

THE ANTHROPOLOGY OF RUNNING

PERFORMANCE EFFECTS

ATC SPRING TUNE UP
FEBRUARY 22, 2014

Research Focus

How does a runner's physicality, self-perception, and prior training affect performance?



<http://dunialari.com/wp-content/uploads/2014/01/pre.jpg>
<http://www.prweb.com/releases/2012/8/prweb9816586.htm>

Specific Interests

Training (Epstein, 2013)

Leg Length (Larsen et al., 2004)

Calf Circumference (Kong & de Heer, 2008)

Body Mass Index (Saltin et al., 1995)

Athletic Identity Scale (Horton & Mack, 2000)

Study Methods

Prepare survey

Recruit runners at ATC
Spring Tune Up

Measure height, weight,
sitting height, & calf
circumference

Collect completed
surveys

Analyze data

Survey #

TIME STARTED:

Training

16.	In an average week (not tapering and not injured) how many miles do you run?:	_____ miles/week
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Do you regularly include any of the following in your training? Choose all that apply.
Circle one

17.	<i>Fartlek</i> or alternating periods of fast and slow running	Yes	No
18.	Hill repeats	Yes	No
19.	Tempo Runs	Yes	No
20.	Intervals	Yes	No
21.	Long run	If YES how many miles: _____	
22.	Recovery runs/ easy runs	Yes	No
23.	Strength training or cross-training?	Yes	No
24.	I USUALLY run with other people.	Yes	No

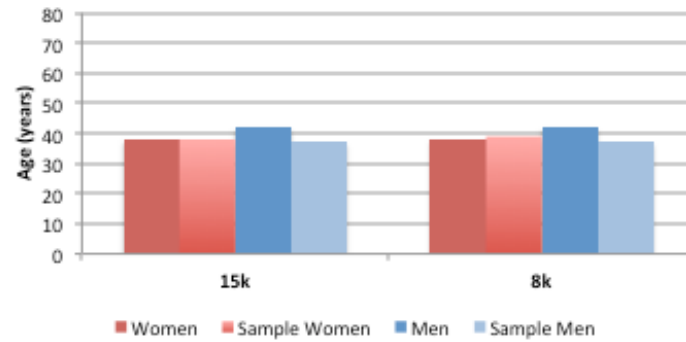
Please circle the response that you best describes you:	Agree	Disagree
25. I consider myself an athlete	Agree	Disagree
26. I have many goals related to sport	Agree	Disagree
27. Most of my friends are athletes	Agree	Disagree
28. Sport is the most important part of my life	Agree	Disagree
29. I spend more time thinking about sport than anything else	Agree	Disagree
30. I need to participate in sport to feel good about myself	Agree	Disagree
31. Other people see me mainly as an athlete	Agree	Disagree
32. I feel bad about myself when I do poorly in sport	Agree	Disagree
33. Sport is the only important thing in my life	Agree	Disagree
34. I would be very depressed if I were injured and could not compete in sport	Agree	Disagree

Study sample was a successful representation of all race participants

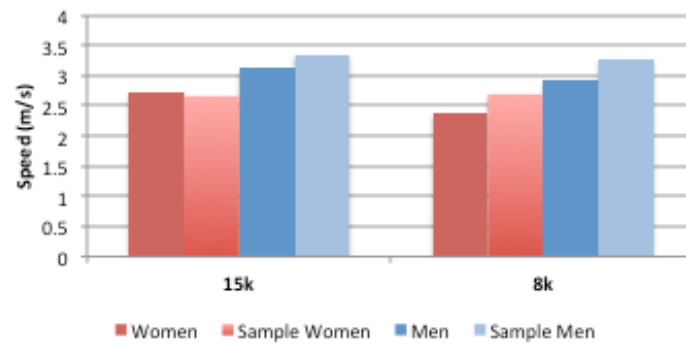
Women	Total
15k Runners	
Average Age	38
Average Speed	2.73
Number of Runners	225
8k Runners	
Average Age	38
Average Speed	2.37
Number of Runners	326
15k Study Participants	
Average Age	38
Average Speed	2.66
Number of Runners	34
8k Study Participants	
Average Age	39
Average Speed	2.69
Number of Runners	37

Men	Total
15k Runners	
Average Age	42
Average Speed	3.12
Number of Runners	231
8k Runners	
Average Age	42
Average Speed	2.92
Number of Runners	251
15k Study Participants	
Average Age	37
Average Speed	3.35
Number of Runners	31
8k Study Participants	
Average Age	37
Average Speed	3.27
Number of Runners	44

