

## **Biomechanics of Running**

### ***Brooks Johnson, four-time Olympic Track and Field trainer***

Brooks Johnson is one of America's most famous track coaches and a member of the USA Track Coaches Hall of Fame. A Gold Medal winner of the 4x100 relay team during the 1963 Pan American Games, Johnson is also a former head coach at Stanford University and California Polytechnic State University. He has coached Olympic athletes including medal winners for more than 50 years. Johnson continues to coach track & field athletes to the top of the podium, including his most recent protégé, 110m hurdler and former American record-holder David Oliver.

Johnson knows what it takes to succeed at every level and believes "the difference between success and failure is the little things." During **Biomechanics of Running**, Johnson will help athletes take their skills to the next level by teaching them proper running technique that will increase their running efficiency and reduce potential injury.