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All You've Ever Wanted To Know About Distance Running

By Adam Walters

What is running?

The word running comes from the German word rinnen, meaning to flow. Its use to describe the sport of running seems quite apt as athletes do frequently seem to flow across their field of play. Running is a simple exercise that requires little equipment which makes it an excellent sport for everyone.

The History of Running

Running is a healthy activity for people of many different ages and is a great way to stay in shape and is one of the first forms of athletic competition. The origins of running as a sport can be traced all the way back to the first Olympic games. In fact, it is believed that the first thirteen Olympic games had only one event, a short sprint called a stade because it was the length of the stadium.

Competitive Running

Running is one of three kinds of events that fall under the title "track and field." When running, jumping and throwing all around combined in one contest it is called a triathlon.

Competitors in different races must take different matters into consideration when training. Since long distance running requires a great deal of endurance, longer distance runners work on stamina in order to stay strong throughout an entire race. Spinters, on the other hand, must simply move across a track at the greatest possible speed.

Most races are characterized by the distance being run, like the hundred meter dash, but others have more descriptive names, like the steeplechase.

The steeplechase, named for its similarity to a hunting course, is one of the more interesting events to watch. It shares far more in common with an obstacle course than it does with the hundred-meter dash. The various barriers and hazards must be avoided by the runner rough the obstacles without becoming injured or off balance.

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Reasons to Run

Running is an easy, low maintenance sport that requires very little in the way of equipment. There is an entire industry based on the creating accessories for running but running shoes are just about the only important accessory.

There are many reasons for competitors and non-competitors to run. It is an excellent means of losing weight, restoring energy as well as allowing a certain amount of time each day that is free for thinking through serious issues in life.

There are countless health reasons to run. It is one of the most effective ways of achieving cardiovascular fitness, is excellent for the heart and has even been shown as a great way to reduce stress.

Adam Walters has been an avid runner since High School. Today you can find him running a marathon once per year and training year round in his quiet Tennessee neighborhood. To learn more about running visit Adam's Web site

<http://www.runningjogging.com>

today.

How to find the Best Long Distance Rates

By Mike Yeager

These days the best long distance rates are not found with your home carrier. There's too much competition in the marketplace and many people are discovering that a prepaid card can actually save them money. A coalition of long-distance phone companies has developed a package of reforms that will be implemented as soon as the Federal Communications Commission approves them. Ultimately, these changes will increase competition in the telephone marketplace, which will cut costs even further.

Although technology has allowed phone companies to trim personnel even as call volume surged, reductions in access rates have made the most difference. In looking for the best long distance rates most people realize that there aren't massive savings when switching from long-distance provider to long-distance provider, but the prepaid market has definitely cut long distance costs. there's never been a better time to make long-distance calls. Many carriers are offering competitive long-distance service, and rates have fallen by some 85 percent in the past 15 years. Nonetheless, it pays to shop around; the more cautious you are as a consumer, the better the choice you'll finally make.

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How to find the Best Long Distance Rates

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