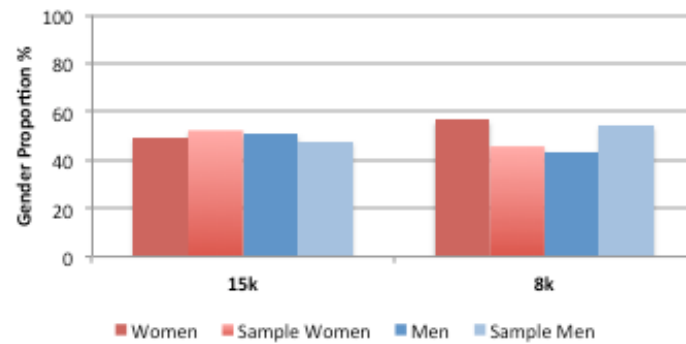
Average Age



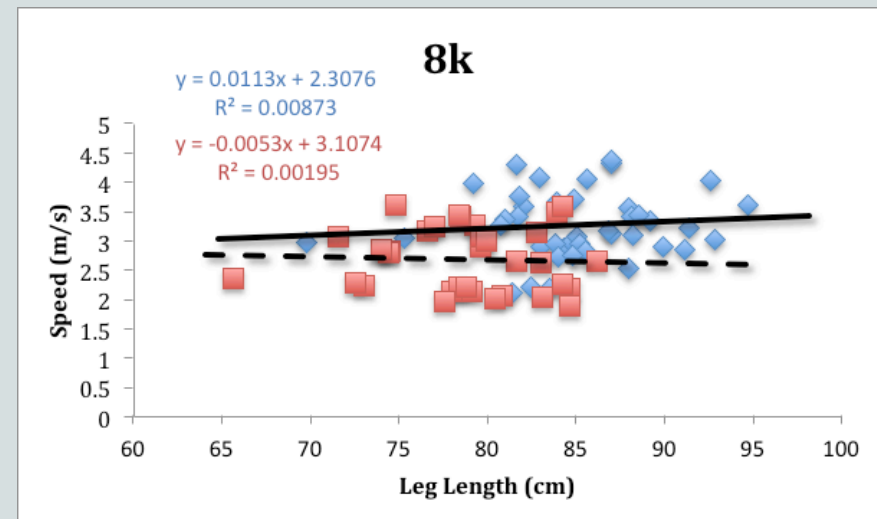
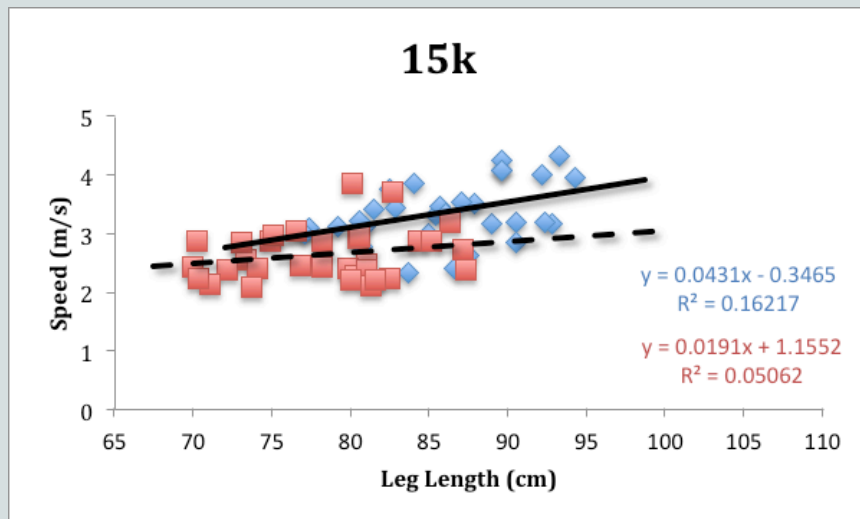
Average Speed



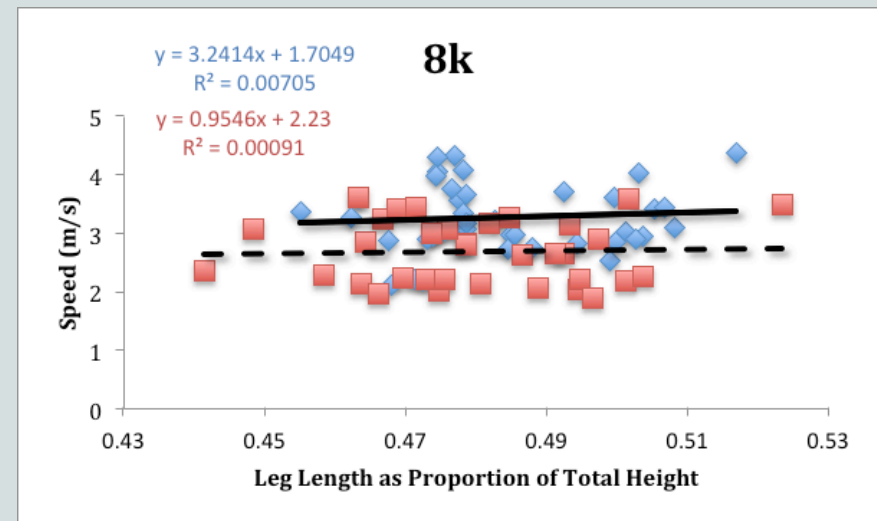
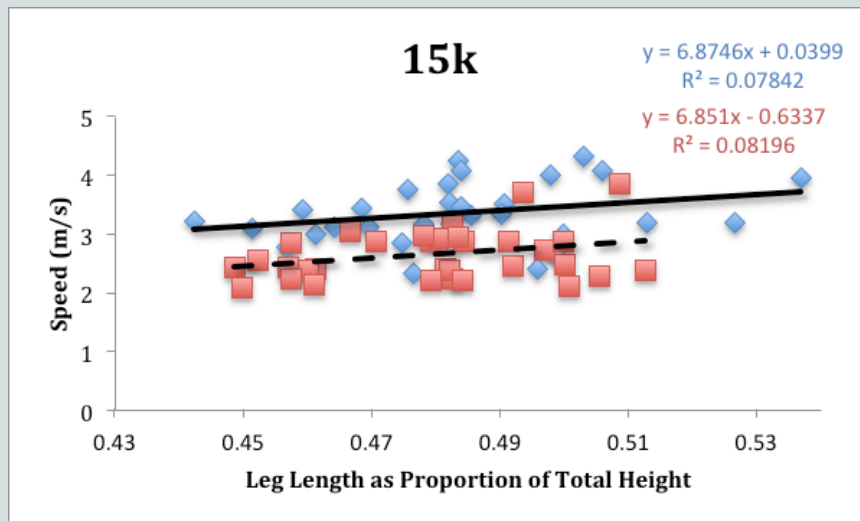
Gender Proportion



