



Runners please follow these guidelines to produce the best results when shooting your film.

- Hold the camera as still as possible (use a tripod if you have one)
- Always shoot film with the sunlight at your back
- Choose a consistent surface for your run. If outside, run on a flat surface, you can also stay inside and run on a treadmill.
- If outside, we would like to see the runner both with their shoes on and with shoes off. When running without shoes (on grass) we would like to see 30-40meter barefoot accelerations.
- Make sure you run in your own natural style. Do not be tempted to change anything for the camera.
- Film from distances ranging from close-up to about 25 feet.

When filming please include these important phases:

Total Body shot from:

- Front
- Side
- Rear

Upper body shot including head from:

- Front
- Side
- Rear
- Be sure to include a clear view of the arms

Lower body shot from:

- Front
- Side
- Rear
- Be sure to include a clear view of the foot strike





Submitting your film for analysis:

There are a number of options for submitting your video, and we can certainly discuss them on the phone. Here's a rundown of the usual methods:

Via regular mail:

If your camcorder records to 'Mini DV digital video cassette', to regular VHS cassette or to DVD then these cassettes or DVD's can be mailed to Coach GP. GP will return all materials once his analysis is complete.

Please mail to:

Gerard Pearlberg
310 Green Avenue
Brielle, NJ 08730

Via email:

If you want to submit your video via email you will probably need to compress your video files or they will be too large to send. Simply using a zip program will probably not be sufficient to compress the files. Depending on your 'tech' quotient there are shareware programs you can use to create .swf files which are very small and email friendly. One program that's available as a free trial and which we have used with good success is SwishVideo2 from swishvideo.com. If you are tech savvy enough to locate your video files then you can convert them to .swf files (select this as your output option) and email them to coachgp@runningbuzz.com.

Note: if you are using your digital camera to take short videos, the files created will usually be .avi or .mpeg files. These types of files can also be easily converted by using SwishVideo2.

If you are local:

If you are local to the above address for Coach GP, then you are in luck as GP will come and shoot the video for you – no extra charge, all part of the Running Buzz service!



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