

I am a 57 year old mediocre runner who has been lucky enough to not have suffered any major running injuries. To be honest, I felt like it was just a matter of time before I fell victim to the inevitable, that running would soon begin to hurt my knees, ankles or feet simply because of my age and the years of wear and tear on my joints. After all, that's what was happening to my other running buddies, it was just a matter of time before I was benched, or so I thought.

I was introduced to ChiRunning through a fitness club that I belong to. What did I have to lose? Turns out I gained a lot. What I gained was knowledge and technique and that has made all the difference. I learned that with proper alignment and foot placement I can realistically continue running for as long as I want. I learned that running is just as much about my arms as my legs, that consistency and relaxing will enhance my speed while diminishing my odds of injury. I learned the best techniques for running uphill and downhill and that a silly little tool called a metronome could help to slice seconds and even minutes off my running time. Our instructor, Mike Meagher, was patient with all of us as we learned the technique and he really took the time to personally assess each of us to modify our forms for optimal running. We all got to know each other and even shared a few good laughs.

After the course was over, I found myself utilizing the techniques that Mike taught us. It was a little awkward at first but with practice it became second nature. Before long, I noticed that I had shaved a good minute off my pace and actually finished first in my age group at a local race, a first for me to ever place in a race. I then had the confidence to take on a half marathon and beat my personal goal by 4 minutes in that race.

So here I am, instead of counting down my running days, I'm looking forward to years of injury free running, all because I took a chance on a ChiRunning course. If you're looking for a way to run longer, injury free and increase your pace times, I encourage you to give the ChiRunning program a shot.

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