



Dr. Jack Daniels' VDOT Coaching Clinic

Saturday May 14th, 2016

Fortius Sport & Health, 3713 Kensington Ave, Burnaby, BC

**Beneficial for Coaches working with Athletes of all ages and abilities.
Professional Development Credits available.**

Your Host – Dr. Jack Daniels

Dr. Jack Daniels is a world-renowned exercise scientist. Named “The World’s Best Running Coach” by Runner’s World, he led Cortland University runners to eight NCAA Division III National Championships, 31 individual national titles, and more than 130 All-America awards. Dr. Daniels has coached seven athletes to the U.S. Olympic team and advised dozens of Olympians and medalists. He is world-famous for writing Daniels’ Running Formula, a 1998 book outlining his unique training philosophies.

Guest Speaker – Malindi Elmore

Malindi Elmore represented Canada at the 2004 Summer Olympics in Athens, Greece in the 1500m. She is a 6-time National Champion and 15-time National Medalist. She is also the Stanford University record-holder in the 800m and 1500m. She has her NCCP at the Competition level (level 3) and has completed the Sport & Club Coach (levels 1 & 2).

Schedule: Saturday, May 14th, 2016

- 8:30am** – Check in
- 9:00am** – Welcome address
- 9:15am** – Dr. Jack Daniels, Training For Endurance Performance, I
- 11:30am** – Managing Your Athletes’ Training
- 12:00pm** – Lunch
- 1:15pm** – Guest Speaker, Malindi Elmore
- 3:00pm** – Break
- 3:15pm** – Dr. Jack Daniels, Training For Endurance Performance, II
- 5:30pm** – Networking/Social

Registration Fees:

\$199 USD without book. (already have a copy? Bring it and get it signed!)

\$225 USD with signed copy of 3rd Edition of Daniels’ Running Formula

BC Athletics members receive 15% off the registration fee. [Logon to the BC Athletics site](#) for the Discount Code.

Also Includes:

- VDOT Clinic T-shirt
- Signed copy of Daniels’ Running Formula
- Welcome packet handouts
- One month free trial of VDOT Coach app
- Access to the VDOT O2 Certification exam

Register Online:

Register Online at <http://runsmartproject.com/coaching/dr-jack-daniels-vdot-coaching-clinic/>

Accommodation:

Need accommodation? Rooms available on site at [Fortius Sport & Health](#), \$90 / night.

Contact Lindsay Zygarliski, 604-292-2543, Lindsay.Zygarliski@fortiusport.com and reference Run Smart Project.