## Nebraska High School Cross Country Clinic

# Distance Running in the USA

Jack Hazen 2012 Men's Olympic Distance Coach

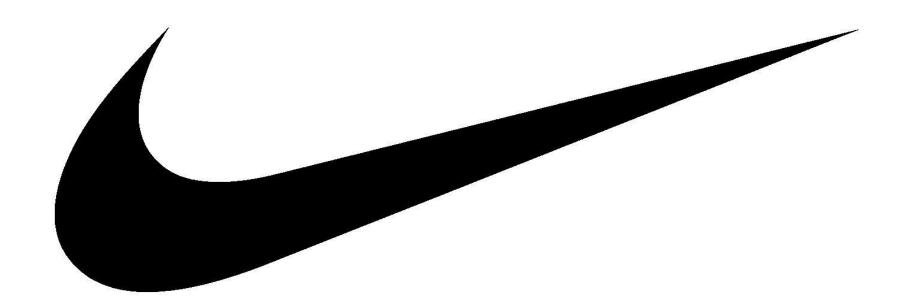
### Create an Environment for Runners

- ♦ I did it.
- Joe Newton did it.
- ♦ Joe Vigil did it.
- Dan Green did it.
- Bill Bowerman did it.
- ♦ Toshiko Seko did it.

### Toshiko Seko

- Top Marathoner in the '80s
- Won Boston twice
- Ran 7 days a week averaging a marathon a day
- ♦ Has logged 55 miles in one day
- Vigil's Japanese clinic
- ♦ Golfing, Rodeo Drive, Downtown Tokyo Park
- ♦ 1.5 mile loop, 1 million people transverse daily

