

Chapter 1 : Race for Glory - Wikipedia

This race supports the Etowah Baptist Association to provide staple products: food, clothes, spiritual guidance, classes for finances and nutrition. The race is a fun but challenging course with miles on beautiful Noccalula Mountain.

Journal Prompt Two questions, please try to answer both: Do you buy what van Nijf has to say about athletics not simply as more popular than paideia in the Roman East, but more broadly definitive of Hellenic identity? Is Anacharsis a straight glorification of Greek athletics or something else? But it also forces us to reevaluate the role of paideia in elite Hellenic self-definition in the Roman East. On one level it reads like a celebration of Hellenic values. For now, suffice it to say that we are dealing with an imaginary dialogue set, as so many products of the sophistic imagination were, in the deep Hellenic past, and with connections to Athens. Solon of Athens ca. Anacharsis, the other speaker, was a semi? Only here, both speakers seem to channel Socrates at different points. Note how, on p. Marcus, however, came among them, and so changed the hearts of the Megarians that he persuaded them to throw open their houses and to admit the Athenians to the society of their wives and children. Philostratus wants to say that Megara has been angry at Athens for an awfully long time. Polemon as President of the Smyrna Olympics For the people [of Smyrna] having from his boyhood observed in him a certain greatness, heaped on the head of Polemo all the wreaths of honour that were theirs to give, decreeing for himself and his family the distinctions most sought after in Smyrna; for they bestowed on him and his descendants the right to preside over the Olympic games founded by Hadrian, and to go on board the sacred trireme. This man so far surpassed his competitors, that he desired to contend in both wrestling and the pancratium at Olympia, and actually did win in both events at the Ludi Capitolini. Philostratus On Heroes Speakers: I suppose you will relate what happened at Olympia. At the Olympiad after that he stripped himself for wrestling as well as for the pancratium. The Eleans were displeased at this and decided to exclude him from both these events by making accusations that he had violated Olympic regulations. Nevertheless, they grudgingly crowned him for the pancratium. You have made a most excellent interpretation of the oracle, my guest. Center for Hellenic Studies , trans. Ellen Bradshaw Aitken and Jennifer K. Philostratus Life of Apollonius of Tyana 5. Apollonius of Tyana quasi-legendary miracle man, 1st cent. Bust of Nero, Musei Capitolini The conversations which Apollonius held about things which met his eyes were, according to Damis, many in number, but the following he said deserve to be recorded. On one occasion they were sitting in the temple of Hercules, and Menippus gave a laugh, for it happened that Nero had just come into his mind. In which of the contests has he won wreaths of late? I however admit that Nero will conquer at Olympia, for who is bold enough to enter the lists against him? But I deny that he will win at the Olympic festival, because they are not keeping it at the right season. For custom requires that this should have been held last year, but Nero has ordered the Eleans to put it off until his own visit, in order that they may sacrifice to him rather than to Zeus. This inscription, in Greek and found in Rome, dates from around CE. Asclepiades came from a wealthy family in Alexandria Egypt , and had a career of only six years, during which he was undefeated. Asclepiades here speaks in the first person. He begins with his father, Demetrius, then focuses on himself. Bibliography The following overview is drawn largely from the following sources: Sport in the Ancient World from A to Z. London and New York: Yale University Press, As we shall see, there were numerous intersections between athletics and sophistic as elite fields in the Bourdieuan sense. The one field, athletics, could in fact be viewed as offering parallels to the other, sophistic. At the same time, both athletics and rhetoric were viewed as central to an elite education and to Hellenic identity. It will, however, be important to take care how we treat competition, especially athletic competition, in the Greek-speaking world. The Greeks did not invent athletics, nor are athletics or competition so distinctively Greek as to set Greeks apart from everyone else in that respect. Nor will it do to accept without question various other assumptions sometimes made about Greek athletics, for instance, that during the "golden" age BCE , athletics were the preserve of amateurs dedicated to the pursuit of excellence for its own sake, while later Greek athletics were corrupted by professionalism and greed. East versus West And yet, certain aspects of Greek athletic competition did set it apart, and those aspects will be useful to review. Notably, they have to do with contest and show, and with

