

RUNNING LONG DISTANCES: WHY DO WE RUN?



There is one thing that seems to be the consensus amongst runners alike who run long distance. That through trial and error and consistency, one overtime will gain infinite lifetime benefits. Those benefits maybe in the form of mental, physical, work achievements, or social interaction combined with the thrill of camaraderie. Below are some tidbits and real life experiences should you consider to venture into the running world.

The Science to Running

In reality there is no true rhyme or reason as to why people choose to tackle long distance running. There is no exact science that is going to teach someone how to run a long distance without any repercussions. There are many books, you-tube videos, and countless resources that profess such promise. One thing many runners agree on is everyone's running journey is unique and the only person you should be competing against is yourself.

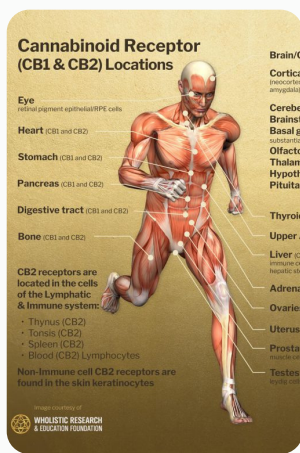


Runner's High

It has been proven time and time again that there are endless health and mental benefits in running. The so-called "runner's high" is real. Those endorphins boost ones ability to keep on going and a rise in endocannabinoids in the bloodstream pass into the brain creating that calm relaxed feeling. Long-distance running is said to dilute the memory of pain. Running any distance is about proving to yourself that you can get there. Getting to the finish line no matter how long it takes you. It exemplifies resilience and you overcome adversity.

Consistency is Key

Being consistent is key to be successful and have positive results in your running journey. Running with others helps you become accountable and consistent. It doesn't matter how fast or slow you run. Just keep showing up. Pay attention to the wear on your shoes. Replace them so your knees, hips, back and Achilles tendons won't feel it.



Running Morphs Into Resilience

An example of resilience, mental toughness and grit is Adrienne Haslet who despite stressors and adversity rebounded back from trauma through running. Haslet who was a professional ballroom dancer spectating the Boston Marathon in 2013, lost her leg in the bombing that occurred that day. Adrienne Haslet who knew nothing about running competed in the para athletics division 2022 Boston Marathon with 2017 NYC Marathon Champion Shalene Flanagan in 5 hours, 18 minutes, and 41 seconds. Flanagan was her support runner on race day and in her training.



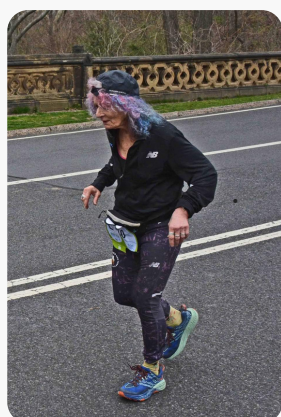
NEVER EVER GIVE UP



An elite professional runner Tommy Rivers Puzey was diagnosed in July of 2020 with a rare and aggressive form of lymphoma. He had chemotherapy, was in ICU for 2 1/2 months, in a medically induced coma and on a ventilator. His muscular frame deteriorated due to aggressive treatments. He lost 75 pounds becoming skeletal. Doctor's said his extreme fitness allowed him to endure what he did. Someone else would have died. In 2017 he placed 16th at the Boston Marathon with a time of 2 hours and 18 minutes. Fast forward to present day Puzey "ran" the 2021 NYC Marathon in 9 hours 18 minutes and 57 seconds. His determination, grit, and will to persevere keeps him here today to share his story. His running was a major contributing factor to be able to fight for his life. Never ever give up!



Run For Life



Running can have a positive impact on your life. Everyone's story is unique. Many say they run more for the mental benefits in addition to the physical gains. Running challenges you and helps you build tolerance to handle whatever is thrown at you with clarity and new found purpose. It makes you stronger and pushes you forward. It also builds confidence. There is no age discrimination nor must you fit a physical body description. So what are you waiting for to get started? Get out there and start running!





★
!RUN!★
and be
|HAPPY|



Section B, Page 6 of the New York Times Edition: A Beacon for a Cancer Recovery, Nov. 9, 2021

Anne McCarthy. "Why do people run marathons?". 30th September 2021

Kuzma, Cindy. "Adrienne Haslet Takes On the Boston Marathon with Shalene Flanagan in Support". RW, 16, April 2022

