

La Chute

LCRRC

Newsletter

April, 2018

Kudos

Kudos to the Ticonderoga Indoor Track and Field Team and to the coaches!

The team and coaches had challenges with weather and facilities, and despite challenges, the team accomplished much and had fun!

Recently, some members of the team qualified for the NYSPHSAA/NYS Federation Championships that was held on March 3rd. The meet was held at the Ocean Breeze Athletic Complex on Staten Island, NYC.

Here are the results of that meet:

Ocean Breeze

The team and coaches eagerly wait for the beginning of the outdoor season!



Running Camp

A huge thanks to the La Chute Road Runners for being such a huge help in getting Sierra Stacy to running camp. This was a game changer for her! Since then she had a great cross country season and recently ran a huge personal best in the 1500 meters of 5:19 to win the State Qualifier. She continues to improve and looks forward to running in college. Thanks again for all your help and hopefully we can get more athletes to attend running camp in the future. (Coach Jay)

How does a Ticonderoga runner get to a running camp? Talk to a coach and members of the club; we can set you up. This document will help start the process:

Support Application

Here are some running camps:

US Sports Camps

High Peaks

Go Cardinals

Stowe Running Camp

Chi Running

Which is better, running like the block or running like the ball?

Check out this video on Chi running:

Chi Running

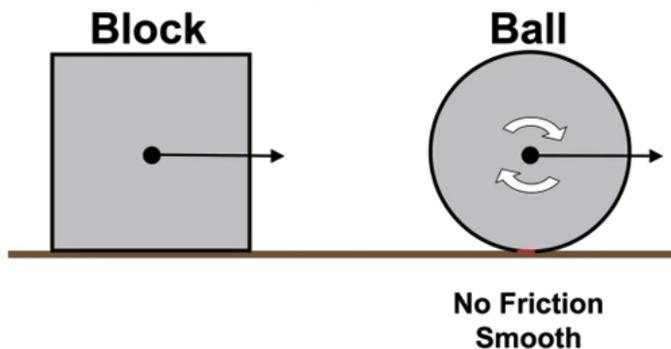
One key aspect of Chi running is to run tall, run with the core engaged, but if one runs as if one is pulling one up by the shoulders, how does one move forward. If one just stays very tall, one would just run in place. Chi running then emphasizes using the chi. Chi running combines the principles of tai chi with sound mechanics to lessen the stress placed on runners' bodies.

POSE Running

POSE running developers that idea and explores using gravity in enabling a runner to run like a ball. Here is an introduction.

Simple Analogy

Q: In Motion, Which Object Would You Rather Be?



THE BASICS (sportscience.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 better 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 con-

tracting 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.

POSE Video

* Flick it: Don't yank the foot up; kick 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. 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 there 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.



Differences

Pose running and Chi running are two techniques that emphasize proper form for increasing efficiency and reducing the risk of injury. Briefly, pose running stresses the importance of position and balance in achieving the ideal form, and the Chi-running technique is based on improving posture, reducing the strain on muscles and focusing on the mental aspects of performing.

Differences



La Chute Road Runners Membership

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, Champlain Bridge 5K, and other races. Provide a Point Championship Series, hold an annual Awards Banquet, provide a newsletter, and organized training opportunities.

Club Membership Waiver of Participation:

I agree that I am a member of the La Chute Road Runners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the La Chute Road Runners, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____ **Date:** _____

Membership type:

Family \$10.00 ()
New () Renewal ()
Individual \$5.00 ()
Student \$2.00 ()

Mail to:

Fred Herbst
13 Lindbergh Landing
Ticonderoga, NY 12883

Checks: La Chute Road Runners

Name: _____

Address: _____

E-mail: _____