



WINGS OF AMERICA

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.wingsofamerica.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- **Ryan Bolton**- Coach, The Harambee Project;
“Coaching international athletes for the world stage in New Mexico”
>>With possible guest appearance by Harambee Project athlete and
female winner of the 2015 Boston Marathon, Caroline Rotich<<

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