

Speakers

Greg McMillan MS - Amby Burfort, Runners World: "Greg McMillan is one of the best and smartest distance running coaches in America" Greg has a Masters Degree in Exercise Physiology where his research focused on the determining factors of distance running performance. A student of the sport since he began running in high school, he continues to apply advances in sports science to his training programs. His mentors include the late, great Arthur Lydiard (who he toured with on Lydiard's last US tour), Olympic Coach Dr. Joe Vigil, world-famous Italian coach Gabrielle Rosa, the Lydiard Foundation's Nobby Hashizume, Peak Running Performance founder Guy Avery and USA Track & Field physiologist Dr. David Martin. Throughout his coaching career, Greg has been successful at helping a wide range of athletes. Coaching Accomplishments: **A complete outline is on the OAT&CCC Cross Country web page.**

Biography: Anjanette Arabian Whitman (as of July 2018)

Anjanette Whitman is the head cross country and track & field coach at Lutheran West High School which is in Rocky River, Ohio just west of Cleveland, Ohio. Anjanette has been coaching for a 20 years. She has her USATF Level 2 certification in the areas of endurance, sprints, relays, hurdles and jumps.

In the past 5 years of leading the Lutheran West Cross Country and Track & Field Program, Anjanette and the Lutheran West coaching staff have coached 18 new school event records 49 different times, 7 new conference records, the ladies' team champions in the Patriot Athletic Conference for both Cross Country and Track & Field, 2 Cross Country Regional Meet team qualifiers, 2 Cross Country State Meet individual qualifiers, 8 event showings at the Division II/III Indoor State Meet and 16 event showings at the Division II & III Outdoor State Meet.

Additionally, Anjanette has led cross country teams to the Ohio High School State meet every season from 2004 to 2011 and outside of those years coached individual State qualifiers in 2002, 2003, 2014, 2015 and 2017. The 2009 team set a new State Meet record low score for all divisions and both genders in Ohio of only 28 points. That team also competed at the Nike Cross National Championships in Portland, Oregon in 2008 & 2009, finishing 5th in 2009. Overall, she has coached 4 State Champion Teams and 2 State Runner-Up Teams. A total of 36 of her athletes she have competed at the collegiate level.

Anjanette graduated from Rocky River High School in 1991 where she was the Division II 1600m State Champion her senior year. She went on to graduate from the University of Virginia with a B.A. in American Government. She competed with her team at the 1993 NCAA Cross Country Championship Meet and was All-ACC in the 3,000m in track. After graduating from UVA, she continued her running career and then coupled it with coaching first while she was in law school at Cleveland Marshall College of Law, then as a private attorney, a judge at the Cuyahoga County Juvenile Court, as a trial magistrate and staff attorney at the Cuyahoga County Domestic Relations Court and, currently, as the manager of the Help Center at the Cuyahoga County Domestic Relations Court. Her PRs include 4:55 for 1600m indoor track, 17:07 for 5000m outdoor track, 17:26 for 5k cross country and 16:55 for 5k road racing.

Kevin Alexander - Troy High School Head Cross Country Coach since 2005. Team was runner-up in 2016. In 2017 he coached Morgan Gigandet to a State Championship in Division One with a 17:30.9. He is a program builder and motivator.