

I have used jogging off and on for decades as a means to help control my weight and to keep me fit. However in the past couple of years, when I would start anew with my jogging regimen, I ended up experiencing muscle cramps in my calves and hamstrings and occasionally in my shoulder and neck area. These cramps greatly limited my ability to jog for the distances I used to complete with ease, which became very discouraging. I stretched, tried new and different running shoes, however still ended up experiencing the painful cramps.

In the summer of 2014 I attended a ChiRunning class that was led by Mike Meagher, and I am very glad I did! I am still astonished at how I was able to learn so much in just a 4 hour class. This is in thanks to Mike's friendly, thorough, and knowledgeable instruction of the ChiRunning techniques. Mike not only demonstrated each component of the technique, but broke them down and explained them in an understandable way, making it easy for me to comprehend. The class began by covering the fundamentals of ChiRunning one step at a time, followed by the students practicing each technique Mike skillfully taught. He then evaluated each student's performance of the component being covered and was quick to recognize when someone needed further instruction to execute the lesson at hand and ensured all students were grasping the technique before moving on to the next.

By the end of the class, we not only had practiced each technique until we performed it correctly, but we actually ran on a track and were able to pull all of the different components of ChiRunning together and began running the Chi way! Now, every time I run I employ the techniques Mike so skillfully imparted on me. The advantage has been much more efficient running, and most important to me is that I can now run without experiencing the painful leg cramps of the past through use of ChiRunning. This has only been made possible thanks to Mike's quality instruction of the ChiRunning technique, and for that I am grateful! I also am confident that everyone, from those who have "just felt like running" as Forrest Gump did, to the most experienced road runner can benefit by employing the ChiRunning way!

Wayne W.
Erin, NY