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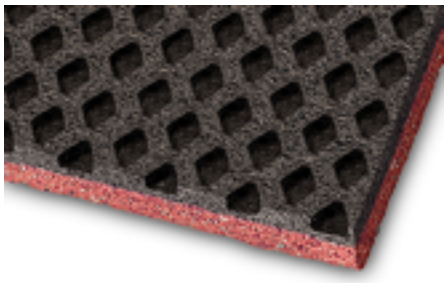
MONDO TRACKS: FACT AND FICTION

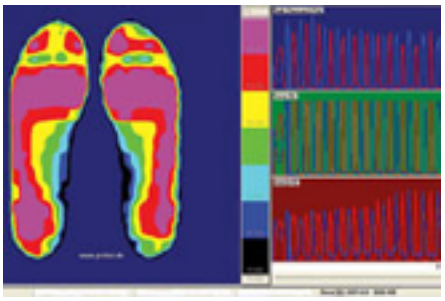
Fact: Mondo is the world leader when it comes to performance, with over 230 records at the last count. It's the surface of choice for the Olympics and for most major championships.

Fact: Athletes who run on Mondo tracks don't need penetrating needle spikes and see their performance boosted as a result. (See below: *Get A Grip*.)

Fact: Mondo is the best surface for training. It's the only material that delivers on shock-absorption, support and speed. Other systems always fail on at least one of these.



Fact: Mondo's state-of-the-art cushion backing reduces fatigue and makes it ideal for all athletes, from occasional runners to dedicated professionals who train hard.



Fact: Mondo's perfectly consistent bio-dynamics makes it the safest surface to train on because there's no risk of injury due to missteps in response to surface variations.

Fact: The dynamic response of a Mondo surface is different to that of polyurethane, delivering a longer stride. Because of this, athletes who don't regularly train on Mondo can find themselves at a disadvantage on the big day. (See below: *Take It In Stride*.)

Fact: Mondo tracks are ergonomically designed and incorporate cutting-edge technology. This is why most important sport science laboratories use Mondo for their research.

Fiction: *Mondo tracks are hard and not suitable for training.*

Fiction: *Mondo tracks are only good for competition.*

Fiction: *Soft tracks are better for training.*

Fiction: *Hard tracks are faster.*

Fiction: *Tracks with surface inconsistencies are safe for training.*

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MONDO TRACKS: *not* HARD AND FAST, *just fast*

Mondo tracks comply with the IAAF rule for shock-absorption by a good margin. Time and again, on-site tests prove Mondo is just as soft as polyurethane.

So if Mondo tracks aren't hard, what makes them so fast? The answer is material-recovery time, or rebound.

Mondo's prefabricated, vulcanized rubber tracks are inherently elastic, so they have a faster recovery time than other systems. This natural bounce helps the athlete increase stride length, which in turn boosts speeds. (See below: *Take It In Stride*.)

In addition, Mondo tracks are lined with a special honeycomb backing that's full of air pockets for extra cushioning. These pockets compress and recover even faster than the rubber, which is why running on Mondo is often compared to flying on a magic carpet.

Having this cushioning in the backing means it doesn't interfere with the support or grip of the surface. This is the key to understanding why Mondo tracks don't compromise on performance in order to deliver on comfort and safety. It's also the reason why athletes running on Mondo boost their performance even further with cone and pyramid studs that don't have to penetrate the surface in order to get enough traction. (See below: *Get A Grip*.) And because the cushioning layer is under the surface, it's never exposed to UV, so it doesn't harden with age, or get worn off. Consequently, Mondo tracks provide the correct degree of shock-absorption for longer.

MONDO TRACKS: NOT TOO HARD, NOT TOO SOFT, JUST *right*

The rebound that makes Mondo tracks fast also makes them good for training.

This is because the ability of a material to compress easily and then return to its original shape means it provides support. More support equals less fatigue. In comparison, running on a surface that recovers slowly is like running on sand - tiring and likely to cause strain.

The IAAF refers to a material's ability to recover from compression as vertical deformation and recommends a minimum level. It's a recommendation that people who advocate other systems often overlook.

MONDO TRACKS: RIGHT *right through*

Mondo tracks don't just deliver superior shock-absorption, support and speed. They deliver it right through the surface, in perfect consistency. This is because Mondo tracks are pre-fabricated, rather than poured in-situ, so they're not subject to variable ambient conditions during installation.

Why is this important? Studies show that slight inconsistencies in surface thickness or softness cause missteps that lead to injury, in much the same way as we trip on a step that is higher or lower than we anticipate.

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MONDO TRACKS: GETTING THE MOST OUT OF THE SURFACE

Take it in stride

Tests show that athletes have a longer stride on Mondo than on polyurethane surfaces. This is why so many athletes achieve personal bests on Mondo tracks, and why so many records have been set on our material.

