



**When** 2<sup>nd</sup> Nov 2018  
**Time** 7-9pm  
**Where** KKH Lecture room  
(training centre)  
Lvl 1 Women's tower  
**Cost** \$5/SMAS member  
\$10/non-member

# THE SCIENCE OF RUNNING

Come join us for an evening of learning. This multidisciplinary session will be of interest to doctors, physiotherapist, podiatrists, biomechanists, physiologists, sports trainers, coaches and really anyone who runs or works with runners.

## Running Shoe Technologies

**Mr Tye Lee Tze, Podiatrist, The Podiatry Centre**

BioMoGo, SSLEVA, FloatRun, U4ic, TFP, Flywire, AeroHug. What are these and what have they got to do with running shoes? To find out, come spend an evening with the SMAS. You'll gain an insight to some of the technologies used in running shoes, what they do, and whether they are really different than each other.

## The biomechanical evaluation on musculoskeletal structure, strength and skill to improve sprint performance

**Dr Marcus Lee, Head Sport Biomechanist, Singapore Sports Institute**

The performance of skilled action in sport requires an individual to have the appropriate musculoskeletal structure and strength to perform those movements, and finally, be able to execute that skill. This presentation will share how systematically assessing Structure, Strength and Skill, accompanied with the appropriate interventions, could lead to enhancement in sprint performance and a potential decrease in risk of injuries.

## Inaugural launch of the SMAS running shoe review

**Tye Lee Tze**

10 independent reviewers. 7 shoe companies. 40 pairs of shoes. Over 1000km run.

**Please register at:**

**<https://scienceofrunning.typeform.com/to/VvhhJ8>**

Bento dinner provided for registrations before 26<sup>th</sup> Oct 2018





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