

2020 VIRTUAL HSU DISTANCE RUNNING CAMP

SPONSORED BY



NATIONALLY RECOGNIZED

Established by legendary HSU Hall of Fame coach **Jim Hunt**, the camp is recognized as one of the country's premier developmental opportunities for youth and high school athletes. Numerous individual and team participants have gone on to earn section titles and state meet podium finishes, including several state champions.

THE VIRTUAL EXPERIENCE

The 2020 Virtual HSU Running Camp is a 5-day intensive workshop addressing all aspects of the sport. 2-a-day Zoom webinars will cover a range of essential topics. Daily **HOKA** emails will include links to informative video content hosted by Olympic silver medalist **Leo Manzano** and **HOKA** Elite Coach **Ben Rosario**. In addition, registered athletes will be invited to join the HSU Running Camp Strava Club in order to participate in daily **HOKA** challenges.

All levels of ability and experience are welcome. The 2020 Virtual HSU Running Camp is open to anyone who wishes to dedicate him or herself to personal improvement. While our content is tailored specifically for high school athletes, coaches are also welcome to attend.

REGISTRATION

This camp is free for all! – Through generous sponsorship from **HOKA**, the 2020 Virtual HSU Running Camp is offered at no cost to participants.

Participants must register via our **REGISTRATION PAGE** by Saturday, July 25:

<https://www.hsudistancecamp.com/index.html>

All registered participants will receive access to daily **HOKA** email content, including exciting video interviews and clinics, and log in detail to all Zoom webinars. In addition, **HOKA** will provide each registered participant with a 2020 HSU Running Camp Tee Shirt!

CAMP DIRECTOR & STAFF

KEVIN SEARLS, HSU Camp Director – Searls has been the HSU Running Camp Director since 2002. A graduate of Humboldt State University and former athlete of HSU Hall of Fame Coach Jim Hunt, Searls is a two-time NCAA All-American cross-country and track and field athlete. He went on to coach 8 years at the High School level and 12 years at the community college level in Northern California.

Searls is also in his 17th year as the President of the Hoka Aggie Running Club. He remains competitive at the Masters level in both cross country and track, including contributing to the USAT&F Masters Cross-country championship team for 3 consecutive years. Searls is a member of the College Park High School Hall of Fame. Searls and his wife, Noreen, are proud parents of their two children, Nolin and Renae.

CHUCK WOOLRIDGE, HSU Camp Moderator – Woolridge is in his 15th year as the head coach of the Campolindo cross country and track & field teams. Prior to his tenure at Campolindo he was the head coach at College Park High School. He has 27 years of coaching experience, has USATF Level 2 certification, and is a member of the NCS cross country and track & field advisory committees. His cross country teams have earned 27 NCS titles and 7 CIF titles. In track & field his teams have won 3 NCS Tri-Valley Championships and he has coached multiple state championship individual podium finishers.

FEATURED SPEAKERS & SPECIAL GUESTS

JAMEY HARRIS, Special Guest – A 2-time NCAA Division I All-American at Fresno State, Harris went on to earn his master's degree in kinesiology at Auburn. The crowning achievement to his professional running career, in 1998 he won the USATF 1500 meter National Championship.

Now, Harris is at the helm of the distance running program at Humboldt State University. Prior to his tenure at HSU, Harris was the head track & field and cross country coach at UC Santa Cruz from 2014-17, leading those programs to their most successful seasons in school history. Harris was the Director of Olympic Development for the Aggie Running Club from 1995-2002.

MARIE DAVIS MARKHAM, Featured Speaker – Davis Markham is an assistant coach at her alma mater, Lincoln High School in Portland, Oregon. She works with the boys and girls, providing guidance in workouts, race strategies and confidence building. She also developed sessions called "Girls Talk" in which girls discuss relevant topics to make them strong in mind and body. She is also a co-founder of Wildwood Running, which focuses on bringing coaches together in a clinic atmosphere to learn about the young female distance runner.

Davis Markham has been a competitive runner since the age of 8. She has won 6 National Jr. Olympic titles, 6 high school state titles, competed in 3 high school National Championships and 2 Jr. World Cross Country Championships. In college she was a 6-time All-American at Oregon and finished her competitive career running for the Nike Farm Team.

PATRICK MCCRYSTLE, Featured Speaker – In 2020 McCrystle will begin his 20th year as head Cross Country coach at Bellarmine College Prep. His teams have won 11 of the last 13 West Catholic Athletic League titles in XC, 7 straight CCS DI XC titles, have finished in the top 9 in DI at the State Championships for 9 straight years. Next year will be his 11th season as head Track and Field coach, during which time Bellarmine has won 69 straight League dual meets, 10 straight League titles, and finished on the podium at CCS every year.

CARIN MARRS, Featured Speaker – Marrs is in her 8th year as head coach of the San Francisco University cross country and track and field teams. Her cross country teams have qualified for the state meet each year and have finished on the podium three times, including the boys' first-ever state title in 2017. Prior to University, she was the head coach at nationally ranked Western Albemarle (VA) from 2002-2005 where her girls won 3 Virginia state titles in cross country.

JASON OSWALT, Featured Speaker – Oswalt has been coaching at Amador Valley High School since 2006. He has been the head cross country coach since 2011 and the head track coach since 2015. He has his USATF Level 2 Certification in Youth Development and is USTFCCCA Certified in endurance events. In 2015, Oswalt was named the California Rookie Head Coach of the Year by the California Coaches Association.

Several of Oswald's athletes have gone on to qualify for the state meet with many earning NCS championships and state meet podium finishes. Most recently, Oswald coached John Lester to marks of 1:48 for 800 meters and 4:06 for 1600 meters during the Covid-modified 2020 spring season. He is also an internet sensation for his Covid-Quarantine Olympics Youtube series.