It's also why athletes that don't train on Mondo sometimes over-stretch their muscles or mis-calculate their run-up in the jump and hurdle events when they are confronted with a Mondo surface at a big event.

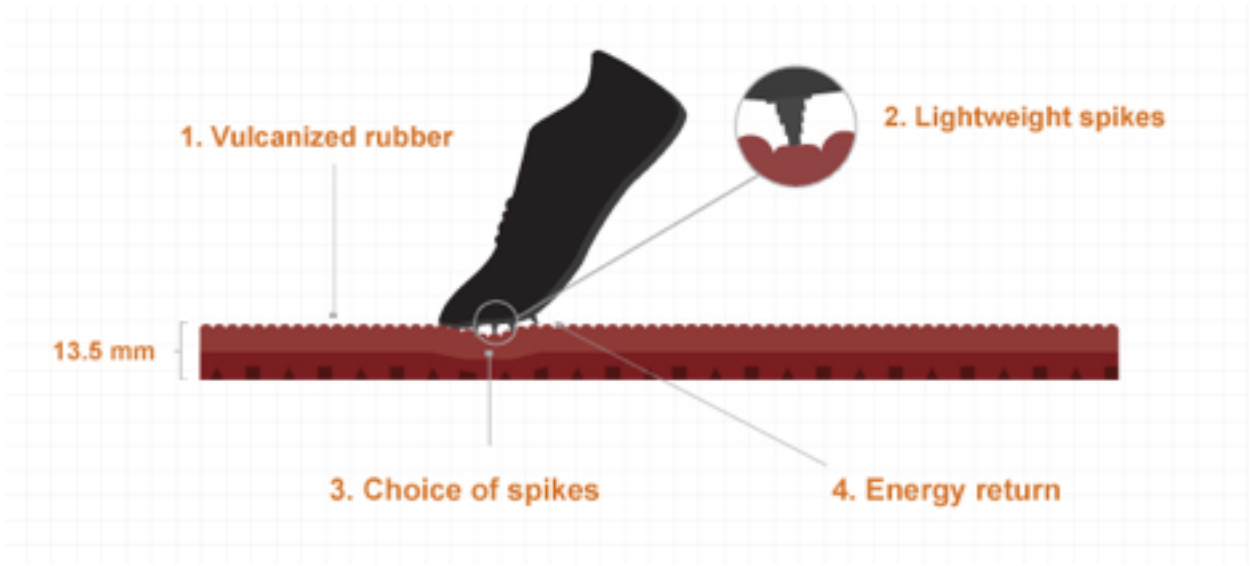
The difference lies in the inherently elastic quality of Mondo's rubber material, which gives the surface a superior material-recovery time. Fast material-recovery time translates to rebound, which transfers energy to the athlete, literally boosting each stride and minimizing time on the ground.

Get a grip

The dynamics between spikes and the solid rubber surface are another key to enhanced performance with Mondo.

In contrast to polyurethane tracks, where athletes use relatively long spikes to penetrate the granular topping and increase traction, Mondo's inherently non-slip rubber surface provides traction with minimum penetration. This means the athlete is free to use cone or pyramid studs, which do not penetrate, but instead force the surface to deflect.

Deflecting the surface causes it to stretch like a bowstring. When it recovers, it launches the athlete away from the surface, adding precious millimetres to his stride length.