## So Just Do It



## Running in America

We have roughly 300 million people in the US

We have 38 Americans run under 2:20 for the entire year of

2009

• We were thrilled with that result





#### High School 3200 Meter Trends

2012	2011	2010	2009	2008	2007
8:47.75	8:48.63	8:41.02	8:46.72	8:31.42	8:41.49
8:48.25	8:49.59	8:46.08	8:50.88	8:44.00	8:49.68
8:49.12	8:50.03	8:48.38	8:51.00	8:44.01	8:51.89
8:51.23	8:50.67	8:49.76	8:52.08	8:47.88	8:52.06
8:52.02	8:50.80	8:52.75	8:52.97	8:48.22	8:53.47
8:53.45	8:51.36	8:53.02	8:53.54	8:48.90	8:56.06
8:54.12	8:51.59	8:53.09	8:53.78	8:53.24	8:56.24
8:54.51	8:51.96	8:54.30	8:54.70	8:54.68	8:58.28
8:54.65	8:52.91	8:55.40	8:55.06	8:54.80	8:58.68
8:55.04	8:53.21	8:55.42	8:55.16	8:56.09	8:59.79
8:55.22	8:53.65	8:55.46	8:55.25	8:56.37	8:59.85
8:55.24	8:54.44	8:55.73	8:55.39	8:57.76	9:00.50
8:55.28	8:55.13	8:55.75	8:55.71	8:58.18	9:01.77
8:55.51	8:55.43	8:56.04	8:55.95	8:58.50	9:02.65
8:55.61	8:55.53	8:56.37	8:56.44	8:58.69	9:02.75
8:55.86	8:56.02	8:56.42	8:56.56	8:59.12	9:03.09
8:56.25	8:56.12	8:56.46	8:57.40	8:59.33	9:03.29
8:56.49	8:56.28	8:56.80	8:57.60	8:59.76	9:03.33
8:56.84	8:56.73	8:57.19	8:58.71	8:59.81	9:03.68
8:57.09	8:57.42	8:57.77	8:59.32	8:59.89	9:03.99
2006	2005	2004	2003	2002	
2006	2005	2004	2003		2001
8:43.32	8:48.13	8:39.37	8:43.24	8:51.51	
8:43.32 8:44.29	8:48.13 8:49.19	8:39.37 8:41.44	8:43.24 8:45.60	8:51.51 8:52.48	8:41.39
8:43.32 8:44.29 8:47.42	8:48.13 8:49.19 8:50.94	8:39.37 8:41.44 8:44.41	8:43.24 8:45.60 8:48.04	8:51.51 8:52.48 8:55.84	8:41.39 8:42.15
8:43.32 8:44.29 8:47.42 8:47.80	8:48.13 8:49.19 8:50.94 8:53.06	8:39.37 8:41.44 8:44.41 8:45.25	8:43.24 8:45.60 8:48.04 8:48.39	8:51.51 8:52.48 8:55.84 8:57.96	8:41.39 8:42.15 8:55.17
8:43.32 8:44.29 8:47.42 8:47.80 8:49.76	8:48.13 8:49.19 8:50.94 8:53.06 8:55.08	8:39.37 8:41.44 8:44.41 8:45.25 8:46.87	8:43.24 8:45.60 8:48.04 8:48.39 8:50.16	8:51.51 8:52.48 8:55.84 8:57.96 8:58.04	8:41.39 8:42.15 8:55.17 8:55.36
8:43.32 8:44.29 8:47.42 8:47.80 8:49.76 8:50.85	8:48.13 8:49.19 8:50.94 8:53.06 8:55.08 8:56.23	8:39.37 8:41.44 8:44.41 8:45.25 8:46.87 8:47.82	8:43.24 8:45.60 8:48.04 8:48.39 8:50.16 8:50.81	8:51.51 8:52.48 8:55.84 8:57.96 8:58.04 8:58.20	8:41.39 8:42.15 8:55.17 8:55.36 8:55.5
8:43.32 8:44.29 8:47.42 8:47.80 8:49.76 8:50.85 8:53.59	8:48.13 8:49.19 8:50.94 8:53.06 8:55.08 8:56.23 8:57.98	8:39.37 8:41.44 8:44.41 8:45.25 8:46.87 8:47.82 8:49.05	8:43.24 8:45.60 8:48.04 8:48.39 8:50.16 8:50.81 8:52.75	8:51.51 8:52.48 8:55.84 8:57.96 8:58.04 8:58.20 8:58.30	8:41.39 8:42.15 8:55.17 8:55.36 8:55.5 8:55.83
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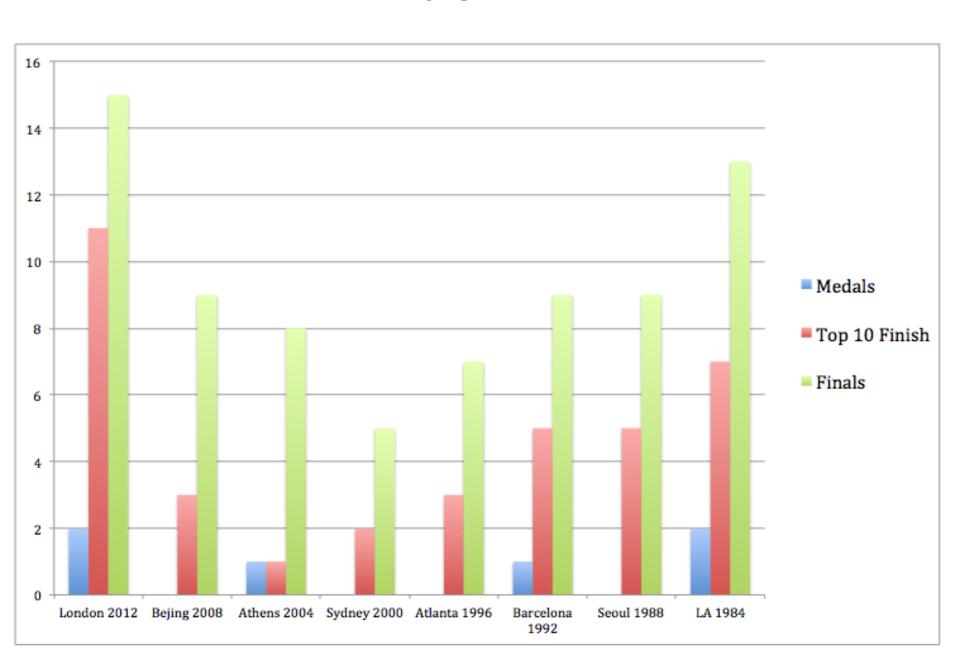
## Men's US Distance and Middle Distance Team Unprecedented Success 2012 Olympic Games

- 19 Athletes
- 20 Positions (Galen doubled)
- 10 Top 10 finishers
- 17 of 20 were in the finals

