

Running

I like to run, even though I am not very fast. I thought that writing about it might help me get better.

Running has a lot of good uses. It is a good way to exercise and a way of transportation. Running is also a good way to test ones physical abilities. I think that running is one of the best kinds of exercise anyone can do. You don't need any equipment, or any special place to run.

There are many different types of running races: sprints where it is an all out dash for the finish line. There is the mile run, and a lot of other medium sized races, then there is the marathon, a race that is about 26 miles long.

Running has a long history. The Bible tells about Elijah running down the mountain in front of the King Ahab's chariot to lead him through the storm all the way back to the palace.

The Greeks were one of the first people recorded to have running competitions. They would have short sprints, and some races that were close to three miles long. The Greeks didn't compete in long distance running because it was thought of as a way to transport messages not a competition event. Greek history tells a story that may have started the marathon or long distance foot race. The story goes as follows.

In 490 B.C. the Persians under the leadership of Darius, invaded Greece and were preparing for battle in the Marathon Valley. The Persian army had almost double the number of troops that the Greeks had. The Athenian General, Miltiades, sent their fastest runner, Pheidippides, 150 miles to Sparta to ask the

Spartans to come and help fight the Persians. The Spartans were delayed because of religious ceremonies, so the Athenians went ahead and fought the Persians without the help of the Spartans. They drove the Persians back to their ships, where they boarded and sailed away. The Greeks lost only 192 soldiers while the Persians lost around 6,400. The Athenian general sent the exhausted Pheidippides the 26 miles to Athens to tell of the victory in the Marathon Valley. The legend says that when Pheidippides arrived in Athens he said, "Rejoice, we conquer!" and dropped dead from exhaustion.

The first official marathon race was held in Athens, Greece, in 1896 during the first modern Olympic Games. The participants ran from the Marathon Valley to the city of Athens. Since then the long distance marathon has become a popular and physically demanding challenge that a lot of people enjoy. There are a lot of annual marathons around the world. Some of the most famous ones are the Boston Marathon, and the New York City Marathon. Some Marathons take a lot of time and money to put on. The London Marathon for example costs around \$5 million to pay for the race, TV coverage and other expenses.

Hopefully most people will stop and rest before falling over dead, but it shows what the human body will do if it is trained enough. Running requires a lot of training to be good at it. Athletes practice for months or even years to be in top physical condition for their race. Running is a good way to burn calories, and to get a good work out. Running is demanding of bodily resources, and can be difficult to do for long periods of time or distance.

Running is a great sport, and doing this paper has helped me learn some more about running. The resources that I had were quite useful. I think that running the mile every week will be easier after this because I can be very grateful that it is not a marathon, or a deadly 150 mile trip like Pheidippides took. I am glad that running is a part of the requirements because it is a great way to exercise, as well as a way to test our improvements from week to week.

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