

# STRIDE



## *Running Clinic*

**S**

When the foot hits the ground, everything changes. The way you make contact during running has a large influence on how the rest of your body moves.

**T**

Touch matters. Shoe type, running surface, incline, among other ways you “feel” all impact how you run...and how you change the way you run.

**R**

The rhythm of your run and the number of steps you take per unit of time can have positive (and negative) effects on your running quality, depending on your goals.

**I**

Running is more than just biomechanics. Perceived and actual effort will ultimately affect how much control you have while running, and how well you can meet your goals and expectations.

**D**

Discernment gives direction. Making good judgements about your run before, during, and afterward allow you to continually improve on achieving your goals.

**E**

Ultimately, running well for a prolonged period of time comes down to economy. How well are you managing your resources? Each running component has an influence on another- the better steward you are with your gifts will allow you to be the best runner you are capable of becoming.