



WISCO RUNNING SUMMIT 19

The Wisconsin Lutheran HS cross country program invites all distance runners (7-12th grade) to be a part of the 1st annual Wisco Running Summit. This 1 night special 3 hour event is 10 days before the start of the 2019 WIAA XC season. The goal of this event is to build enthusiasm for the cross country season while learning more about the sport. We have created an exciting night that features some outstanding runners/coaches and active presentations.

Directors: Coaches Eric Lueck, Blair Schaper, and Micah Hernandez

Date: Wednesday, August 7

Time: 5:45-9:00pm

Cost: \$20 / \$25 late

Location: Wisconsin Lutheran HS 330 N. Glenview Ave Milwaukee, WI 53213

Presenters:

Andy & Drew Bosley: Andy Bosley is the Head Boy's Cross Country coach at Homestead High School and has guided his son, Drew, to become one of the most decorated high school distance runners in Wisconsin history. Over the past 4 years, Drew won 3 consecutive WIAA Division 1 State XC titles while qualifying for multiple Footlocker and Nike XC National Championships. In addition to being an All-American in XC, Drew has been the most dominant distance runner in Wisconsin track & field. He won the State 1600/3200 double in 2018 & 2019. He will be running collegiately at Northern Arizona University. They will be talking about Drew's path to national success.

Bethany Brewster & Kyler Lueck: Bethany Brewster is the Head XC/Track coach at Edgewood College in Madison and is also a licensed mental health professional. She has a unique passion for athlete mental health and maintains a website, called Beyond the Outcome, a searchable collection of articles about current topics in athlete mental health. Kyler is a former All-State runner from Wisconsin Lutheran HS who led his team to 3 WIAA Division 2 State XC Titles. He is currently at UW-Eau Claire and is one of the best DIII middle distance runners in the country. He won the 2019 NCAA indoor and outdoor national titles in the 800 meters. Kyler battles OCD & anxiety/depression and their presentation will focus on mental health and the competitive athlete.

Performance Running Outfitters: In the last decade, PRO has become the leading running store in the greater Milwaukee area. Trae and Jessica Hoepner are the owners and they have combined a passion for the sport with a great connection to the running community. There are currently 4 PRO locations with an excellent staff that provides knowledgeable customer service. They will be leading an active presentation at the WLHS Track Complex which will include the Good Form Running program and a lesson on proper Foam Rolling. PRO will help sponsor the Wisco Running Summit and provide many raffle items for our event.

Registration: online at <https://sites.google.com/a/wlhs.org/wiscox/>

- Must be done by Sunday, August 4 / late fee thereafter
- Online registered athletes only will be eligible for PRO raffle prize