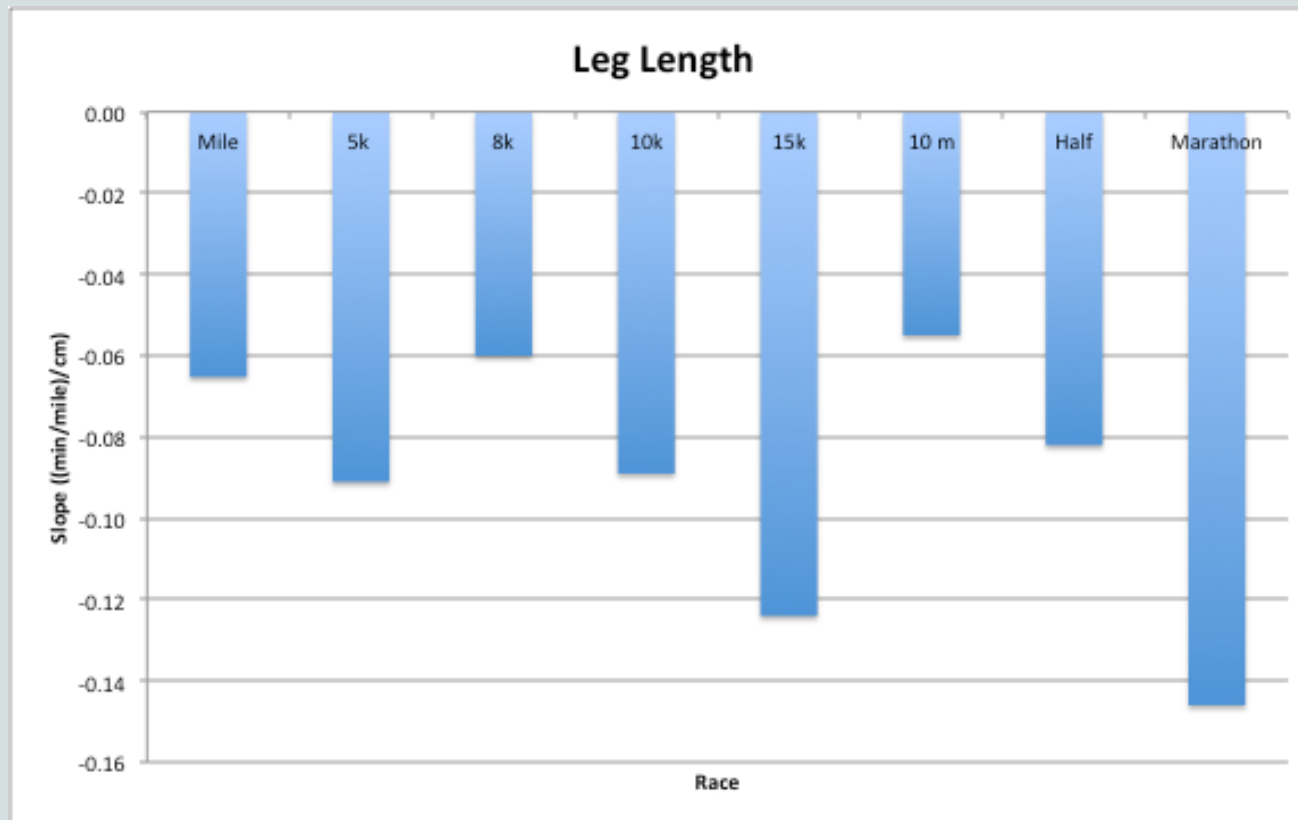
Leg length is associated with faster speeds for men's 15k only



