



2018 Lincoln Trail Area – Cross Country Runner’s Clinic

Sponsored by Meade County / Central Hardin Cross-Country

When: Friday July 13th

Where: Central Hardin High School

Cost: Free – Come learn!! Please let us know how many will be attending from what schools.

Please e-mail: tim.pennington@hardin.kyschools.us

Schedule:

- 7:45 a.m. – Arrive at CHHS Track
- 7:50 a.m. – Warm-up/dynamics / Training run. Encourage you to pair up with someone you don’t know from another school or schools
- 9:00 a.m. – Meet on CHHS Track Stands – We will divide everyone in groups for the presentations and give general instructions
- 9:15 a.m. – 10:45 –Running Soles (Track) / Ntouch (CHHS Cafeteria)
- 11:00 – 12:30 – Running Soles (Track) / Ntouch (CHHS Cafeteria)
- 12:30 – 1:50 p.m. – Lunch (CHHS Summer Lunch Program/Taco Bell/Burger King/McDonald’s) Due to Safety please do not go to Subway. We want everyone safe and all these things are within walking distance of CHHS.
- 2 – 3:30 p.m. – Nutrition with Lisa Murphy – Everyone in Cafeteria
- 3:45 p.m. - Wrap-up and dismissal

See Speaker’s Below

Featuring:

**Lisa Murphy,
RD LD**



Lisa is a registered and licensed dietitian. She received her Bachelors of Science in nutrition dietetics at Eastern Kentucky University and completed her Approved Pre-Professional Practice Program from Spalding University.

Lisa has been a runner since high school and has completed two marathons and countless half marathons. Her love of running inspired her choose nutrition as her career path as she wants to for help others learn live a healthier lifestyle through better nutrition. She has taught numerous weight management and nutrition classes for the community and industry and served as a nutrition instructor at Elizabethtown Community College, worked as a wellness coordinator and dietitian for over 20 years at Hardin Memorial Hospital. Lisa's passion for nutrition and healthy eating motivated her to start her meal service business to make it easier and more enjoyable for people to eat healthy by providing ready to eat healthy meals and homemade energy bars to her clients. Today, Lisa uses her skills in nutrition counseling and motivational interviewing working with Anthem Blue Cross and Blue Shield doing telephonic nutrition counseling.



Elizabethtown, KY

Discussion with Will Rivera on shoes / shoe technology along with Hoka One One providing shoe demos!!



Laura Boozer of Ntouch will be educating on self-massage techniques such as foam rolling as well as other helpful tips to help keep healthy thru out a season