JOHN PELSTER, Featured Speaker – Pelster was a mediocre HS distance runner and high jumper. He joined the cycling team at UCSB and won a national championship in the team time trial. He has coached Cross Country and Track for 29 years at De La Salle High School. During his tenure, De La Salle has won 16 NCS team championships, 8 individual NCS titles, 2 CIF state championships and several top-10 CIF state meet team performances. In addition, he has coached three athletes to the Foot Locker National Championship.

EDEN SUSSENGUTH, Featured Speaker – Sussenguth is a Certified Nutritionist and a recent graduate from Saint Mary's College of California with a Master's degree in Kinesiology, specializing in sports nutrition. She has experience working at the Athletic Department at Cal Poly San Luis Obispo & Saint Mary's College. She provides nutrition consultation to collegiate and professional athletes looking to enhance performance.

ROBERT GROVE, Featured Speaker – 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, 2015, 2017, 2018 & 2019. The girls' teams have had a number of top 10 team finishes at the California State Meet including second place in 2011 and 2017. In 2018 his girls' squad won its 1st State Championship.

In 2015 the boys team won the San Joaquin Division 3 Section Championship and finished 10th place overall at the State Championship. A 1985 graduate of Mission San Jose High School, Grove was coached by the legendary Jack Marden. Grove competed at Cal Poly San Luis Obispo running the 1500 and 5,000. Groves continues to compete at the Masters level for the Hoka Aggies Running Club.

LEO'S LEARNINGS INTERVIEW GUESTS

ASHLEY BRASOVAN – **HOKA** Trail Runner; Footlocker National XC Champion (2007); Footlocker National XC Runner-Up (2008); USATF Half-Marathon Trail Champion (2017); USATF 30k Trail Champion (2018).

LEO DAASCHBACH – 11th boy in American high school history to break 4 minutes in the mile (2020).

TAYLER EWERT – 2020 Gatorade Track & Field Athlete of the Year.

KYLE MERBER – **HOKA** NJNY Track Club; American Collegiate 1500 meter record holder (3:35.59); DMR World Record and World Relays Champion (2015).

ALIPHINE TULIAMUK – US Olympic Marathon Trials Champion (2020); 10 time USATF Road Champion from 5k to 25k.

ALAN WEBB – Mile American Record Holder (3:46.91); Mile National High School Record Holder (3:53.43); 3-time 1500 meter USA Champion (2004, 2005, 2007).



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SCHEDULE: July 27 through July 31

Monday, July 27:

• HOKA Email

- Leo's Learnings: **Kyle Merber**
- Ben Rosario** Clinic: Mileage and Recovery
- HOKA Challenge: Pushup Challenge

• HSU Zoom – 10:00am-11:00am

- Welcome & Preview: **Kevin Searls**
- Virtual Clam Beach: **Jamey Harris**

• HSU Zoom – 7:00pm-8:30pm

- Strava Club Review
- Daily Challenge Winners
- Together We Rise: **Chuck Woolridge**
- Running Beyond High School: **Jamey Harris**
- Preview Tuesday: **Kevin Searls**

Tuesday, July 28:

• HOKA Email Content

- Leo's Learnings: **Ashley Brasovan**
- Ben Rosario** Clinic: Mentality, Mental Health
- HOKA Challenge: Plank Challenge

• HSU Zoom – 10:00am-11:00am

- Virtual Patrick's Point: **Jamey Harris**
- Training/Racing Mentality: **John Pelster**

• HOKA Zoom – 3:00pm-4:30pm*

- Strava Club Review
- Daily Challenge Winners
- HOKA Elite Panel Discussion: **Leo Manzano**
- Preview Wednesday: **Kevin Searls**

Wednesday, July 29:

• HOKA Email Content

- Leo's Learnings: **Alan Webb**
- Ben Rosario** Clinic: Supplementary Work
- HOKA Challenge: Crunch Challenge

• HSU Zoom – 10:00am-11:00am

- Virtual Arcata/Bird Estuary: **Jamey Harris**
- Training John Lester: **Jason Oswalt**

• HSU Zoom – 7:00pm-8:30pm

- Strava Club Review
- Daily Challenge Winners
- Split Sessions by Gender:
 - Girls: **Marie Markham**
 - Boys: **Patrick McCrystle**
- Preview Thursday: **Kevin Searls**

Thursday, July 30:

• HOKA Email Content

- Leo's Learnings: **Taylor Ewert**
- Ben Rosario** Clinic: Transitions
- HOKA Challenge: Burpee Challenge

• HSU Zoom – 10:00am-11:00am

- Virtual Tall Trees: **Jamey Harris**
- Training during Covid-19: **Carin Marrs**

• HOKA Zoom – 3:00pm-4:30pm*

- Strava Club Review
- Daily Challenge Winners
- HOKA Elite Panel Discussion: **Leo Manzano**
- Preview Friday: **Kevin Searls**

Friday, July 31:

• HOKA Email Content

- Leo's Learnings: **Leo Daschbach**
- Ben Rosario** Clinic: Race-day Prep
- HOKA Challenge: Wheelbarrow Race

• HSU Zoom – 10:00am-11:00am

- Virtual Donut Relay: **Jamey Harris**
- RED-S/Nutrition: **Eden Sussenguth**

• HSU Zoom – 7:00pm-8:30pm

- Strava Club Review
- Daily Challenge Winners
- Leadership/Team Culture: **Robert Grove**
- Wrap up/Thank you: **Kevin Searls**

**Please note the afternoon time for the HOKA Elite Athlete Panels hosted by Leo Manzano. These Tuesday and Thursday sessions will begin at 3:00pm PST.*

