



# RACE TO COLLEGE

*South Jersey XC Speaker Series*



Hosted by: **The Bonnette Ross Group of Merrill Lynch**

Where: **Mt. Laurel Corporate Park, 1200 Howard Blvd, 3<sup>rd</sup> Flr, Mt Laurel, NJ** *(off of Route 73)*

**When:** Wednesday, October 6<sup>th</sup> and Tuesday, October 26<sup>th</sup>

**Time:** 7:00PM

The Road to College is challenging. Getting in is hard. Staying in is harder. Affording it is harder yet. But the race is a marathon not a sprint. Come hear the area’s finest University Coaches, Runners, College Admissions and Financial Aid Officers and Health Care Professionals speaking to the South Jersey running community on Training, Tactics, Healthcare, Nutrition, Admissions and Financial Aid, issues specifically affecting Middle and High School runners. All runners will have access to the very best professionals South Jersey has to offer. This speaker series will offer real-time solutions on how to prepare for the race, temper the pace, gauge the distance to the finish line and achieve better results in all areas. Each session will involve a 30-minute multimedia presentation by a featured speaker, a Q&A period, short presentations by experts, and then breakout sessions to address personal concerns with these professionals. **Moderator will be Breton W. Bonnette, Financial Advisor at Merrill Lynch and Paul VI Head Boys’ XC Coach.**

All donations will go towards funding the Bonnette Ross Tropea Group Scholarship which will be awarded to both a boy and girl XC runner from the local area. See [www.pvixc.com](http://www.pvixc.com) for details. Last year’s winners were Philip Fanz (St. Augustine) and Brooke Dovell (Timber Creek). Please direct any questions (exact itinerary, concerns, etc.) to Breton Bonnette at [Breton\\_Bonnette@ml.com](mailto:Breton_Bonnette@ml.com).

***\*Seats are limited so please reply early!***

*Please return or make donations to: Bonnette Ross Group Scholarship, 401 MacArthur Blvd, Haddonfield, NJ 08033*

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Address** \_\_\_\_\_

Number of Guests for:

**October 6th** \_\_\_\_\_

**October 26<sup>th</sup>** \_\_\_\_\_

Speakers are subject to change. Several may show up more than once.

<p><b>Donation Enclosed:</b></p> <p>\$ _____</p>
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## Speaker Bios:



### Adrian Blincoe

Competed in the 5000m for New Zealand in the 2008 Olympic Games in Beijing, Assistant Coach of Villanova Men's XC/T&F team, Former Villanova Student-Athlete Graduating in 2003, Has won three NCAA Division I titles and earned seven All-American honors, Holds New Zealand 5000m record running 13:10, 3:54 miler



### Erin Donohue

Competed in the 1500m for the USA in the 2008 Olympic Games in Beijing, Has run 4:05 for 1500m, Ran for XC/Track powerhouse UNC graduating in 2005, three-time individual national champion in high school at Haddonfield Memorial HS, now an Assistant Coach for Men's and Women's XC at Philadelphia U.



### Eric Bonnette

Former Assistant Coach of Men's and Women's XC/T&F at the University of Pennsylvania, Former Division I XC/T&F standout at William and Mary College in Williamsburg, VA, Competed for FILA Discovery USA, Assistant Coach of Haddonfield Memorial HS Boys' XC squad who won the Meet of Champions title in



### Vince Touey

21 seasons as Head Coach of Widener's Men's and Women's XC/T&F teams. Has produced 21 All-Americans, including six-time national champion Macharia Yuot, selected NCAA Division III Outdoor T&F Mid-Atlantic Region Coach of the Year twice



### Charles Torpey

Head Coach of the La Salle University Men's and Women's XC/T&F teams, 33 years of coaching (16 at La Salle), has coached 3 Olympians and won 13 Atlantic-10 Coach of the Year awards



### Molly Phillips, D.C.

Graduated from La Salle University and Doctor of Chiropractic degree from Life University, runs a practice in Collingswood, NJ specializing in extremity injuries and treats many area athlete, also lectures extensively to chiropractors across the country



### Bob Hamer

Second season as Head Coach of Rider's Men's and Women's Cross Country/T&F teams, USATF Level II certified coach, seen considerable improvement in MAAC Championship, coached several All-Academic student athletes



### Dr. Mark Kemenosh

Graduated from Stockton State College and from Sherman College of Chiropractic, specializes in Active Release Technique, a hands-on approach to injuries of the muscles, tendons, and other common runner's injuries, has worked with many elite athletes, practices at the Glen Oakes Health and Spine Center

Financial Aid Officers in attendance will include **Michael R. Wisniewski**, Director of Student Financial Services at La Salle University and officers from the University of Pennsylvania, Philadelphia University, Bryn Mawr, Gloucester County College, and Camden County College. Also in attendance will be one of the biggest advocates of all things South Jersey XC, **Dave Welsh**, owner of the South Jersey Running Companies. **Members of the Bonnette Ross Group will be on hand at each event to hold a breakout session covering financial planning for college.**