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•• **New Hampshire Track & Field Coaches Association** ••

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*“Promoting Track & Field in New Hampshire”*

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*Bob Mullen, President, Merrimack Valley High School • Joe Wernig, Vice President, Gilford High School  
John Goegel, Treasurer, Belmont High School • Stan Lyford, Secretary, Portsmouth High School*

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## **Links and Information for Presentations:**

### **Jeff Johnson:**

excerpts from ***A Parent's Guide To Oyster River High School Cross Country***

- + Goals Of Oyster River High School Cross Country (attached)
- + Our Coaching Philosophy (attached)
- + What Is Training?

***Jeff Johnson: What makes Pre So Special*** by Jeff Johnson

[http://running.competitor.com/2015/05/features/jeff-johnson-what-makes-pre-so-special\\_128389](http://running.competitor.com/2015/05/features/jeff-johnson-what-makes-pre-so-special_128389)

***Border Clash, 2001: Remarks*** by Jeff Johnson

<http://www.runner2runner.com/tools-categories/12-inspire/61-inspirational-remarks-from-jeff-johnson>

***We're All In This Together*** by David Frank

<http://wa.milesplit.com/articles/7558/were-all-in-this-together>

***1st Nike National HS Cross Country Team Championship, Dec. 2004:***

***Remarks*** by Jeff Johnson