



# BASE camp



## Running Research Study for high school distance runners

Tuesday, July 18th from 7:00 pm to 8:00 pm at Vertical Motion Physical Therapy, 3045 Whitman Dr., Evergreen, CO 80439

Please join us for a casual evening with beverages, hors d'oeuvres and guest speaker Jason Poole, accomplished local endurance athlete! Stop by to learn more about an opportunity for High School Distance Runners to participate in a Running Research Study with presentation by Thomas G. McPoil, PT, PhD, FAPTA, researcher and faculty at Regis University

- Swag give-away for anyone who attends this Tues evening event
- Video Analysis with complete report of data findings issued for all participates in the study
- Attendance of both parent and student-athlete requested (parental consent required for study participation)
- Total time commitment to participate in this research study: Attendance at Tues 7/18 event plus one 45-minute data collection session. Options for data collection include the following dates and locations (a sign-up for specific times will be made available at the 7/18 event): Wed. July 19th at the Vertical Motion PT clinic or Tues. July 25th at Regis University; A Wed. July 26th data collection option may be added at Regis University if necessary.

This is a continuation of the research study from last year and so we are seeking high school cross-country athletes who did not participate in the data collection last summer.

### Guest Speaker: Jason Poole

Jason became involved in endurance sports in 1987, dabbling with road cycling for two years, before switching to mountain bike racing. As the mountain biking scene gained momentum, his focus broadened from 2-3 hour races to longer, 100-mile and 24-hour events. In 1996, Jason began adventure racing, long-distance orienteering and ultrarunning. For the past 15 years, his primary focus has been 50 and 100-mile mountain trail ultrarunning events. He has completed world-class ultra events across North America, New Zealand, Australia and Europe, including the 205-mile, non-stop Tor des Géants Endurance Trail in the Italian Alps. Jason is an Expert Level Ultrarunning Coach with Carmichael Training Systems and lives with his wife and children in Evergreen, Colorado.

### Tom McPoil, PT, PhD

Tom McPoil has been a physical therapist for 42 years and has specialized in treating foot and ankle disorders for the last 35 years. His doctorate is in the areas of kinesiology and applied anatomy. He was a certified athletic trainer for 30 years working primarily with cross-country and track and field athletes. He is currently a professor in the physical therapy program at Regis University. Prior to coming to Regis, Tom was a professor at Northern Arizona University for 22 years and was a consultant to the sports medicine/athletic training department for foot and ankle injuries and foot orthotics. For the past 3 years, Tom and other faculty at Regis have been performing running-related research to determine the effect of foot strike pattern on running mechanics as well as the evaluation of overall running patterns of intercollegiate and recreational distance runners.



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is a program offered by

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PHYSICAL THERAPY

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Evergreen, CO 80439

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