how those two were regarded in the largely Latin-speaking West and the largely Greek-speaking East. The West, that is, that part of the Roman Empire that, for reasons of language the use of Latin and history, could boast of chronologically longer and culturally deeper connections to Rome itself, did of course, esteem competition, including athletic competition, especially at higher levels of society. What Rome and its Western provinces could, however, be less comfortable with was competition as spectacle. Gladiators were men whose job it was to fight, sometimes to the death, in order to put on a show. Though gladiatorial combat spread throughout the Empire, its birthplace was Italy, Rome and Tuscany ancient Etruria, to be exact. So, on the one hand, gladiators obviously competed. On the other hand, they were showmen, and often very popular "super-stars, some of them. But as showmen, they, if free and citizens not all gladiators were slaves, could never hope for a status higher than that of infamia. Under Roman law, infamia involved a loss of rights; it attached to, among others, citizens who accepted money for performing in public, or who otherwise entertained for monetary gain. That included actors, musicians, prostitutes, and pimps, as well as gladiators. As for the scope of civil liabilities, Remijsen writes: This legal state of infamia denied performers the full rights associated with Roman citizenship: But evidence suggests that what lay behind social and political strictures against paid entertainers also produced what was, at best, ambivalence toward athletic competition in the Latin West. During our period, athletic festivals proliferated all over the Mediterranean. But the athletes tended to be Greeks. For a Roman lacking a sense of connection to Greek traditions, competitive wrestling, racing, and so on, if done at a festival in front of people, and with rich prizes, could savor of putting on a show. It was no problem entering chariots into an Olympic or similar event, as that involved only sponsorship, not performing in person. Nero, on the other hand, was the exception that proved the rule. During his tour of Greece 67 CE, he took part in numerous events, including tragic performance. He also drove his own ten-horse chariot at the Olympics. He won, despite being thrown from the car. Roman senators were scandalized; Greeks at least pretended to love it. For athletes in the Greek-speaking parts of the Empire were respected and honored, often with privileges, offices, and duties of various sorts. Under the Empire, they, like sophists, were liable to be chosen to act as ambassadors representing their respective cities. Cities paid them homage with victory parades sometimes quite elaborate, statues, and dedicatory inscriptions. One can, then, argue that this attitude toward athletics will have set Greeks "and non-Greeks who had embraced Greek culture" apart from others in the Roman Mediterranean. And in fact what we find is that athletics and the gymnasium, very much like the paideia prized by our sophists, played a key role in defining Greek identity for which van Nijf. Metropolitan Museum One imagines that competitive games of strength and skill go back to the very origins of human culture; certainly, they mattered for the Greeks from an early period. We learn of funeral games in the epic poems of Homer and Hesiod eighth century BCE, while the first Olympics were traditionally dated to BCE, the first secure date of Greek history. Together, they formed what the ancients called the periodos, the "circuit. Note that there were no team sports; it was all individual competition. Festivals of the original periodos featured the following types of competition: Discobolus, Roman copy of a Greek original.

Chapter 2 : Race 2 Glory Adventure Race in Kiltimagh, Co. Mayo Ireland 11th July

Feel free to Walk, jog or run anywhere you would like€”on a local track, through your neighborhood, even on a treadmill. Then report the results to Miami FCA. Remember, this event is for fun and support and all on the honor system.

