



Concentrate

There are many ways the skill of Concentration may be practiced, but one of my favorites is through the use of Stability Balls. Sara (above, circa 2016) and Anava, (below, May 2023), are two who have successfully stood on a Stability Ball without support. The hope is to sharpen the athletes focus through a variety of concentration building techniques, then transfer these strategies onto the practice field, specifically during longer intervals when aiming to concentrate on skills such as foot strike, hip drive, or relaxed shoulders for a mile, two miles, 5k, or longer. These sort of practices are also a lot of fun for the kids! Click [here](#) to see our Stability Ball progressions.



The Brief Psychology of Lane Placement *Imagine the 400m dash being run in a straight line. Exhilarating!*

With Grayson and Josh hashing-out their final 400m together in the prelims of the WIAA State Track & Field Meet last weekend, I couldn't help but reflect on the countless times I have considered lane selection as a potential influence of outcomes. This was to be their final meeting of their high school careers, with Josh graduating from Camas High School the following month. Courtesy of the governing rules, Josh was slated to run in lane three, and Grayson would be running in lane six. The runners between them in lanes four and five were regular sub-50 second runners in the open 400m, heavy favorites in this event.



Whether a simple dual meet, or state championships, I often wonder if there are any psychological advantages of inside, middle, or outside lanes in the 200m and 400m races. Based on some light browsing on the internet, and sifting through a few articles, it appears that lane selection has no significance on outcomes, and if there is any advantage at all, it would be to run in an outer lane in the **200m**, as doing so takes less energy to run on a wider curve. The open 400m has seen no statistical advantage, although the **2016 Rio Olympics** produced a shocking result in the open 400m dash - from lane eight.

One thing we continuously focus on at Whisper is setting personal running goals. Race goals are supported best by practice goals, and prescribed practice intervals along with markers placed at regular distances, which help kids learn to control their pace. Two time Olympic medalist, **Enfiok Udobong** contends, "If you have been trained to self pace and work on yourself, you will not be bothered about lane placement."

It's fun to discuss, and undoubtedly track enthusiasts have certainly gone around the table on this topic for years. Considering the roles Nature v Nurture or Fight or Flight may play only add additional layers to the discussion. No matter the outcome, no matter who wins or loses, or from what lanes they participate, one thing that is important to remember, is on any given day, any one runner may be beat - or win! Run a race 10 times and get 10 different results.

Whisper Tidbits!

- [Summer Training](#) registration is open!
- Latest videos: [Meet of Champions](#), [Sir Isaac continues his dominance](#), and quite possibly the [cutest track meet of the year](#).
- Congratulations to the WIAA HS Track & Field State Meet participants, finalists, and medalists from Whisper! See the picture below of some of the few participants from the 2A, 3A, 4A state meet at Mount Tahoma High School in Tacoma, Washington on Saturday, May 27.



Group Runs at Fleet Feet

WHO: 18+ runners

WHAT: 5k group runs hosted by Fleet Feet!

WHEN: Wednesdays at 6pm

WHERE: Vancouver [Fleet Feet, 16020 SE Mill Plain Blvd](#)

MORE: Start/End at the store. Pacer Paige will be hosting the runs - just show up ready to roll!

Calling all Procrastinators!

You know who you are! [Lake to Bay](#) registration remains open - we have room for only six more teams! Register today

and join us for the best day of the summer!

Let's go, already!



To our Gold Sponsors, Thank you!



Ultimook Running Camp

July 30-Aug 5

Aug 6-Aug 12

Rugged beauty, old school grit!



Youth Runner Camp

June 20-24, July 15-18, July 31-

Aug 5

Use code "WHISPER" at check-out for
\$100 off registration!



WHYRacing - Get Involved!

Next up: PDX Triathlon Festival June 3-4 in Fairview, Oregon, then the Pacific Crest Endurance Sports Festival June 15-18 in Bend, OR.

Ages 12 & under free

Ages 13-18 50% off

Adults use "WHISPER" for 10% off registration.

Can't run, but want to support? **Volunteer!**



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(don't click here, don't click here, don't click here...)

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Let's do this marathon thing together!
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Thank you!



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