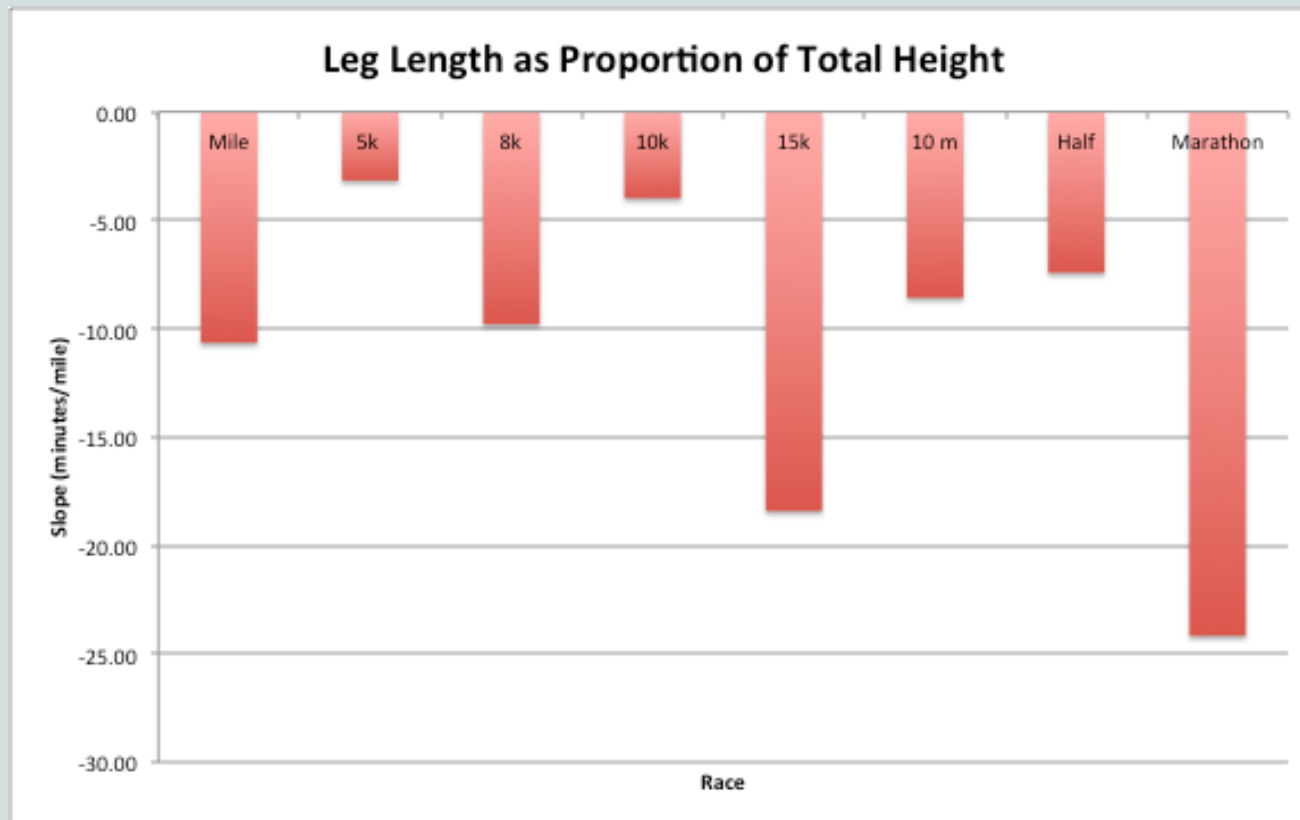
Leg length as a proportion of total height is not significantly correlated to speed



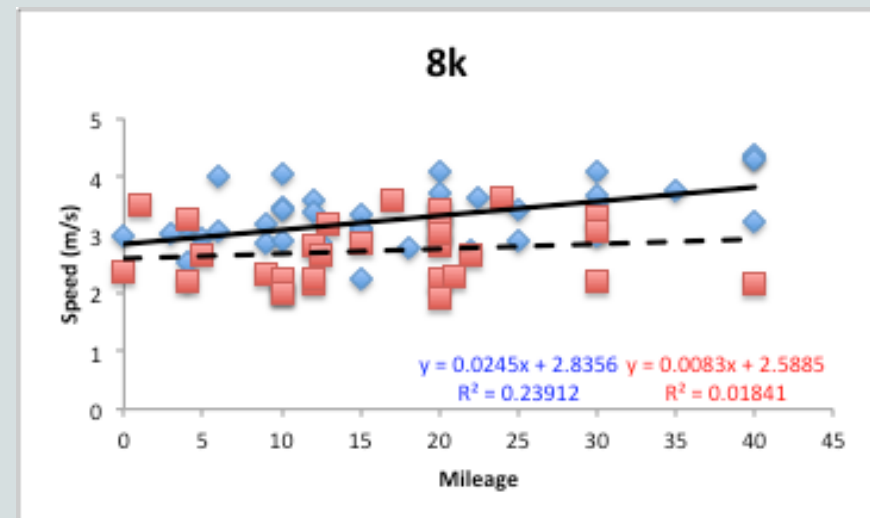
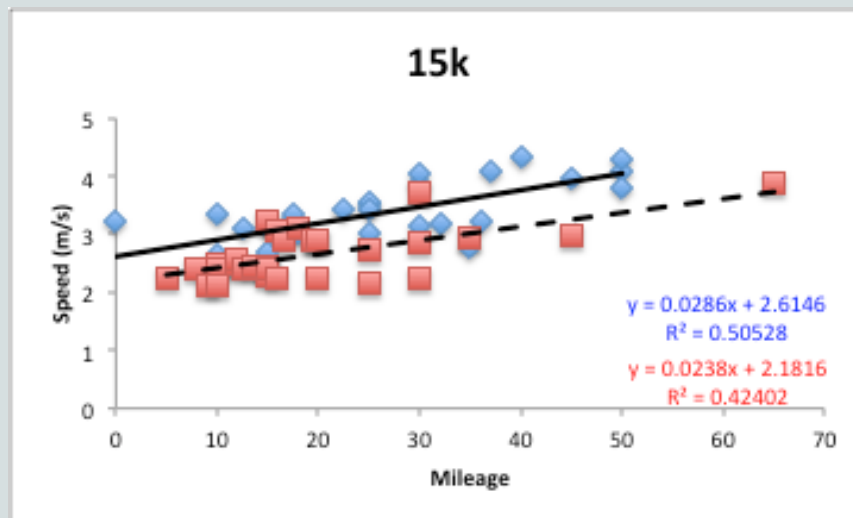
Speed increases as leg length increases