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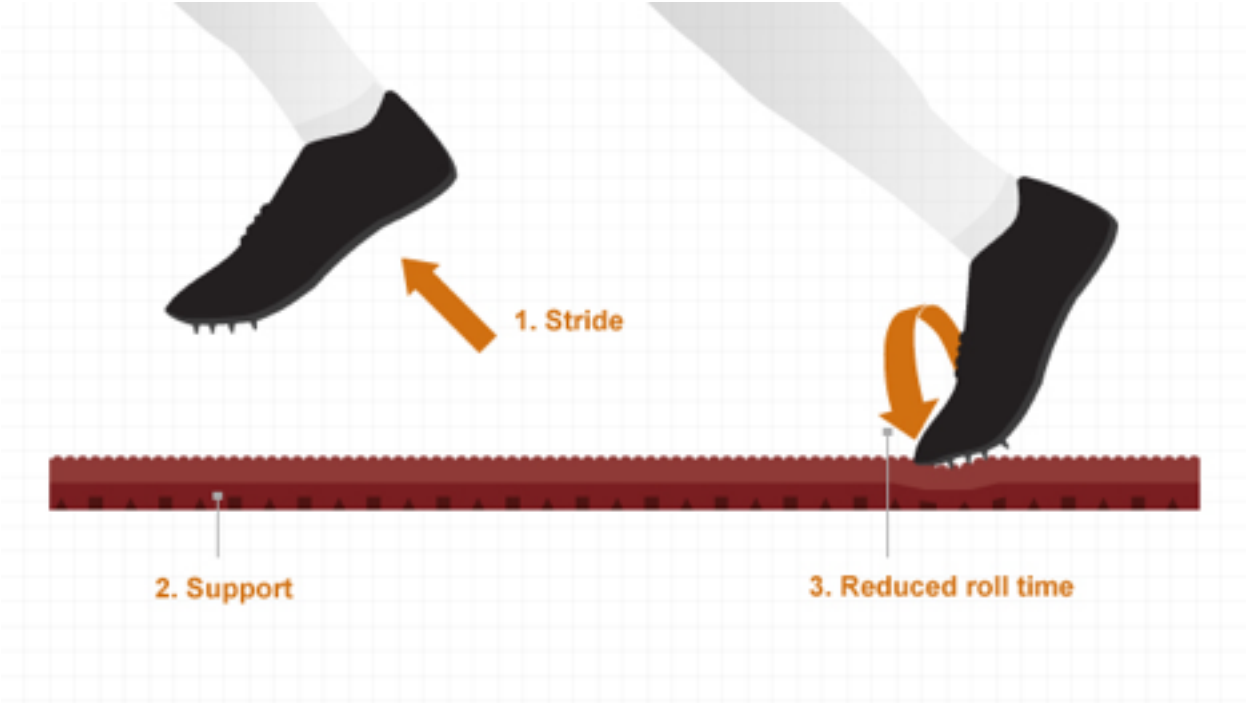
At the same time, deflecting the surface, instead of penetrating it, forces the material to yield more. The increased yield enhances shock-absorption and minimizes de-acceleration forces acting on the body, further assisting performance.



Another advantage of of cone and pyramid spikes is that they do not have to be retracted from the surface. This process saps precious energy (especially when you consider that the spike enters the material at one angle and exits at a different one). In contrast, blunt studs are propelled away by the deflected material as soon the athlete's foot touches the ground.

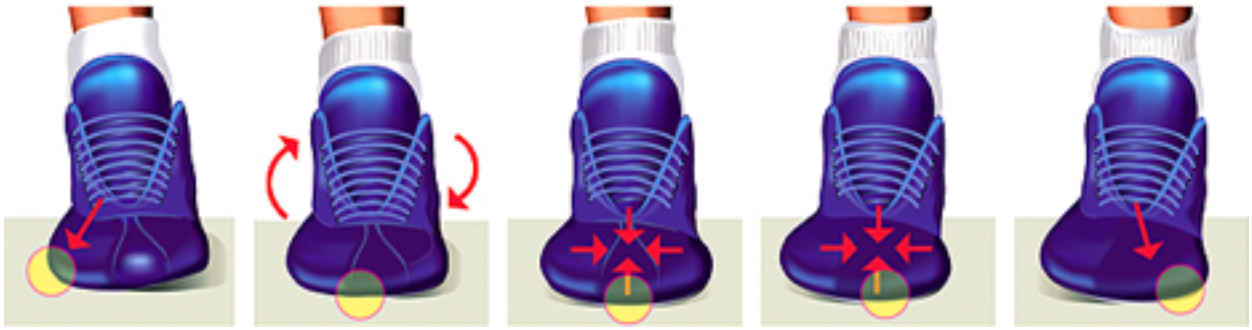
Athletes can fine-tune their performance by adapting the number and the length of spikes they use according to their body weight. Taking this a step the further, different spike lengths can be used for different weather conditions, in the same way that Formula I drivers use different tyres to improve traction on a wet surface.

For additional information on spikes, go to: Omni-Lite

Take-off

Like spikes, starting blocks affect performance. The best blocks for Mondo tracks are heavy-duty starting blocks with 12mm slim cone spikes in steel that prevent the block slipping backwards and tearing the surface.

On a roll



Unlike other systems, Mondo's cushioning is scientifically formulated to assist the athlete with energy-return. The honeycomb backing is able to compress in all directions, not just in the line of running. This multi-directional flex shortens the so-called rolling time, when the athlete's foot naturally rolls on impact, from the 5th metatarsus (outside portion of the foot) to the 1st metatarsus (inside portion of the foot).

The reduction in rolling time means the overall contact time of the foot with the track is shortened, and the foot spends less time on the ground.

Of course, for this multi-directional compression to be effective, it must be coupled with fast material-recovery. Otherwise, the cushion would simply act as a sponge, providing no energy return at all.

More information: Indoor Sport I Track And Field I Turf Sports