

If training “more” becomes “too much”,

“Train the Y-Axis”

(raise the specificity of runner neural / biomechanical aspects)

---



Kinematic elements of two of six measured components, *knee-compliance* and *angle of foot-strike* are illustrated in the above Dartfish-enhanced photo.

### NEW WESTERN GLORY

The Kinematic Running Assessment Method, developed in 2007 at Idaho State University, combines empirical neural research with the convenience of computer graphics technology.

For each runner, six components of running mechanics are measured; these values are analyzed establish a “base-line” (diagnostic) profile. Even highly advanced runners can have substantial issues which are addressable. We offer runner-training expertise to uncover latent motor-abilities and improve running mechanical efficiency.

Without changing or substituting any part of your regular running-training program, you can see *new and intermediate* runners perform 8-10% faster. Expect an extra 5 second drop in the 400m and over 60 seconds decrease in the 3200m even after you get them in top running shape. *Well-conditioned advanced runners* can expect to improve PR times by 3% (8-10 seconds faster in the mile and 25-30 seconds off best 5k XC times. How? Train the neural/kinematic aspect, the Y-axis.

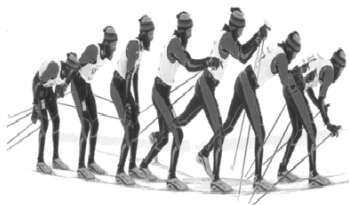
Invite us to be at your school or camp venue; we’ll perform a diagnostic assessment of your athletes’ running efficiency and show you how to apply the “Handshake” neural/motor-behavior programming system which applies research-backed Neural-Kinematic Assessment, also known as the Kinematic Running Assessment Method (KRAM). See substantial improvement after a single session. We use the latest **Dartfish** “in-training” graphic analysis program with high-definition imaging.

**Now is the time to ramp-up the Y-axis and Run Right! We are:**

**NEW WESTERN GLORY;**

contact: Todd Nunan: 530-277-5653,  
email: [tnunan@nwglory.com](mailto:tnunan@nwglory.com)  
and visit: [www.nwglory.com](http://www.nwglory.com)

## A Project of



## NEW WESTERN GLORY

"...in the right place at the right time".

(NLT) Ecc. 9:11

### Our Services

1. Effective strategies for generating runner neural-mechanical efficiency
2. Live (in-training) assessment of runner mechanics with **Dartfish** technology
3. Training and support in use of the Kinematic Runner Assessment Method
4. Diagnostic (baseline) and formative assessment values published to the coach and athlete
5. Lecture and demonstration (with high-definition video) of model running-form
6. Options to receive student assessment video with graphic (with expert audio commentary) assessment analysis in the following forms:
  - a. Individual personal webpage with flash video: \$25
  - b. CD (*wmv* or *avi* video files) with individual video performance with Dartfish analysis: \$15
  - c. Playable DVD with individual video performance: \$20
  - d. Team video\* with all members performance (to coaches): \$50  
\*published to coach's personal webpage which may be accessed by students.
  - e. Call us about setting up an ongoing assessment by sending video from training and races.
7. Handshake System Training for integrating right running behavior with various running training programs or strategies
8. Athletic performance-emphasized event video-documentation (call us)

### Your Options

**Full-day Clinic** for up to 40 athletes (\$325) which includes HDTV monitor (or projector / 100" widescreen, indoor only). In this 2 x 3-hour session you will receive (a) live individual assessment (and correction), (b) diagnostic individual assessment values for all athletes (published to coach within one workday), and (c) an afternoon session which includes a *Handshake Interval Training* session which is designed to integrate (acquired) efficient motor-behavior with your training plan as well as provide the coach and athlete with effective extrinsically and self-applied assessment tools to enforce perfect practice in training and racing (this addresses team and individual goal and training-pace issues which are specific to individual runner attributes. The afternoon session culminates with a 40 minute lecture and demonstration of key components of efficient running form and a review of student videos.

**Half-day Clinic** for up to 25 athletes (\$175); this 3-hour session includes what is contained in the full-day session without the afternoon session features (there will be an abbreviated outdoor (or indoor, if convenient) lecture for the half-day session.

Both sessions provide printed handout reference material.

For more information, visit [www.nwglory.com](http://www.nwglory.com) , email Todd Nunan: [tnunan@nwglory.com](mailto:tnunan@nwglory.com) or call me at 530-277-5653.