

La Chute

April, 2012
Road Runners

Minimalist Running Revisited

One aspect of minimalist running is running form. One view of it is called POSE running. POSE running has 3 aspects: pose, fall, and lift. The first is the pose itself. The runner initially assumes the running pose, with one foot up and arms ready. The runner then just falls forward and drops a foot under his center of mass, and finally, the runner lifts his foot. Here the concept is developed:

“THE BASICS (sports-science.com)

* Lean machine: At all times, angle your body forward to the point where you feel you're about to fall. Do not bend at the waist. To go faster, lean more.

* S-shaped body form: Run with your back straight and your knees slightly bent at all times, including at impact. You should run at a height two or three inches shorter than your normal standing height.

* Short stride: Your foot should land under your body, not ahead of it. Remember that “distal” (far

from body) equals weak, poor leverage, while close to core equals strength and good balance.

* Land on forefoot, not heel: Initially contact the ground only on the ball of the foot. Landing on the heel transmits maximum shock and has a momentum-killing “braking” effect

* Fast cadence: Minimum leg turnover should be 180 to 190 strides per minute. Increase as you get fitter and want to go faster. Remember: The longer the foot's on the ground, the more momentum you lose.

* Pull, not push: This is the hardest-to-master part of the pose technique. After the foot strike, pull the heel straight up in the direction of the butt by contracting the hamstring. It should go up like a rubber band. Fight the urge to push off from the toes as you normally do, instead using the quads and calves.

* Flick it: Don't yank the foot up; flick it up just enough to get it off the ground an inch or so. It will continue upward on its own; the faster you're running, the higher it goes.

* Free fall: Once airborne, don't reach with your stride. You're in flight, carried along by your center

of mass. The foot will travel in a natural arc, then drop like a plumb line without any muscle activity.”

By leaning forward from the ankles through the hips, the runner loses balance and falls forward. The greater the angle of the lean the faster the runner moves forward. The angle of the lean will usually be the primary factor determining running speed. A world class 10k runner will have a lean of approximately 10 degrees. A world class sprinter will probably have a lean of 18 to 20 degrees. The maximum angle a human can sustain while running is 22.5 degrees. Dr. Romanov has measured Usain Bolt's lean to be 19.5 degrees. Running lean is determined from the ankle to hips. From the hips to the head the lean is a few degrees less.

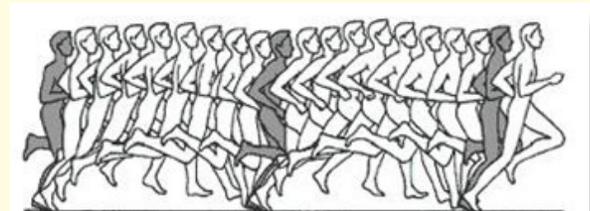


Fig. 11.1 Running stride - as a sequence of poses
(Dark color indicates the pose)

Triathlon

What: 6th Annual North Country Triathlon
Event: Sprint & Olympic Triathlon
Date: Saturday, June 30 2012 (8:00am start)
Where: Hague, NY on Lake George
Site: www.northcountrytri.com



The New York/Vermont 5k Champlain Bridge Run

The Bridge Run will be contested on May 20th. If you can help, e-mail Nancy Ockrin



LaChute RR Meeting 3/26/12 Dave Rutkowski

We attempted to get a video chat hook-up with Jim C. who is still in Alabama. Technical difficulties limited this attempt.

We welcomed Maria and Bruce Buerlein to the club. They were recruited by Matt Karkoski. Bruce and Maria recently ran a half marathon in Washington, DC.

Jay Wells gave a brief synopsis of the Winterfest Run held in February. With respect to the upcoming Bridge Celebration Run, Nancy Ockrin gave a report. Things seem to be falling into place. A call for more helpers went out. If you can give Nancy and Dave Burrows a hand on May 20, contact them. Tim will post something on Facebook asking for volunteers, too. A discussion concerning safety and course marshals was held. Brian suggested that we have a people on the bridge at strategic locations to ensure the safety of the runners.

