DEAN'S ADVISORY COMMITTEE
STUDENT VENTURE GRANT APPLICATION

Please read all instructions and regulations on the reverse side of this sheet prior to the completion of this form. The 8 copies of your proposal are due in the Dean's Office on the 2nd Friday of the Block by 1:00 p.m. If you have questions, please contact Rita Zook at x6686 or email rzook@coloradocollege.edu.

DATE SUBMITTED ____________________________

NAME ________________________ CLASS ____________ WORKER BOX ______ EXT. ______

ID # ___________________________ HOMETOWN (Not Address) ______________________

NAME ________________________ CLASS ______ WORKER BOX ______ EXT. ______

ID # ___________________________ HOMETOWN (Not Address) ______________________

STUDENT RESEARCH       LIFE OF THE MIND       CONFERENCE

PROJECT TITLE A Film Series: An improved, modern approach to distance running techniques

BRIEF DESCRIPTION OF INTENDED USE OF FUNDS
Funds will be used in part for equipment purchases (external hard drives), for travel to meet with athletes, coaches and trainers, and also for food and residence.

PROPOSED DATE/BLOCK OF USE June 1st - June 30th

NAME OF FACULTY SPONSOR Clay Haskell

HAVE YOU BEEN THE RECIPIENT OF A PREVIOUS VENTURE GRANT Yes ___ No ___

IF SO, WHAT AMOUNT? _____ WHEN? _____ REPORT SUBMITTED? ______

TOTAL AMOUNT OF VENTURE FUNDS NOW REQUESTED $ 1000.00

ARE YOU SEEKING OTHER FUNDING FOR THIS PROPOSAL? Yes ___ No ___

IF YES, WHAT IS THE SOURCE? ______________________________

If this proposal is approved, I understand that it is my responsibility to notify the Dean's Office immediately if I do not pursue my project as proposed to the Dean's Advisory Committee. I further understand that all funds are to be used according to the proposal as submitted and approved by the Dean's Advisory Committee. Any changes to an approved project must be submitted to the Chair of the Committee for approval. Please note: the IRS requires that we report Venture Funds as taxable income.

SIGNATURE ________________________ DATE __2/4/11__

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Venture Grant Proposal

A Film Series: An Improved, Modern Approach to Distance Running Techniques
Genesis:

The film project I am proposing has an unusual, and maybe somewhat lucky, story. Throughout my adolescent years up until the current moment I’ve placed great amounts of time and energy toward my athletic pursuits, which, at Colorado College consisted of running on and captaining the cross country and track teams. I’ve always considered a large part of my identity to be athletically based and the effect of such a perspective is that I take whatever sport I’m playing very seriously. Since my sophomore year in high school, this has been the case with long distance running. It has been a uniquely discovered, incredible passion of mine and has in many ways defined who I am today.

As a freshman in high school looking to have basketball as my primary focus, I was left with no sport to play in the fall, as I didn’t play football or soccer. I had narrowed it to two choices: cross country, or golf. Golf had been a pleasant hobby of mine for as long as I could recall and it was an enticing, relatively low stress option. I considered it, and then with the incessant pursuit of my older sister, three years more than me, began considering cross country. My sister had done it all through high school and her relationship to distance running seemed unique, one that I had never seen in other sports. It was almost a sort of religious relationship, and after listening to my sister’s pitches and the way she talked about it, I was sold. My primary athletic trait was indeed my foot speed, and so I figured why not work with the best thing I’ve got.

From that moment on, I fell in love with distance running. I played basketball freshman year, and made the team and excelled my sophomore year as well, but running took hold and after my sophomore winter I was done playing basketball. It was cross country in the fall and track in the spring from there on out. I would use the winter period as a base training phase, something I couldn’t do while playing basketball.

At the end of my senior year in high school, I had achieved numerous all-conference honors, all region, and all sectional honors, which are all varying degrees of success in the high school running scene in Illinois. The greatest achievement though was a third place state finish my senior year in track. The 4x800 relay team was filled with four fiery seniors bent on making an impact in the Illinois track world. I anchored that relay team and together we not only met our dreams, but we exceeded them, a third place finish being something that probably none of us truly ever considered.

Throughout my high school years I had another developing passion, which seemed to feed off of, in many ways, my passion for running. This other passion was acting and filmmaking. I began dabbling with very basic programs, Magix movie editor II was my preferred program, and made extremely amateur collections of various races I had somehow gotten on film. I continued this and I actually improved to the point where I could produce a relatively seamless, professional looking movie.
At the end of my senior year, these two passions intersected and allowed me insight into a relatively untapped hot bed of recreational distance runners.

Eager to learn and improve my running technique, efficiency, and anything else to do with making me run faster, I managed to acquire an enormous breadth of distance running knowledge. My friend, Brad Dsida, and I decided on a hot June day to film ourselves running so that we could analyze our form and make corrections and adjustments. We went to the track and filmed from all sorts of angles and at the end of the day we had a giant roll of unedited footage. Seeing my two passions intertwining filled me with excitement and ambition. I took the footage to my computer, uploaded it, and began editing it together. I enjoyed analyzing the biomechanics I was looking at, and perhaps even more, I loved the process of editing it all into one coherent piece and watching it come together.

