



OHIO ASSOCIATION OF TRACK & CROSS COUNTRY COACHES

2023 CROSS COUNTRY CLINIC SPEAKERS

Jay Johnson, Professional Coach

Jay Johnson has coached high school, collegiate, and professional runners for more than two decades, including three USATF champions in cross country, indoor track, and road racing. He studied kinesiology and applied physiology at the University of Colorado, where he was a member of the varsity cross country team featured in Chris Lear's cult-classic *Running with the Buffaloes*. Jay earned his M.S. in Kinesiology and Applied Physiology from CU in 2000.

Consistency Is Key: 15 Ways to Unlock Your Potential as a High School Runner was published in June 2020 and has sold over 13,000 copies.

Jay has written for brands such as Nike, sites like [PodiumRunner.com](https://podiumrunner.com), and magazines including the much beloved but defunct *Running Times*. He has been quoted in several publications, including *Wired*, *Outside*, and *Runner's World*.

Jay posts videos frequently on his YouTube channel, which has over 2.9 million views. He also posts on Instagram and Twitter.

You can email Jay at info@coachjayjohnson.com if you think he can be helpful, or if you have questions about the XCTS. Check out his website at coachjayjohnson.com

Jay ran modest PRs of 3:49.5 (1500m) 8:20 (3k) 14:20 (5k) and 30:15 (10k) as a collegiate athlete. In cross country he was the slowest guy on some very good teams 😊. He ran 2:00, 4:25 and 9:45 in high school.



Jake Hayes, Head Cross Country and Track & Field Coach, Mount Gilead High School

Coach Hayes has been coaching high school cross country and track and field at Mount Gilead High School since 2015. After becoming the head cross country coach in 2018, his teams have won 8 District championships, 7 Regional championships, has had 3 girls team finish top 10 at the State Championships, and his boys have finished 5th, 2nd, 3rd, 2nd and 1st at the State Championships the past 5 years. In 8 seasons of coaching, he has helped coach 22 All-Ohio performances in cross country and 31 All-Ohio performances in track and field.



Sunni Olding-Lomnicki, Chiropractor, Minster Chiropractic Center

Sunni is a Fellow of the International Academy of Medical Acupuncture. With her experience as an All-American runner at the University of Notre Dame and multiple-time Ohio High School State Champion, Dr. Sunni developed an interest in treating the numerous injuries runners acquire through training and competition. Dr. Sunni Graduated Summa Cum Laude and was named Valedictorian of her graduating class at the National University of Health Sciences in 2013. She has received additional training in women's health and pediatrics, along with continuing education courses in Motion Palpation, KinesioTaping, and Active Release Technique®.



She is full-spine certified in Cox® Technic. In 2017, Dr. Sunni earned her board certification in medical acupuncture, and currently practices acupuncture in conjunction with her chiropractic treatments. As an athlete, Sunni's accomplishments are many; She competed at Minster High School from 2000-2004. During her time there she was a cross country state champion in 2000, 2002, and 2003, a 1600m state champion in 2001, 2002, 2003, and 2004, a 3200m state champion in 2003 and 2004, a 4x800 relay state champion in 2002, 2003, and 2004. Her team was state champion in cross country in 2000 and 2001 and in track and field in 2001, 2002, 2003, and 2004. She was also an XC Footlocker Finalist - 2002 10th place, 2003 5th place and a 2-mile Outdoor National Champion in 2003 and 2004.

Sunni then competed at the University of Notre Dame from 2004 to 2008. While at Notre Dame, Sunni was a cross country All-American in 2004 and 2005 and was a scorer on the NCAA 4th place cross country team in 2004. She was also an Academic All-American and graduated summa cum laude in pre-medicine in 2008.

Sunni is married to her husband (also a chiropractor) and they moved back to Minster after graduation and joined her father's clinic. She has a special interest in pediatrics, women's health and the female athlete. Sunni and her husband have 3 daughters - ages 8, 5 and 1.

Dustin Ware, OHSAA Sports Cross Country and Track & Field Administrator

Dustin joins the OHSAA with 19 years of experience across a diverse background in athletic administration, most recently as the athletic director of Walnut Ridge High School where he oversaw one of the most successful two-year spans in the school's athletic history.

He served as a member of Governor DeWine's COVID-19 Group Advisory Committee for the reopening of recreational & athletic facilities in May of 2020. He also founded multiple organizations within the martial arts industry including the Ohio Combat Sports Academy, American Grappling Challenge and ARC Training Solutions.



Dustin is a native of Charleston, West Virginia, where he participated in a wide array of activities in high school including multiple sports, music and JROTC. He graduated from Marshall University with a bachelor's degree in Criminal Justice and a minor in Sports Management. During his time at Marshall, he held an internship with the Office of Recreational Sports & Sports Information Department and was also the co-founder of the Brazilian Jiu-Jitsu Club. Dustin currently resides in Pickerington with his wife, Andrea, and their daughter. **Email:** dware@ohsaa.org

BJ Duckworth, OHSA Director of Officiating Development

Officiating since 2005, Duckworth is a Past-President of the Ohio Association of Track & Field and Cross Country Officials, he has twice been a presenter at their annual clinic. Originally from NE Ohio he served as secretary of the Greater Youngstown Track Officials Association for nearly ten years. While in Youngstown he worked in various capacities at Youngstown State University Athletics including three seasons as Coordinator of Officials for YSU Track & Field/Cross Country. In addition to high school indoor track meets he coordinated for the Horizon League (NCAA Division 1) & the Presidents Athletic Conference (NCAA Division 3) Indoor Track Championships as well as Horizon League Cross Country and Outdoor Track & Field Championships. As of the 2021 season he has worked over 30 district tournaments and over 20 regional championships. Duckworth has officiated the OHSA State Track & Field Championship eight times and has served on the hurdle crew for the championship four times. Additionally, as a former USATF official he has officiated the Mid-American Conference Indoor & Horizon League Outdoor Championships. Currently residing in Genoa (Toledo), Ohio he works in non-profit leadership. **Email:** bjduckworth@ohsaa.org


