

## Capstone Annotated Bibliography - Gus Wood

Behrmann, David. "The Social Benefits of Running with a Group." *Www.nifs.org*, 26 Jan. 2023, [www.nifs.org/blog/the-social-benefits-of-running-with-a-group](http://www.nifs.org/blog/the-social-benefits-of-running-with-a-group).

This article was written by a health and fitness instructor for the National Institute for Fitness and Sport. It labels the different aspects of running that are socially beneficial, something that is important to the core of my project. Something I want to emphasize, both to Braskem and my peers, is that running is socially healthy. This article highlights role models, motivation, improved performance through competition, and even networking as things you can get from running with others. I can attest to all of these with my experiences, and hope to foster an event that shows newcomers that running can be an amazing way to maintain healthy social habits. While the benefits are important, this article also labels social activity as the reason runners stick to the sport, which is the primary goal of this event.

Pendick, Daniel. "Running for Health: Even a Little Bit Is Good, but a Little More Is Probably Better - Harvard Health Blog." *Harvard Health Blog*, 30 July 2014, [www.health.harvard.edu/blog/running-health-even-little-bit-good-little-probably-better-201407307310](http://www.health.harvard.edu/blog/running-health-even-little-bit-good-little-probably-better-201407307310).

This article was written by the Harvard Health Blog, discussing the physical benefits to running. A well known and respected source, they discuss the fact that running even in small amounts leads to reduced chances of cardiovascular disease. The sample size was 55000, and over a period of 12 years, they found a correlation between running and healthy hearts. While it's well-known that running can benefit everyone physically, providing legitimate statistics and studies such as this one can be the determining factor for someone to become acquainted with the sport. Another study raised by this article by Journal of the American College of Cardiology claimed that runners had a longer average lifespan, something I'm sure some would be willing to trade off for a few short runs a week. It's important to note that running is not the sole determining factor, but a step towards a healthier physical lifestyle, something I will make sure to elaborate on to any newcomers.

Ben Martynoga. "The Connection between Running and the Brain: By Neuroscientist Ben Martynoga." *YouTube*, 22 May 2018, [www.youtube.com/watch?v=BRD-FDIZzUA](https://www.youtube.com/watch?v=BRD-FDIZzUA).

This is a video analysis from British neuroscientist Ben Martynoga describing the mental benefits to running. Working in labs across the world, Martynoga partnered up with running apparel company Saucony to create this promotional video for running. He mentions revolutionary studies which indicate aerobic exercises like running birth new neurons within the brain, something previously believed to be impossible. People tested immediately after runs showed heightened concentration and were easily able to switch between tasks. Experienced runners on the other hand, showed greater activity in the front of the brain, where "executive functions" take place. In addition the idea of "runners high", a euphoric sense that is reached

after a period of running, has shown to be true among neuroscientists. This is another angle I'd like to take in convincing people into running.

Vance, Erik. "I Hate Running. I Trick My Brain into Doing It Anyway." *The New York Times*, 8 Apr. 2024, [www.nytimes.com/2024/04/08/well/move/how-to-like-running.html?searchResultPosition=1](https://www.nytimes.com/2024/04/08/well/move/how-to-like-running.html?searchResultPosition=1).

This article comes from a runner who essentially forces himself into running. He has a deep disdain for the early stages of running, waking up in the morning and getting through the first mile. Once he actually gets started though, he feels much better and in a sort of flow state. This is almost identical to how my experience has been, the worst part by far is just getting up to that start line and the pre race anticipation. He also provides some strategies to ease the pain while running that I hadn't considered before such as "reward bundling" where you do something you like while running to have a positive association with it. He also highlights that walking isn't something to be ashamed of, which I have been victim to many times. I feel as though many up and coming runners might be drawn away from running for this reason, which is why I hope to dissuade these notions by showing that once you get into it, it can be hard to stop.

Davies, Ashley. "6 Ways to Put on the Most Successful First Race for Your Running Crew." *Runner's World*, 23 Dec. 2021, [www.runnersworld.com/races-places/a38442769/how-to-organize-your-first-running-event/](https://www.runnersworld.com/races-places/a38442769/how-to-organize-your-first-running-event/).