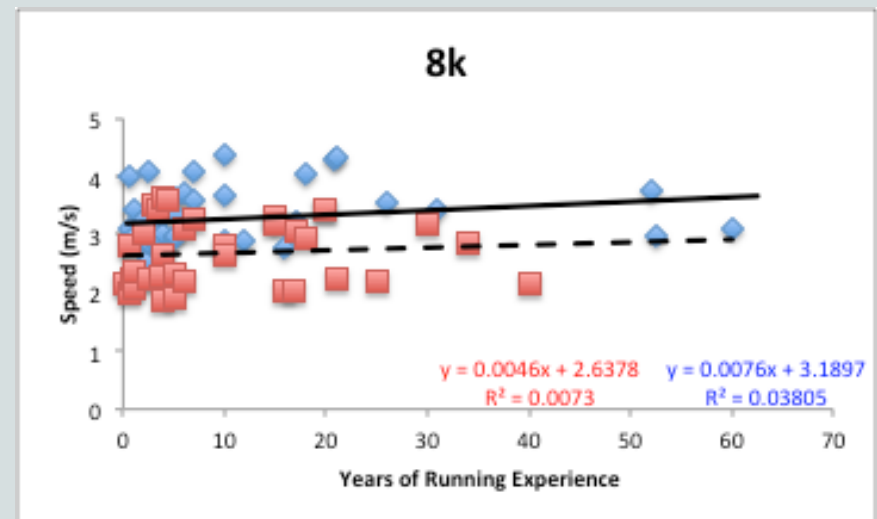
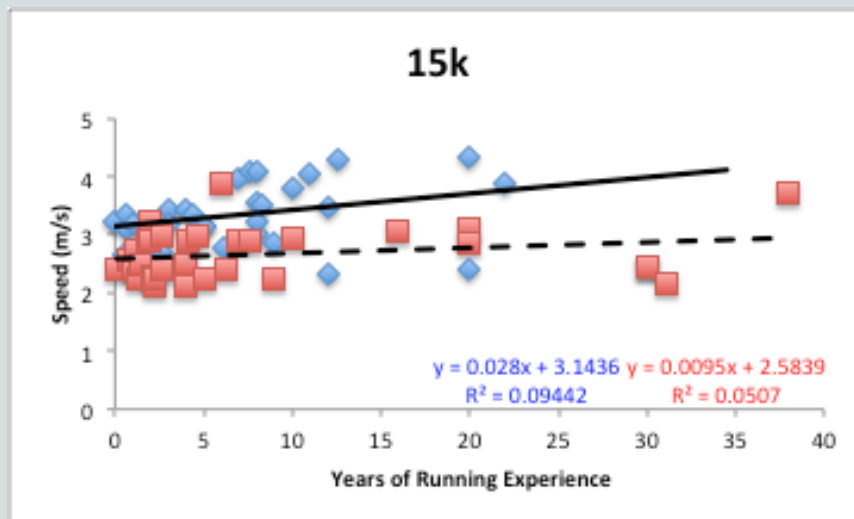
Leg length as a proportion of total height is not significantly associated with speed



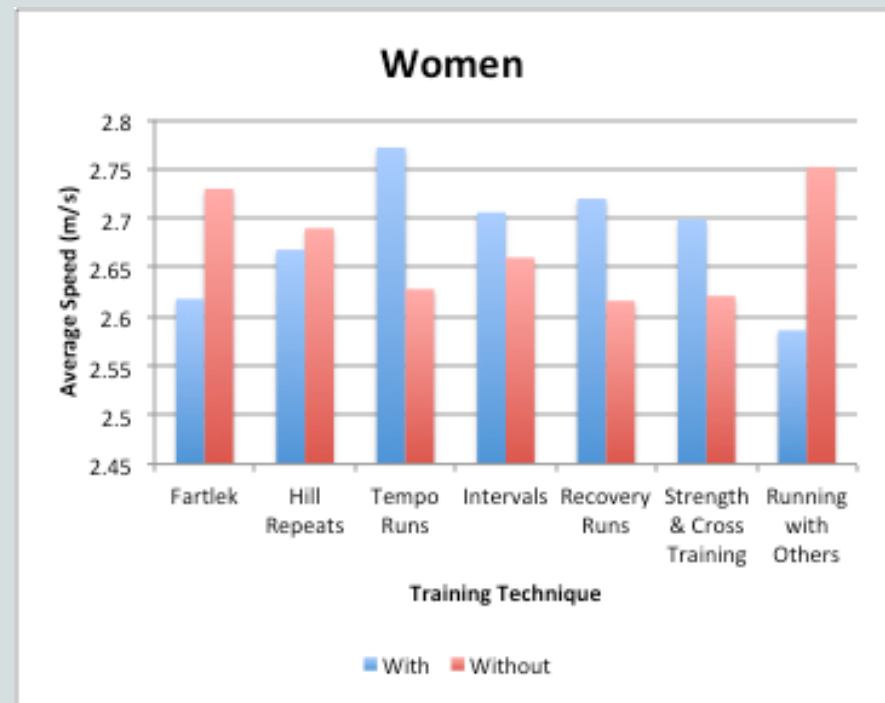
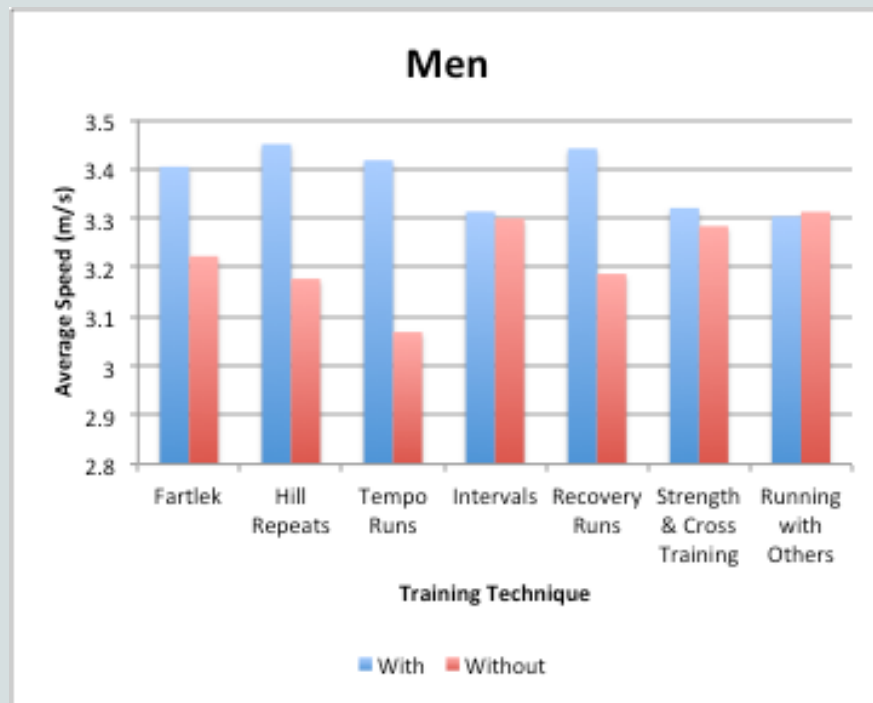
Mileage is associated with faster speed, except for Women's 8k



