Why do people like or not like running?

One of the biggest things that I heard in high school was Daylan why do you run it is so boring and it's just running. Then there are the people who are like why would just run to run and at first, I would just say well I run because I like it. Then after a while, it became more of an answer of, I run because it is something that I can do for the rest of my life. That Is how I saw running something I could do for the rest of my life and I know some people don't see it like that, but I did. To me and my friends, our warmup for track and cross country was two miles for some people that seemed like torcher. But for runners that were varsity ones that just was a warmup. For a lot of people who run on the regular that enjoy it will do it for fun and won't think about how far they are going really, they just go.

Then there are the track and cross-country runners who want to hit times for that day and need to know what they are hitting. People that take it very seriously know their pace every mile they look at their heartbeat. That's when kids like me came into play when I ran in college I had to know the pace of my runs I had to know my heartbeat and I had to know how much I could put my body through for workouts so I didn't get burned out before meets. For a lot of elite runners that are in college or training for a half marathon or a marathon them running anywhere between 7-13 miles a day isn't crazy for them. Then for your long days that are supposed to be twenty percent of your mileage for the week. That sounds crazy but for some people, it really isn't when we

thought about it. Long days can sometimes be some peoples' favorite days because they can be as fast as you want usually and as you get more into your training; they should get easier.

For people who do not run I have pulled some things to show you why I run and why a lot of people run and maybe this will change your perception of how crazy we are. When I was doing this I wanted to show the good parts of why I run and show why people don't run. I know why a lot of people don't run and I can guess why you don't run. From my gatherings from the last major assignment I have can up with a lot of answers. One of the most common answers on why people didn't run is because it's not fun then there was it was boring, or they did not see any use for it. Then there are people with different body arch a type and it hurts when they do and which is totally acceptable running isn't for everyone. I can relate to why I used to not run I was always to tight and I would never stretch, and it would hurt and I would always have to take Ibuprofen after it. Then there was the thing if I wasn't running with other people it was just boring and I didn't want to do it. I never really saw a reason to run until I had a team in high school and had something to run for and people to run for. That was my motivation but don't get me wrong I understand running is boring sometimes I have to run with music, or I just get too bored with my ADHD.

From my perspective on when I wasn't a runner and then became one, I understand why people don't because running outright can suck and I don't blame people for not wanting to run. But for people who aren't runners here are some reasons why a lot of people do for health reasons. "Over 15 years, those who ran just 50 minutes a week or fewer at a moderate pace were less likely to die from either cardiovascular disease or any cause, compared with those who didn't run at all." There are little reasons like this where over time it's good for your health. It is said

that In the United States alone, almost 60 million people participated in running, jogging and trail running in 2017. Then in some studies, some studies running can lift peoples moods "In a 2006 study published in *Medicine & Science in Sports & Exercise,* researchers found that even a single bout of exercise—30 minutes of walking on a treadmill—could instantly lift the mood of someone suffering from a major depressive order." But I am not gonna lie to you for some people running can cause stress pain on your joints and back and some pain on your knees. Then it can increase the chance of your tearing muscles. "The injury rates for running are not necessarily high, but they are real," Dr. Uquillas says.

The things that pushed me overtime to run weren't because I liked it was the people around me it was my competitive nature on wanting to be better than people at something. I wasn't the best at first and I hated it at first, I used to slack off and then some events happened in the life that made me look at life differently. I got in trouble with driving without a license when I was in high school and the person who came to say I was a good kid was my cross country and track coach. That is was one of the things that pushed me so hard and why I wanted to run. But there were also more I didn't have that much money in high school, and I would buy my own running shoes. One of my teammates noticed that I had worn down running shoes and that I needed new ones. He asked me if I needed a ride to go look at new ones so I said yeah sure when we got there I tried on some I didn't like but I couldn't afford them but he told me if I ran five hundred miles over the summer he would get them for me. So I did it I ran five hundred miles over the summer. Running took my life out of a bad spot I didn't do it at first because I liked It I did it because I thought I needed to keep myself in check. Over time I grew to like it and I hope people find a reason to run for fun at least once.

One of the last things I would want to do is get someone to do something that they do not want to do, and a lot of people don't like running and a lot do. For a lot of the time that I have been a runner and a person who doesn't run overtime, I see why people don't. But at the end of the day it's your choice I hope at least you do some type of acuity to make you healthier is some way. Running is my way to stay healthy and I hope you find your way to stay healthy.

Coming from Daylan Sparks