Parades and drills bring a wave of anticipation heightened by an overwhelming sense of camaraderie that sets the atmosphere. Ladders clang, water sprayed from the pressure checks cools the air, and a warm breeze carries the smell of barbecue through the air. In New York State, there are drill teams and 1, volunteer fire districts. Parading and drilling is taken very seriously in the fire departments. For over years, departments have been competing against each other and displaying their firefighting skills. Parading and drilling are physically demanding skills. It is no easy task to walk two miles in a straight line while keeping in step with your fellow members. Some departments even carry heavy, waving flags that are strapped around their waists while marching in the formation of a color guard. Trust me, I know the feeling firsthand. Scott Rockwin, parading and drilling were thrilling and familiar functions for us. In these fun and exciting times, no one ever expects to get hurt, but it occurs every year and it can happen to you. As in any sporting event, accidents are inevitable. One can get hit in the face with a hurled coupling, trip over a strewn hose, twist a knee jumping off a truck or fall while climbing the ladders. You not only need to be able to possess the skill to run the race; you have to have the basic physical capacity to do so. Skills can include, but are not limited to, the ability to run, jump, climb, lunge, squat, lift, carry, push and pull. You will have to be proficient at these tasks quickly and while under great stress. Jumping off a racing car, carrying, lifting and throwing heavy buckets of water are just a few physical requirements of the race. You need to climb, lift and dig wet moving ladders, and hold down a heavy moving hose while pressurized water streams through it. These are no easy tasks. A team cannot be triumphant without the key foundations of these skills. One cannot be expected to move efficiently, let alone quickly and abruptly, without symmetrical range of motion throughout the body. Poor flexibility and mobility can result in the loss of the race due to poor performance, but it can also result in injuries such as rotator cuff and hamstring tears. If one person has tight shoulders and hamstrings, their swing and stride are not symmetrical. This results in a poor appearance: Once you establish your ability to move well, your focus needs to be on efficiency of motor control. Motor control is the process by which we use our brain to activate and coordinate the muscles and limbs involved in the performance of a motor skill. Stability of your core is essential for keeping your spine aligned during activities such as jumping off a moving truck, running with a hose, lifting and climbing up a moving ladder, or carrying a heavy flag. Even the act of marching in place requires core stability. Poor reflexive stabilization can compromise stability and can cause you to injure yourself. It sets up an increased risk for a fall while carrying a hose when the water pressure is hit, or misstep when running or climbing particularly on ladders or wet grounds. Back, shoulder and knee injuries are at an all-time high without these fundamental abilities. Achievement of key functional movement patterns will allow optimal performance. This is a functional task of running to the water vat to fill the bucket, squatting into the vat and then lifting that bucket to hand to the first man on the ladder. This functional task of passing the bucket requires mobility of the arms and legs, stability of the trunk, overall strength and good body mechanics. You cannot do this well or without potential for injury without the essentials. It requires practice in functional movement patterns. How does one know if they lack flexibility, stability and proper movement patterns? Our bodies typically compensate for lack of mobility or strength and then you move in a dysfunctional pattern that predisposes you to potential injury. Now, couple those bad postures with weakened muscles in a physically demanding task and it is a race not for glory, but for disaster. No worries, help is here. Hydrate before and after the race

Before activity: At least four hours before, drink 16 to 20 fluid ounces of water
Drink eight to 12 fluid ounces of water 10 to 15 minutes before exercise
After activity: The easiest way to figure this out without any calculations is to examine urine color. The lighter the color, the more hydrated you are. If you have dark urine, 20 to 24 fluid ounces will replenish your water loss. If you weigh pounds, you should drink ounces a day

2. Stretch dynamic and static
Before activity: Dynamic stretching is moving your

muscles in a precise manner, lengthening the muscles to warm the tissues up. Studies show that this is the best type of stretching to do before activity as it decreases risk for muscle tearing. Dynamic stretching should mimic the activity you are about to do and repeat these basic moves for 10 reps. Static stretching is holding your muscles in a lengthened position for 10 to 30 seconds two to four times. Train your core with resistance exercise Train each major muscle group two to three days a week using a variety of equipment. You can make it fun by flipping tires! As a rule, two to four sets of each exercise with 10 to 12 repetitions will improve your strength and power. Wait 48 hours between resistance training exercises for muscle recovery. Improve your endurance Adults should get minutes of moderate intensity exercises a week. You can break these up into multiple sessions of 30 minutes 5 days a week or smaller sessions at 10 minutes at a time. Remember to always work up to activity and intensity to avoid injury. Functional fitness training Neuromotor exercise is recommended two to three times a week for 20 to 30 minutes each session. Stay tuned for more on tips on how to stay active, healthy and strong from the Health and Wellness Committee!

DOWNLOAD PDF RACE FOR GLORY RUN, A

Chapter 3 : Race for Glory | calendrierdelascience.com

A member of an up and coming motorcycle racing team abandons his teammates to join a rival team. He ends up playing second fiddle to the champion of the new team.

Preliminary Comments plus Journal Prompt What is a classic? But why ask that question? The program within which this course is parented is "Classics" within the Department of Classical and Near Eastern Studies, here at Binghamton University, which refers to an academic discipline known as "classical studies," or for brevity, "classics." The term can be traced back to the Roman sophist Fronto, specifically, his use of the adjective "classicus" to describe older writers as, well, what? Related to the previous: How, if at all, did the second sophistic classicize? And what about our sophists? Are they themselves "classics"? Related to all of the above, Is the term "classic" a positive term? In privileging "the classics" whatever those are, do we run the risk of dising what is recent, innovative, non-elite, emergent? What do you think a classic is? Text Access "What Is a Classic? Introductions to Readings "What is a Classic? The dictionary entries begin to provide a sense of how terms like "classic" and "classical" have been used down through the centuries. The lesson concerned some rather pedantic questions of vocabulary and grammar, but also gave rise to the term "classic" as we use it today The term "classic" comes from Latin classicus, which itself comes from classis, meaning both social rank of any level "class" and superior social rank, with all the qualities going along with that "class" in a somewhat different sense The Latin in question, the first use of "classic" in a sense approaching what we associate with the term, reads: What is Fronto whom Gellius quotes getting at with all this social-class-related, even military, terminology? Classicus can mean, precisely, "military. The scroll she holds seems to allude to paideia But she is herself a moral and intellectual paragon: On Training for Public Speaking The present discourse is interesting precisely because it concerns the "canon," that list of classic authors that students should read. Who are those authors and why should they be read? What do they offer to the aspiring lawyer and statesman?

Chapter 4 : Tri for Old Glory Sprint & Olympic Triathlon | Redemption Race Productions

"Race for Glory!" is the twenty-first episode of the animated series Teenage Mutant Ninja Turtles Fast Forward, which originally aired on September 8,

Chapter 5 : Race for Glory - Online Stream Movies

*Race For Glory Run, A [Barclay Franklin] on calendrierdelascience.com *FREE* shipping on qualifying offers. In the world of eventing horses, a battle for money to save a farm turns into a battle for health -- and a battle of hearts.*

Chapter 6 : Race for Glory () - IMDb

race for autumn's glory (seasons of intrigue, book 6) a race for glory run- by barclay franklin- 1st edition- signed see more like this.

Chapter 7 : Race For Glory () - Rotten Tomatoes

You can register to run the race or if you prefer not to run you can walk the course. (We always have several walkers) We hope that you will consider joining with us in the Run For Glory benefiting your Missions Center.

Chapter 8 : The Old Glory Run

The Portage Invite - Glory Days 5k is on Saturday October 6, In order to use RunSignUp, your browser must accept

cookies. Otherwise, you will not be able to register for races or use other functionality of the website.

Chapter 9 : The Race for Glory | FASNY

Race for Glory (also known as American Built) is a American action film directed by Rocky calendrierdelascience.com film has been music composed by Jay calendrierdelascience.com film starring Alex McArthur, Peter Berg, Pamela Ludwig, Ray Wise, Oliver Stritzel and Barbara Blossom in the lead roles.