No reports for the Montcalm Mile other than things are moving along. The Heritage Day Run will be the third Sunday in August. Dave Burrows in the go to guy for that race.

The Foot Race at Fort Ticonderoga, will go off the same weekend as the Schroon Lake Festival of Races and Marathon. A discussion followed about

starting a beginning runner program in Ti, possibly on Saturday mornings and/or during a weekday evening to get more people the confidence to run a 5k and in particular the Fort Ti race. It was suggested that we take turns acting as coaches for the newbies so no one will be burdened for the entire summer. A name for the training runs didn't actually get settled on, but the idea of "Run Your First 5k" sounded good to those present.

There will be a track meet at the Ticonderoga track on April 21. It will be for Div II schools in Section 7. Walter Thorne asked for help in running the meet. Keep an eye on Facebook for details such as time and services needed.

We discussed supporting high school athletes to go to the Peak When It Counts training camp at the Lake Placid Olympic Training Center. All were in agreement that we should be able to help. No details were settled on, but it was mentioned that in the past we gave athletes a \$50 scholarship to attend summer running camps.

Next meeting date was tentatively set for April 24. That may change. Watch the LaChute Road Runners page on Facebook for date, time and location. An email will also be sent out as a reminder.

Finances (as of 4/9/):

Regular Savings Account: \$2599

Scholarship Fund: 9874

Checking Account (Bridge Run): \$622

The New York/Vermont 5k Champlain Bridge Run

Sunday May 20th, 2012

Join us in celebrating the construction of the Champlain Bridge with a scenic 5K course in both NY and Vermont which includes a historic run over the new bridge.

TIME: 3:00 PM, Sunday May 20, 2012

CHECK-IN: Packet-pick up and race day registration 12:30 pm to 2:45 pm

LOCATION: On the grounds of the British fort ruins within the Crown
Point State Historic Site, Crown Point, NY 12928

ENTRY FEE: \$20.00 for pre-registered till May 1st, \$25 for later registrants
Please make checks payable to: La Chute Road Runners and mail to Nancy
Ockrin, PO Box 33, Crown Point, NY 12928

SHIRTS: To those who pre-register before May 1st

CLASSES: Male and Female, Age: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up.

AWARDS: 1st, 2nd, and 3rd in each age category for males and females and for over
all male and female

E-MAIL: Nancy Ockrin: momockrin@gmail.com or call 518-597-3754

Name: _____ E-mail: _____

Address: _____

City: _____ State: _____

Phone: _____ Zip: _____

Age on race day: _____

Shirt size Circle (adult only): S M L XL

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waiver and release all rights and claims for damages I may have against the La Chute Road Runners, the Champlain Bridge Committee, Road Runners of America, USA Track and Field, all sponsors, and co-sponsors, volunteers and workers, race organizers, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race.

Participant/Parental _____

La Chute Road Runners

Goals

Encourage the youth of the community to get involved in a beneficial activity.

Provide competitive opportunities for its membership.

Provide membership with educational and social opportunities.

Activities

Sponsor the Montcalm Mile, Resolution Run, Heritage Day 10K, Footrace at Fort Ticonderoga

Support a LCRRC Point Championship Series

Hold an annual Awards Banquet

Provide a newsletter

Provide organized training opportunities

Membership in Road Runner's Club of America

Club Membership/Application Waiver

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to sagely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the La Chute Road Runners, and all sponsors from all claims or liabilities of any kind arising out of my participation in these club activities, even though that liability may arrive out of negligence or carelessness on the part of the person named in this waiver.

Signature _____ Date _____

First: _____ Mi: _____ Last: _____

Address _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Gender: M F

Date of Birth: _____ E-mail: _____

LCRRC

Membership type

Family \$10.00 ()

Individual \$5.00 ()

Student \$2.00 ()

Mail to:

Matt Karkoski

25 Black Point Road

Ticonderoga, NY 12883

Checks:

La Chute Road Runners

Newsletters will be e-mailed

Family Members: