



**SAFETY AND HEALTH FOUNDATION, INC.  
and D.C. SPEED TRACK CLUB  
proudly present**



**OLYMPIC COACH BARRY ROSS on his first-ever visit to the DC area  
Thursday- Sunday, August 18-22, 2011**

- Author of *Underground Secrets for Faster Running* and *The Holy Grail in Speed Training*
- Strength coach of 2004 Olympic 200-meter silver medalist Allyson Felix
- Coach of many other youth, high school, senior, and world-class competitors:
  - Senior women's indoor sprint champion and outdoor runner up
  - World junior 100m champion and multiple runner up
  - World junior gold medal/world record 400m relay member 2006
  - Multi-year high school national and state champion
  - Multiple national and state record holder
  - 3 top 3 national track and field athletes
  - 5 all-time top 10 California marks from 3 track athletes
  - 10 California state meet medalists
- Quoted extensively in the best-seller *The Four-Hour Body* by Timothy Ferriss
- Read about Coach Barry Ross at [www.bearpowered.com](http://www.bearpowered.com)
- Register on-line at [www.safetyandhealthfoundation.org](http://www.safetyandhealthfoundation.org)

Sponsored by USATF Masters East Region

**EVENTS:**

**Thursday, August 18, 6:00 PM-8:00 PM • FREE**  
Book signing *Underground Secrets for Faster Running* and runners' clinic  
at **Pacers Running Store**, 3100 Clarendon Boulevard, Arlington VA

**Friday, August 19, 9:30 AM-11:00 AM • FREE**  
Coaches' Coffee – Open to all track & field coaches in the D.C. area or beyond  
at **Cosi Restaurant**, 1701 North Lynn Street, Arlington VA

**Friday, August 19, 1:00 PM-5:00 PM • FREE**  
Book signing *Underground Secrets for Faster Running*  
at **Gold's Gym of Ballston**, 3910 Wilson Boulevard, Arlington VA

**Two three-hour "long courses"** (seating for 100 participants)  
**Friday, August 19, 6:00 PM-9:00 PM: Introduction** to Secrets for Faster Running  
**Saturday, August 20, 9:00 AM-12 noon: Applying** Secrets for Faster Running  
at **Walter Reed Community Center, 2909 16th Street South, Arlington VA**

**Four one-hour "short courses"** (seating for 25 participants):

- **A. Saturday, August 20: 12:15 PM-1:15 PM: Coaching Young** Athletes (\$10 adults, \$5 students)
- **B. Saturday, August 20: 1:30 PM-2:30 PM: Coaching High School** Athletes (\$10 adults, \$5 students)
- **C. Saturday, August 20: 2:45 PM-3:45 PM: Coaching Adult** Athletes (\$10 adults, \$5 students)
- **D. Saturday, August 20: 4:00 PM-5:00 PM: Coaching Senior (55+)** Athletes (\$10 adults, \$5 students)

at **Walter Reed Community Center, 2909 16th Street South, Arlington VA**

**"Season Ticket"** to all 6 sessions at Walter Reed Community Center (\$40 adults, \$30 students)

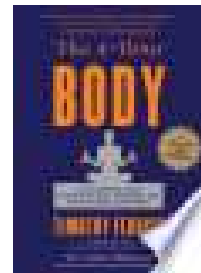
**Sunday, August 21, 8:30 AM-9:30 AM, at Falls Church High School: Potomac Valley Track Club** all-comers track & field meet

**Sunday, August 21, 11:30 AM-3:30 PM, at Howard Community College: Maryland Senior Olympics** track & field meet

For more information, contact Jay Jacob Wind (703-927-4833, [racedirector@att.net](mailto:racedirector@att.net)) or Coach Robert Selby (808-633-2393)



Coach Barry Ross



**Underground  
Secrets  
to  
Faster Running**  
**Coach Barry  
Ross**

(\$15 adults, \$10 students)  
(\$15 adults, \$10 students)

Make checks payable to **SHF**, c/o Jay Jacob Wind, 611 South Ivy Street, Arlington VA 22204

Name (please print) \_\_\_\_\_ Phone \_\_\_\_\_ Grade \_\_\_\_\_  
Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
E-mail \_\_\_\_\_ Birthday (mm/dd/yyyy) \_\_\_\_-\_\_\_\_-\_\_\_\_

Enclosed is my ticket fee for **Friday 6 PM**  **Saturday 9 AM**  **Saturday PM A**  **B**  **C**  **D**   
Enclosed is \$ \_\_\_\_\_ total ticket fee or \$ \_\_\_\_\_ for a "Season Ticket" payable to **SHF**  
Enclosed is \$ \_\_\_\_\_ additional tax-deductible donation to **SHF** (we list all donors in the printed program)  
Enclosed is \$ \_\_\_\_\_ additional tax-deductible donation to **DC SPEED**