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ChiRunning combines the inner focus and flow of T'ai Chi with the power and energy of running to create a revolutionary running form and philosophy that takes the pounding, pain, and potential damage out of the sport of running. The ChiRunning program increases mental clarity and focus, enhances the joy of running, and turns running into a safe and effective lifelong program for health, fitness, and well-being. More than 24 million people in the U.S. alone run, however 65% of runners in the U.S., 15.6 million people, will have to stop running at least once during the year due to injury. Millions more quit or avoid running because of injury or the fear of causing long-term damage. Yet, there have been few new ideas or fresh approaches to running and injury prevention. The symptoms are being treated, but the problem has not been solved - until now.

The ChiRunning program offers a real solution to the high rate of injury that plagues the sport of running.

There are countless books, courses, and classes on how to improve your golf swing, your tennis game, and your cycling technique, but none teaching how to run properly. The ChiRunning program fills this void by teaching people bio-mechanically correct running form that is in line with the laws of physics and with the ancient principles of movement found in T'ai Chi. ChiRunning technique is based on the same principles and orientation as Yoga, Pilates, and T'ai Chi: working with core muscles; integrating mind and body; and focused on overall and long term performance and well-being.

Whether you're an injured runner, a beginner runner, a marathon runner, a triathlete, or someone who runs to stay fit, ChiRunning has helped thousands improve their technique, reduce injury and achieve personal goals. ChiRunning helps reduce and eliminate: shin splints, IT band syndrome, hamstring injury, plantar faciitus, hip problems and the most famous running injury of all: knee injury. Conditioning your mind can be just as important as conditioning your body. ChiRunning can be a meditative practice that focuses your mind, lifts your spirits and opens the flow of chi in your life.

In the ChiRunning book you'll find information about: race training, trail running, interval training, and endurance running as well as diet and nutrition for peak performance.

The ChiRunning program virtually changes the landscape of the sport of running and makes running accessible and appealing to people who have stopped running due to injury, who are intimidated by the difficulty and potential danger of running, who want to have a competitive edge, and for those who seek a spiritual component in their fitness program.