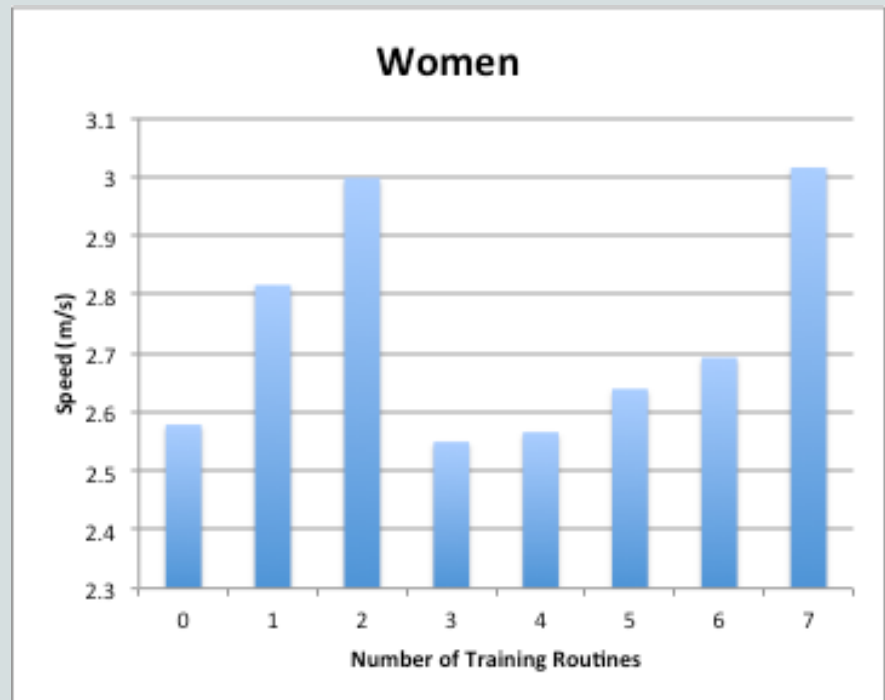
Years of running experience is not significantly correlated to speed



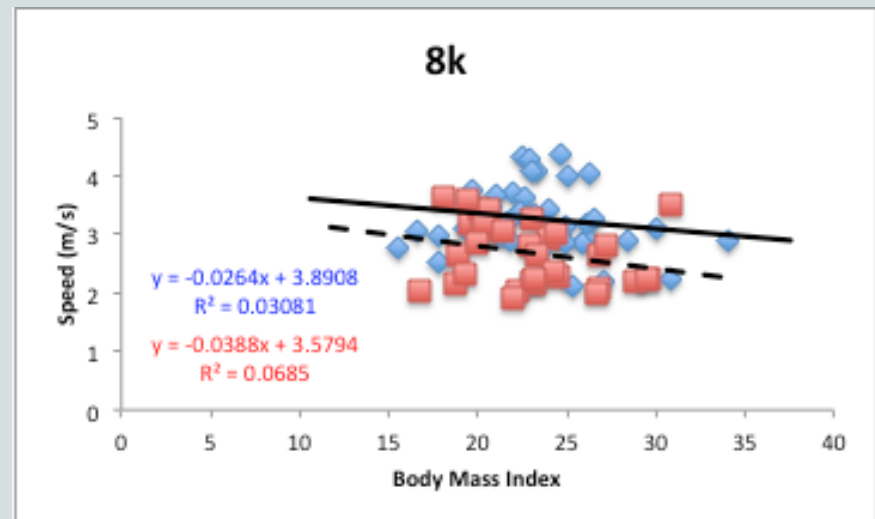
Training techniques are generally correlated with faster speeds



