17th Annual Indian Running Coaches Clinic
Institute of American Indian Arts
Center for Lifelong Education (CLE)
June 4th-6th, 2015

Thursday, June 4th
5:30-6:00PM- Opening Comments/Introductions/Prayer
6:00-6:45PM- *Dinner is served (BBQ)
6:45-7:30PM- Gil Vigil- Executive Director, Eight Northern Indian Pueblos Council, Inc.
   “Tesuque runners and the foundations of Santa Fe”

Friday, June 5th
6:30AM- Meet for group run (IAIA Dance Circle)

8:30-9:30AM- **Breakfast available at IAIA cafeteria
9:45-10:20AM- Dustin Martin- Program Director, Wings of America
   “Why are we here? Wings programs and you”
10:30-11:40AM- Roxanne Swentzell- Artist; Wings Board Member;
   Founder, The Flowering Tree Institute
   Tiffany Calabaza- Office Manger, Wings of America
   “Rethinking Diet: Eating clean for health and wellness”
11:45-12:10PM- Group Stretch (IAIA Dance Circle)
12:15-1:00PM- Curtis Beach- Decathlete; New Mexico Track & Field luminary
   “Training for the world stage”
1:00-1:45PM- *LUNCH
2:00-3:10PM- John Stokes- Founder, The Tracking Project;
   “Indigenous tracking techniques and traditional fitness”
3:20-4:30PM- Lorenzo Jim- Practitioner of Diné medicine;
   Behavioral Health Professional
   “Reconciling differences between ‘culture based’ and ‘evidence based’
concepts of health and wellness”

4:30-5:30PM- RECESS (Afternoon Exercise Break)

5:30-7:00PM- Facilitator workshops (Clinic attendees are welcome to attend)

7:00-8:00PM- **Dinner available at IAIA cafeteria

PLEASE NOTE: *meal included with tuition **optional meal (additional $)

Please Contact the Wings office at (505) 982-6761 with questions
Registration Information Available at www.wingofamerica.org/coaches-clinic/
Saturday, June 6th

6:30AM- Meet for group run (IAIA Dance Circle)
   Morning prayer and introduction by Lorenzo Jim

8:30-9:30AM- **Breakfast available at IAIA cafeteria

9:45-10:00AM- Opening Comments by Dustin Martin
10:00-11:15AM- Jason Karp, PhD- Owner/Founder, Run-Fit.com;
   Exercise Physiologist & Author;
   2013 World Maccabiah Games silver medal winner
   “A lifetime of passion for running better”
11:15-12:30PM- Scott Simmons- Coach, The American Distance Project
   “Crucial running workouts for elite-level readiness”

12:30-1:15PM- LUNCH

1:30-2:30PM- Pat Tyson- Coach, Gonzaga University
   “A lifetime of running and coaching”

2:40-3:20PM- Abdominal & hip strengthening for runners workshop

3:30-4:30PM- Special guest speaker to be announced...

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