This source comes from popular running magazine Runner's World. This gives basic tips and tricks on how to host a good running race, from the experiences of Seattle-based running club Club Seattle Runners Division. Interestingly, they opted for hand-timing as opposed to chip-timing when tracking the times of racers, a method that they recommend due to the monetary benefits provided. This is one of the many debates I've tackled in the preparation of my 5k, as doing manual timing would require at least one or two volunteers that I would need to recruit on top of other volunteers. What makes this source helpful is that the 5k was for a group of 55, which is similar to my expected turnout for this event. The emphasis on keeping people on course is something I need to consider as well. Over the years, we've had many instances as a group where people would go off course.

Late Bloomer Runner. "Unbelievable Lessons I Learned from Organizing a 5k Race." *YouTube*, 16 Feb. 2023, [www.youtube.com/watch?v=98NGcuxeb5U](https://www.youtube.com/watch?v=98NGcuxeb5U). Accessed 16 Jan. 2025.

This short video comes from a race organizer in Jacksonville, North Carolina. Mostly he discussed finding local sponsors, which requires a lot of follow up and meetings. This applies to my situation, as I'm hoping I can receive some amount of Braskem funding and support. A concern of mine is securing a venue, another topic touched on here. He brings up his timeline, allocating himself around 9 months from start to finish, with the first step being the acquisition of police permits, as well as firetrucks and an EMS crew. While these aren't things I plan on doing, since my race is on a smaller scale, it's good to know that starting with securing a location is the best step to take, and something I plan to incorporate into my timeline.

Jotform. "How to Organize a 5K Run." *YouTube*, 8 Feb. 2022, [www.youtube.com/watch?v=PBtnF4A2QvE](https://www.youtube.com/watch?v=PBtnF4A2QvE). Accessed 16 Jan. 2025.

This video from the running service Jotform provides a detailed step-by-step to account for everything that makes a good race. While some of this doesn't apply to my specific race, it provides a solid framework that I hope to follow. Some considerations that I hadn't thought about are detailed email reminders, with everything from parking to weather forecasts on race day included. These will be incredibly important later on in this process, so that participants remember the exact details of the race. The consideration of accessible terrain when choosing a location is also something I need to think about, as places like Fairmount Park and Manayunk can be challenging for new runners due to the hilliness.

"MrTeesPhilly." *Mrteesphilly.com*, 2023, [www.mrteesphilly.com](http://www.mrteesphilly.com). Accessed 17 Jan. 2025.

This is a local T-Shirt company, referred to me by my mentor Jeremy. Prioritizing quality and affordability are of importance to me in the search for finding the best T-Shirt provider. Currently, I hope to ask this brand for a quote to get a better sense of pricing. This could be a good option, since Jeremy is close with the company, which could provide me a better deal. They are also flexible with ordering, meaning I can have time to finalize how many I'd want to purchase. It is also fairly close to my house, meaning I could easily pick them up as opposed to relying on shipping times.

Marc, Katz. "T-Shirt Design Lab - Design Your Own T-Shirts & More." *Customink.com*, 2025, [www.customink.com/ndx/?PK=176000&SK=176000#/welcomeBack](http://www.customink.com/ndx/?PK=176000&SK=176000#/welcomeBack). Accessed 17 Jan. 2025.

CustomInk provides a customizable T-shirt service that works as an easy and accessible way to design clothing and get a quote. It can be fairly affordable when ordering in bulk, depending on the design of the shirt, which I plan to keep simplistic. This is the service previous iterations of this capstone used, which indicates to me that it's effective for this capstone. The main concern I have is with shipping, and ease of change. CustomInk needs some amount of time in advance to process and ship the order, which leaves less flexibility for finalizing the exact headcount. I'm also more interested in supporting local business than a large company such as this one, but it ultimately depends on cost and flexibility.

[h](http://www.fdrparkphilly.org/permits)Friends of FDR Park. "Picnic Permits." *FDR Park Philly*, 2021, [www.fdrparkphilly.org/permits](http://www.fdrparkphilly.org/permits). Accessed 21 Jan. 2025.

FDR Park is the primary location of interest for this 5K. The picnic permits listed here provide two options, a picnic site, which offers a handful of picnic tables as a space, and the full boathouse, which is a large pavilion space. The picnic sites are scattered throughout the park, which I plan to scout out, but this provides more flexibility for mapping the course, with tables all around the park. The pavilion has a larger space, but might not be worth the higher cost, as I don't expect to need the entire space. It does provide coverage in the case of rain, which could be an issue, since the current plan is to host the event in April to May, which are notorious for inclement weather.