



Dear Runners,

## **THE NORTH FACE 100 RACE : JULY NEWSLETTER**

Thank you for signing up for The North Face 100 race this year. I hope that everyone is training very hard.

If you are new to trail running, please find below some valuable advice from our panel of experts.

*Kenneth Koh ( The North Face Athlete), Dr Jason Chia ( Consultant Sports Physician, Singapore Sports Medicine Centre & Changi Sports Medicine Centre) and Muhd Farhan (The North Face Product Specialist)*

Don't miss out on some of the exciting discounts and promotions from our sponsors and partners.

### **TRAIL RUNNING vs ROAD RUNNING**

While there are some studies that show a lighter load on the foot while running on natural grass versus asphalt, this does not necessary translate to trail running. Trail running involves running on uneven surfaces with terrain that goes up and down. The foot and ankle have to work harder to accommodate undulating surfaces whilst the quadriceps and gluteus muscles have to work harder running up a slope. Going downhill is not easy either as the quadriceps muscles have to work eccentrically to act as a shock absorber. One of the natural responses to running on uneven grass-covered ground is to lift the foot higher and dorsiflex the ankles up, so the hip muscles and shin muscles in front have to work harder. Generally, trail running will consume more energy and your trail running time will be about 50% slower than your normal road running time.

Our partners, Singapore Sports Medicine Center, is offering 10% off their sports massage packages if you need to get those tired muscles tended to.

### **GETTING THE RIGHT EQUIPMENT**

**SHOES** - Trail shoes have better traction, are designed to be more stable and will roll less on unstable terrain. They have more aggressive treads and bigger lugs on the outsoles for better traction. The tip of the toebox is also made harder to protect the toes in case you bump into roots and rocks. Cushioning is stiffer to protect the feet from protruding rocks. Some are also waterproof, for wet rainy days or river crossings, at the same time, they are also breathable.

**HYDRATION** – There is always uncertainty when you are out on the trail and unless you are familiar with the trail, it is advisable to always carry a little extra water. There are a variety of handheld bottles, hydration belts and hydration bags in the market. The hydration bag is the most convenient when carrying large quantities of water on a long run. For someone new to the hydration bag, it is advisable to start running short distances with it first to get used to the feel of the bag. Remember that the bag straps should be cinched down snugly so the pack does not move excessively and excess air should be emptied out of the bladder so the water doesn't slosh around.

## **PROMOTIONS**

TNF100 athletes get 30% discount off all The North Face equipment and 15% off Buff, Optic Nerve, ID Band and all other products at the Running Lab Stores and The North Face stores. (Running Lab is located at Funan, Novena Velocity, Tampines and The North Face is located at Suntec and Orchard ION.)

Overseas participants are advised to stay at our event hotel, Hotel Intercontinental. A special rate of S\$200 / night has been extended to all TNF100 athletes and race kits will be dropped off at the hotel for guests staying there.

Our partners Singapore Sports Medicine Center, HP, Volvo, Men's Health and Shape also have various discounts and incentives.

Please click on the sponsor's logo on the sponsor's web-page for further details. <http://www.thenorthface100.com.sg/sponsors.php>

## **OTHER MATTERS**

If you have friends that want to sign-up but have not done so, please remind them that Early Bird registration will end 31 July.

From,

***The North Face 100 team***