



USSA Cross Country Coaches' Symposium

September 27-29, 2013
USSA Center of Excellence
Park City, UT

Keynote Speakers

Guri K. Hetland

Alberto Salazar

Jack Roach

Guri K. Hetland

Guri K. Hetland is a former member of the Norwegian National Team that turned to business, race organization, and coaching after the 2000 season. Guri has been a personal manager for Marit Bjørgen, the creator of the highly successful Team Trøndelag regional cross-country team in Norway, and the manager of the Engadin Skimarathon Team in Switzerland. As a race organizer, Guri was the Chief of the Organizing Committee for the 2008 Trondheim Ski Jumping World Cup and the Chief of Competition for the 2009 Trondheim Cross Country World Cup. During the 2009-2010 race season, Guri worked as a Technical Delegate at 8 World Cups. She has a degree in business and marketing from the University of Trondheim and a degree in sport management from the Trondheim Økonomiske Høgskole. Guri also has earned the highest degree in ski coaching in Norway from Olympiatoppen and the University in Trondheim. In 2010 she began working with the Swiss National Team. Since 2011, Guri has been the Head Coach and the Men's Distance Coach for Switzerland.

Alberto Salazar

Alberto Salazar was the best American marathoner of the early- to mid-80s. After a top-flight career as a distance runner at the University of Oregon, winning 1978 NCAA cross-country



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race, Salazar made his marathon debut with a victory at the 1980 New York Marathon. He won the race again in 1981 and 1982, for a total of 3 consecutive victories. Salazar also won the 1982 Boston Marathon in a dramatic duel with Dick Beardsley, called the "Duel in the Sun". On the track he was TAC 10K champion in 1981 and 1983, and on the roads, he won numerous races short of the marathon distance. His athletic career has only been superseded by his coaching career. Currently employed by Nike, Salazar has stayed connected with the sport as coach of the Nike Oregon Project. Aimed at producing Olympic-caliber athletes, project members who have trained under Salazar's tutelage include Alan Webb, Mo Farah, Galen Rupp, Adam Goucher, Kara Goucher, Dan Browne, Amy Yoder Begley, and Dathan Ritzenhein. His connection to Oregon and Oregon Sports gave him the distinction of being inducted into the Oregon Sports Hall of Fame in 1997. In August 2012 at the London Summer Olympics, two of Salazar's Olympic-caliber athletes, Mo Farah and Galen Rupp, finished 1st and 2nd respectively in the 10,000m; Mo Farah also went to win gold in the 5,000m becoming the first British double Olympian in long distance.

Jack Roach

USA Swimming National Team
National Junior Team Director

Jack Roach is a long-time swimming coach and advocate of extreme sports such as surfing, ultra distance running and open water swimming. Originally from North Carolina, Coach Jack grew up in and around water and became a natural athlete, sailor and coach. He served time in Vietnam which helped to shape his world view and his value of a hands-on approach to interpersonal communication. Roach has spent the majority of his life mastering the nuances of the art of coaching, educating himself in such necessary disciplines as leadership skills, seasonal plan and energy system design, nutrition, physiology, biomechanical technique and recovery modalities. Currently, Coach Jack serves as the National Junior Team Director at USA Swimming where his leadership has brought stability and direction to hundreds of athletes who have matured to become the World's best in the pool. Jack is best known for his vast number of deep, personal relationships and his genuine passion and interest in others' lives. He is happily married to Meredith Vinger-Roach and currently resides in Colorado Springs.



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