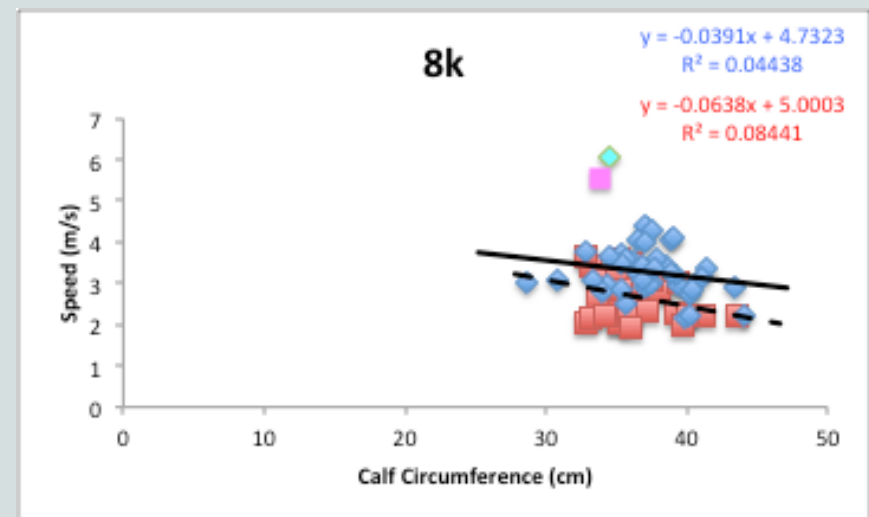
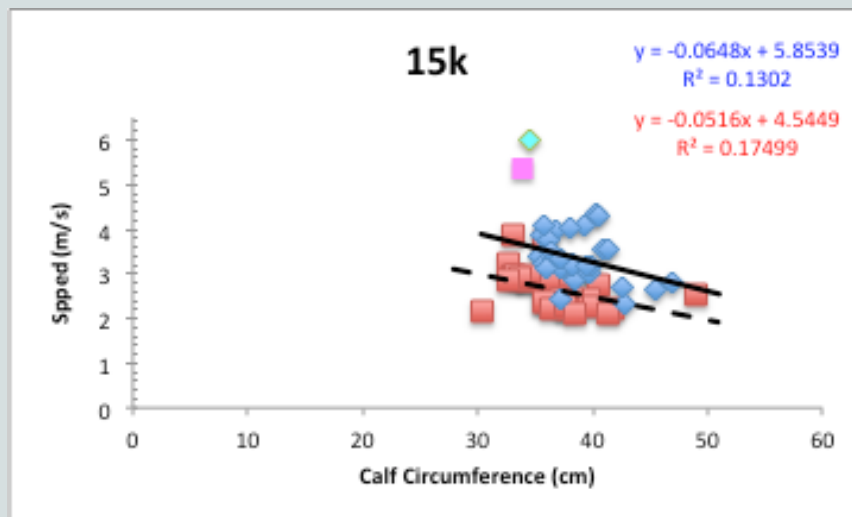
Number of training techniques is not significantly associated with speed



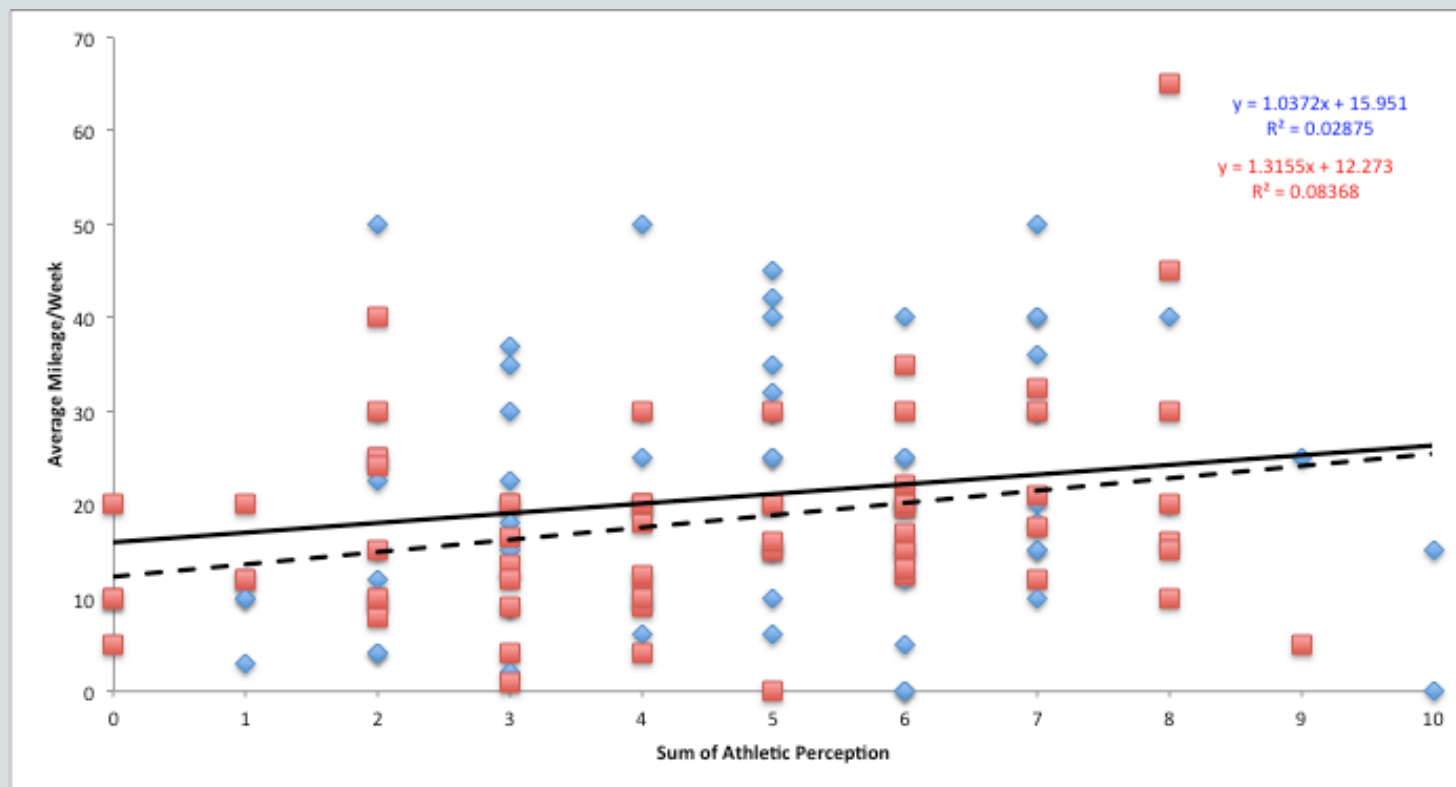
Body Mass Index is associated with faster speed for Women's 15k only

