

## **Russ Ebbets - President**

Dr. Russ Ebbets has over 50 years involvement in track and field as an athlete, coach, administrator and healthcare provider. He served as Niagara Association president in 2008-09. He had been a Lead Instructor in the USATF Coaching Education Program since 1983. He has lectured at Level 1,2,3 Schools and at the High Performance Summits on Improving Distance Running in the USA in 2005 and 2006.

Since 1999 he has edited *Track Coach*, the technical journal for USATF. He has lectured nationally, in Scandinavia, Canada, the Caribbean and at the Olympic Training Centers in Colorado Springs and Lake Placid on health and sport related topics.

He founded the nationally recognized sports outreach program at NY Chiropractic College that has provided complimentary care at 250+ events including the *Millrose Games*, the *National Scholastic Indoor Championships* and *Freihofer's Run For Women* treating some 15,000 patients. This past July he helped organize the Empire State Classic track and field competition between NY's four USATF associations.