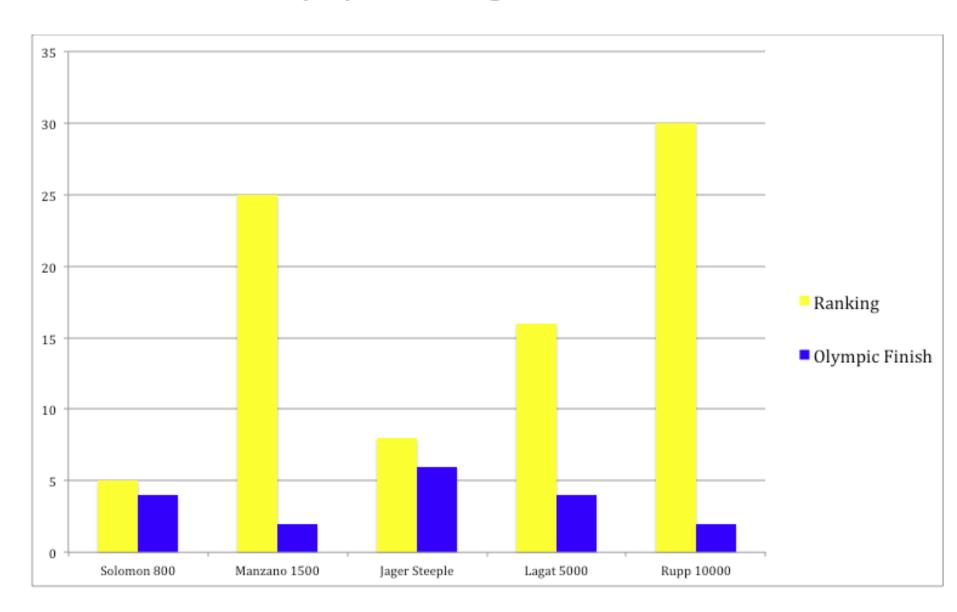
### **Placing**

- 2 medals
- 4 4th place finishers
- 1 5th
- 1 6th
- 1 7th
- 1 8th

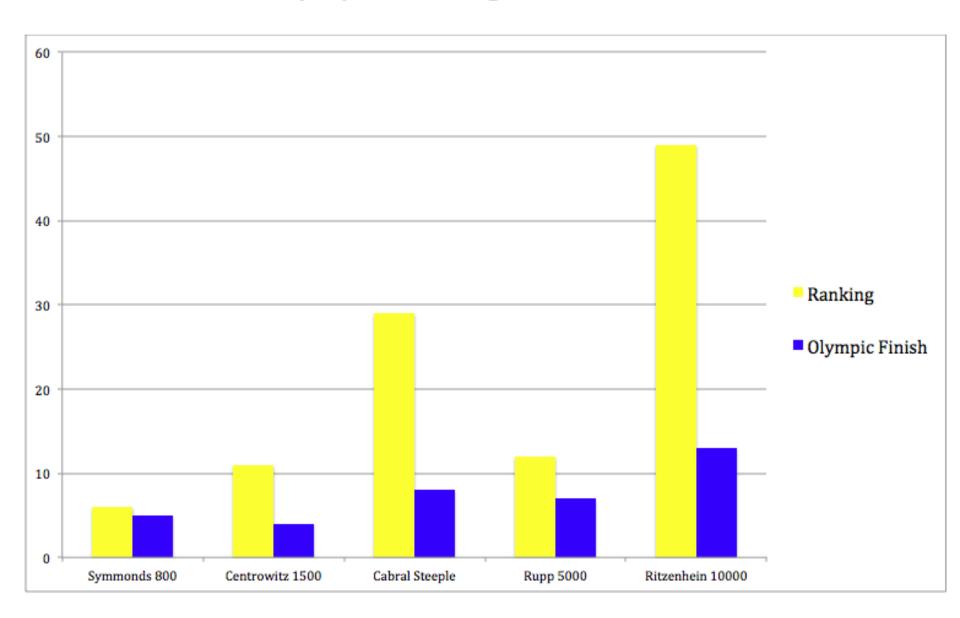
### Trends in US Olympic Distance Events



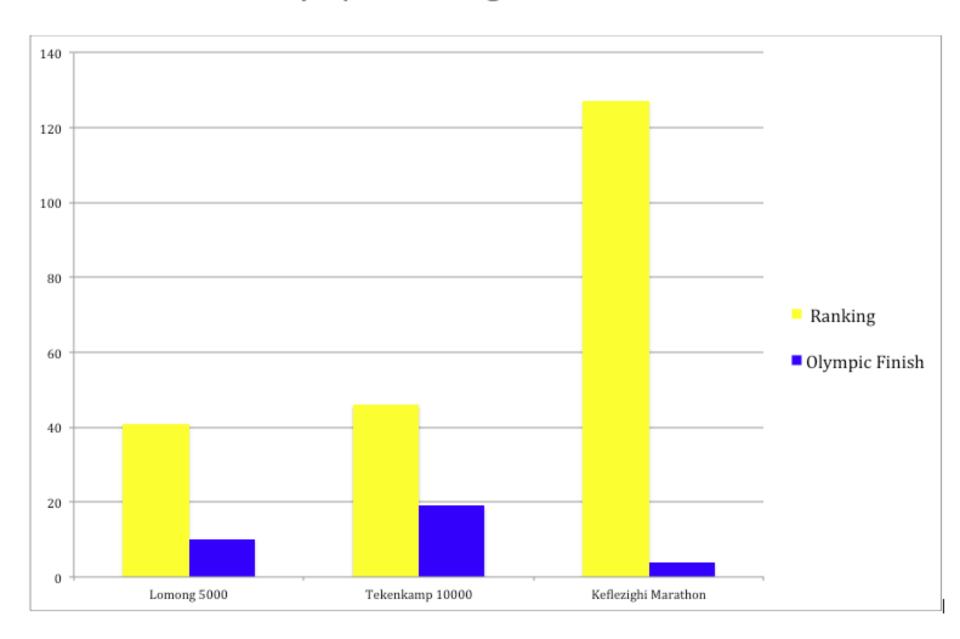
### 2012 Olympic Ranking vs. Actual Finish



### 2012 Olympic Ranking vs. Actual Finish



### 2012 Olympic Ranking vs. Actual Finish



# Coaching Education: The Answer