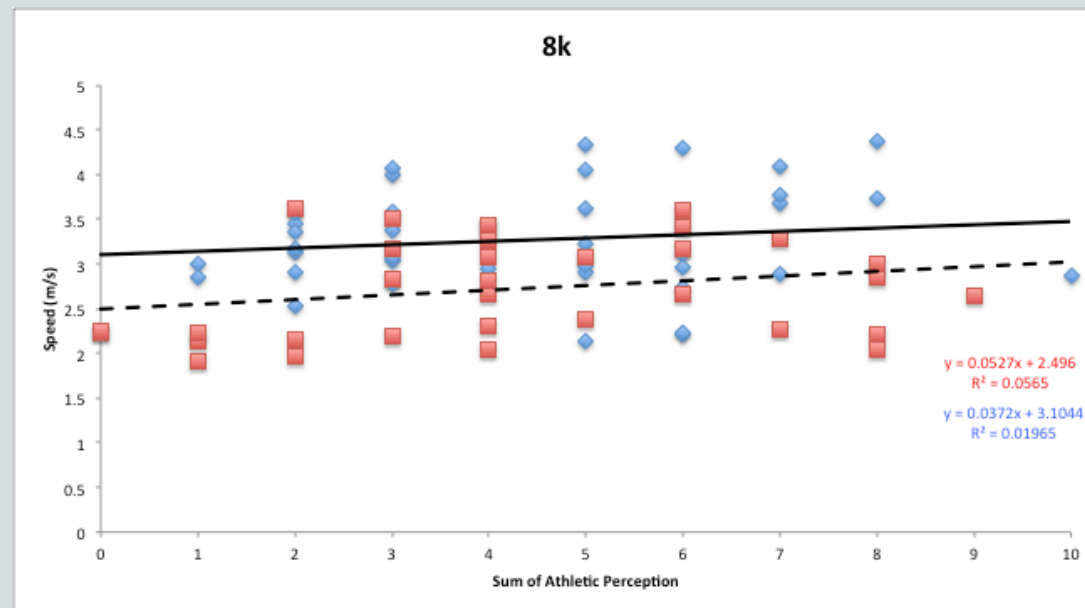
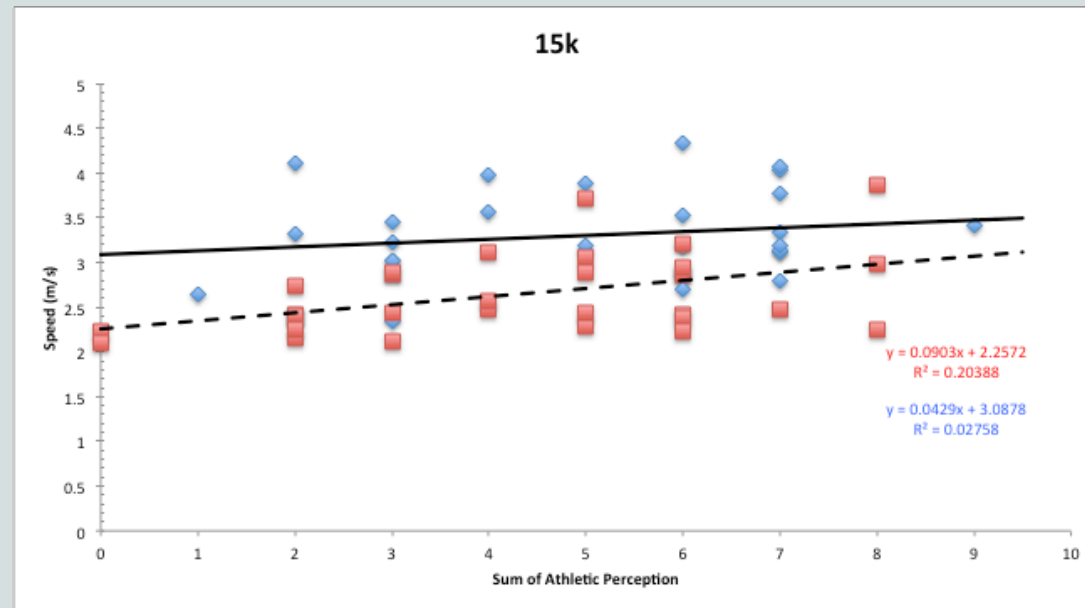


Calf circumference is significantly associated with faster speeds for the 15k



Athletic Identity Scale is not overly indicative of mileage or speed





Works Cited

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