

Usain Bolt's asymmetrical gait: Does running unevenly make him faster?

Usain Bolt is the world's fastest man. But does that also mean that compared to all other competitive runners on Earth he has the best body mechanics?

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Not so fast.

Researchers at Southern Methodist University say Bolt may actually have “an asymmetrical running gait,” citing findings announced...They haven't concluded their scientific investigation, but the school stated that based on analysis of super-slowed-down video of some of his televised races, this super-high-speed sprinter strikes the ground with more force with his right leg than he does with his left.

For the fastest sprinter of all time, that difference alone is stunning in that “experts generally assume asymmetry impairs performance and slows runners down,” according to a [SMU news release](#).

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“Our observations raise the immediate scientific question of whether a lack of symmetry represents a personal mechanical optimization that makes Bolt the fastest sprinter ever or exists for reasons yet to be identified,” said Andrew Udofa, a biomechanics researcher in the SMU Locomotor Performance Laboratory and a member of the research team.

[Read the full study [here](#)]

[Note: GLP Executive Director Jon Entine has written a book on the genetics of sports: [Taboo: Why Black Athletes Dominate Sports and Why We're Afraid to Talk About It.](#)]

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Usain Bolt, World's Fastest Man, Runs Unevenly, Study Finds](#)