I didn’t know what sort of movie I was making, but I ended up analyzing the running technique through the film medium, so I would put captions on a frame saying what was going on, what was working, what wasn’t and so forth. I also put music behind it, and in a general but unique way, I stylized it. The result of all this was what came to be The Biomechanics of Running, an educational running video for the common recreational runner. I had no idea what was to come of it, but as with all the videos I make, regardless of what they are, I shared it in the Youtube community and the feedback and results I got were astonishing. The video to this date has 311,564 views, a number grossly larger than any I had possibly imagined.

The video can be found at this link:

http://www.youtube.com/watch?v=WibWjSEw-F4

Since originally posting this video, I’ve received many e-mails asking running form related questions, general running questions, people asking if it’s okay for them to embed the movie on their website and a variety of other random questions. I was even contacted by a writer from the Asics shoe company, Christopher Bergland, who was doing a piece on barefoot running and wanted my input. I sent him an e-mail back with about everything I knew about barefoot running and he was taken so aback by my comprehensive response that he asked if I could help him edit a proposal for a new book he was writing entitled, Exercise and Creativity-How physical activity stimulates original thinking and innovation. I did just that, and I remain in contact with Chris today.

What this has left me with is a tremendous opportunity to access, shape, and educate, in my own creative way, the distance running community. I feel I’ve stumbled upon an untapped, fresh and vibrant culture that I have unknowingly been deeply involved in.
The Project

My education at The Colorado College has been widely varied, as it took me a long time to figure out what I really wanted to study. My freshmen year I took two film classes 7th and 8th block and was turned onto the medium. My sophomore year, with plans of pursuing a drama/acting major, I enrolled in many drama classes and began auditioning and getting involved in plays on campus. I was in the theatre workshop production *Six Degrees of Separation* and I was also in the Drama Department production *The Odyssey*. I continued to be active as an actor and found myself partaking in another new medium, acting on film. This coincided with my developing interest in more legitimate filmmaking, and led me through basic and advanced filmmaking, where I learned the ins and outs of the latest equipment and how to make professional films, not the amateur compilations I had been doing during my high school years. Finally, after accepting there was no film major, I decided to major in English, as writing was one of my other passions. Overall, my education at The Colorado College has been an excellent blend of acting, filmmaking, and writing, and with the proposed project, I plan to utilize all three of them.

The next step I want to take is to make a series of episodes, each about ten minutes in length, covering various aspects of distance running with a focus on form, technique, and proper biomechanics. Ultimately, I want to have a website where the internet community can access and become involved in a modernized, easy to understand method of proper long distance running. The running episodes will function as the backbone to the website. For my venture grant, I want to focus solely on the making of the films. The construction of the website is something I can do on my own time.

I am proposing to write, shoot, and produce eight ten-minute long episodes that examine various aspects of distance running. The episodes will be divided as thus:

Episodes 1-4. These core episodes will serve to establish and exemplify the proper running technique through in depth, slow-motion (60 frame per second), critical analysis of a variety of differently skilled runners.

Episodes 5 and 6. These episodes will be introductions into the distance running world of shoes and apparel. Both these topics play an enormous role in keeping runners injury free and safe and thus need to be addressed knowledgeably. I worked at a specialty running store in Chicago during high school, and I fitted people for shoes and sold apparel, so I know both of those topics extremely well. I will also venture to other local running stores in Colorado and conduct interviews with managers and store-owners on certain shoe brands and apparel brands. Finding the right shoe to train in is hugely important, and with my experience, I have an extensive knowledge that I want to share with the rest of the running community.

Episodes 7 and 8. These final episodes will address proper training. I've studied all sorts of different methods of training during my time as a distance runner and also experimented with
nearly all of them. My concept of proper training is a filtration of methods, sifted through experience, careful research, and critical analysis of myself and other fellow runners.

**Itinerary**

Proposed starting date: Wednesday June 1\(^{st}\), 2011

Approximate ending date: July 1\(^{st}\), 2011

Location: 1307 Royer Street, Cornerstone Arts Center, The Colorado College campus

Two Film-Shoot Trips to Boulder, Colorado. University of Colorado at Boulder.

One Film-Shoot Trip to Flagstaff, Arizona. McMillan Running Company, Inc.

**Budget**

3 x Iomega 1 TB external hard drive

3 x 119.99 ........... 359.97 dollars

Travel expenses (Two trips to University of Colorado at Boulder, Colorado to conduct interviews with elite athletes. One trip to Flagstaff, Arizona to conduct interviews with Greg McMillan)

-1400 miles round trip to Flagstaff, Arizona

-400 miles roundtrip for both trips to Boulder

1800 miles x 48.5 cents/mile ........ 873.00 dollars

Rent for Residence, 1307 Royer Street, Colorado Springs .................. 320.00 dollars

Approximate food expenses for one month ........................................... 200.00 dollars

Total ........................................ 1752.97 dollars

Proposed Funds .................................................. 1000.00 dollars

**Reference Texts to be Used**

