

“I could NEVER be a runner!”
“My body is not built for running.”
“I find running to be boring.”

I'm going to assume that if you're reading this, you're a human being. From a physiological standpoint, you were MADE to run! Our ancestors needed to have the ability to catch prey on the run and get to food before it was scavenged by other animals in order to survive. Yes, I am aware that today we live in an environment where accessing food simply requires a drive to the local grocery store or restaurant, but that doesn't mean we should stop running.

Did you know that we are one of the few species on earth that can actually run an entire marathon? There are several reasons for this; here are a few:

~Humans have springy ligaments in their legs and feet that allow us to store energy during each strike of the foot and then release that energy like a spring on toe-off.

~Humans have unique physical characteristics that allow for greater stability while running. These traits include a well-developed gluteus maximus that is mostly active while running (yay for big butts!), a mobile torso. and differences in the inner ear that help us maintain better balance.

~Humans are really good sweaters! This allows us to release all of the heat we produce while running. Most of us don't have fur :-)) and our sweat glands are strategically located across the surface of our bodies. When we sweat, our bodies are able to cool down.

So, while running is no longer a necessity for humans, it definitely is not unnatural or dangerous. In fact, there are TONS of health benefits! I will be writing here weekly for the next 12 weeks to provide useful information and helpful tips. I will be covering a wide variety of topics including strength/cross training, recovery, mechanics, goals and a few others. I'm looking forward to sharing what I've learned as a runner and fitness professional, but mostly I'm excited to interact with others who run or want to start running!

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