 2011, where he coaches the *Spirit of Oregon* club.



Learn more about Peter Thompson's New Interval Training at www.newintervaltraining.com

Peter Brewer – Primary Moderator: A recently retired high school English teacher, Brewer is currently coaching cross country and track & field at Northgate High in Novato. Prior to that Coach Brewer spent 25 years at the helm of the teams at Castro Valley High School. He has guided teams to multiple league and section titles while six of his cross country teams have placed in the top-10 at the California State Meet. He has taken individual athletes to the state track championships in all 16 events.

