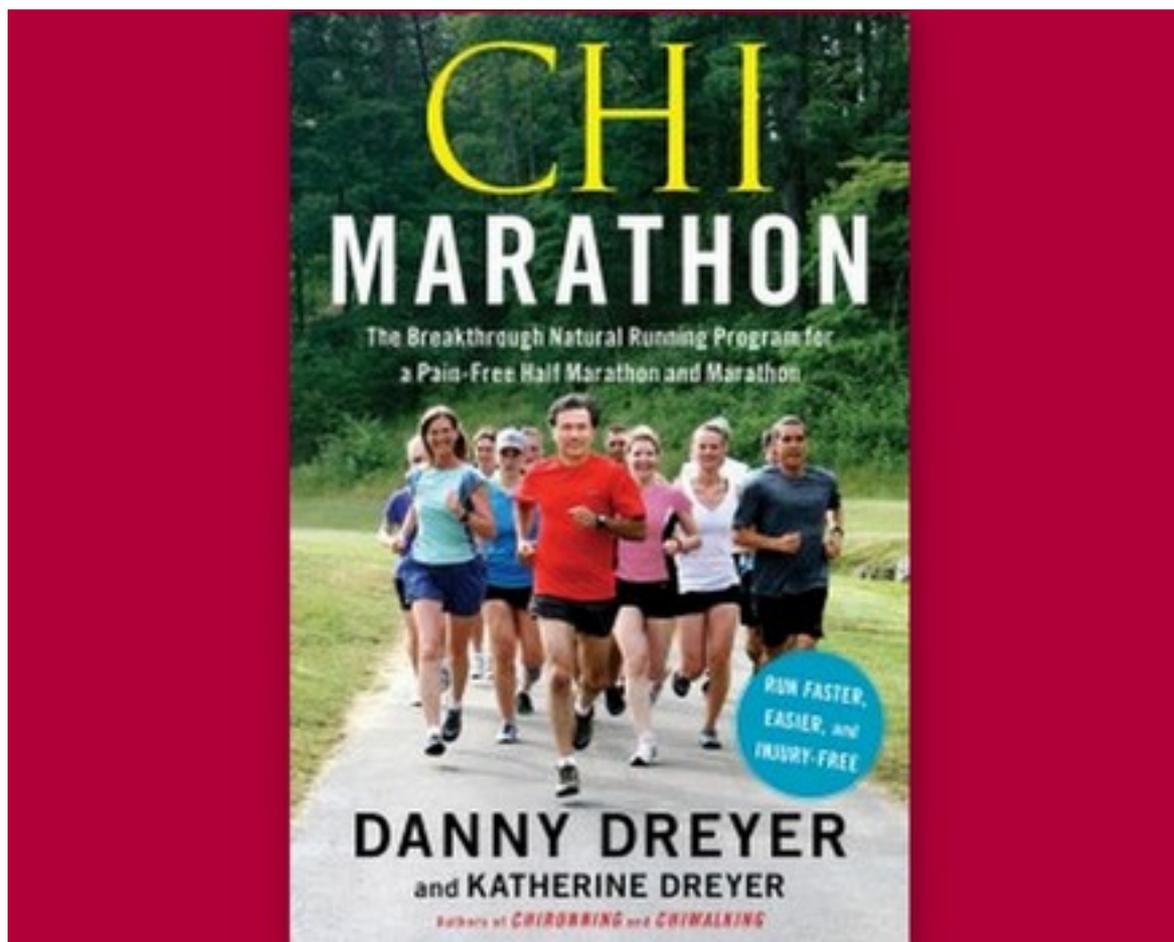


Grab 'Chi Marathon' and run

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Across the nation, we experienced an extremely hot summer. In recent couple of weeks, the temperature has come down and gradually we are moving to autumn. As tens of thousands runners are preparing for marathon season, marathon champion Danny Dreyer's latest book *Chi Marathon* provides a complete training system for [running marathons](#).



ChiLiving

Statistics show marathon participation has grown tremendously in recent decade. According to Marathonguide.com, there were 295,000 marathon finishers in 2001 and the numbers went up since. In 2011, the total finishers reached 550,000. Many marathon runners use marathons as a way of personal goal setting for health, spiritual growth, or mental challenges. However, marathon running presents some health risks.

Danny Dreyer of Ashville, NC is an accomplished ultra-marathon runner and has raced every distance from 10K to 100 miles. He has successfully completed 40 ultra-marathons since 1995, finishing in the

top 3 in his age group in all but one. In August 2005 he placed second in his age group in the USATF National 50k Championships. Danny has been a featured speaker at the Boston, Chicago, San Francisco, Los Angeles and San Diego Marathons, as well as at hundreds of other health and wellness events across the country. Besides being a runner, Danny has studied [Tai Chi](#) for years from masters Zu Xilin and [George Xu](#).

Tai Chi has many health and fitness benefits. Football players, golfers and other athletes use Tai Chi as part of their cross-training regimen to increase their stamina and improve their flexibility and balance. Danny Dreyer took Tai Chi to another level and integrated its fundamentals with running and designed Chi Running, an intelligent moving system. In 2004, he co-authored with his wife Katherine Dreyer *ChiRunning: A Revolutionary Approach to Effortless, Injury-free Running*. With *ChiRunning's* acceptance by runners, Danny and Katherine published *ChiWalking: Five Mindful Steps to Lifelong Health and Energy* in 2006.

Danny has taught the ChiRunning and ChiWalking techniques to training groups such as the San Francisco Marathon, the AIDS Marathon, Team in Training, USA/FIT, AARP and many others. His company [ChiLiving](#) offers ChiRunning and ChiWalking instructor training programs. Danny has been interviewed on CNN, NPR and other news programs to discuss his training methods. Running Times, Body & Soul Magazine, Time Warner's Health Magazine, AOL, Shape Magazine, Fitness Magazine, Elle, Washington Post, New York Times, Web MD and many newspapers have covered him and his methods.

[Catherina McKiernan](#) of Ireland won three major marathons: Berlin (1997), London (1998) and Amsterdam (1998). Due to injury, she had to miss the 2000 and 2004 Summer Olympics and retired in 2004. After enduring years of pain and injury, she found the answer of her problems in ChiRunning. Since then, she used ChiRunning method and trained thousands in Ireland how to run properly.

Katherine Dreyer stated in *Chi Marathon's* Introduction that ChiRunning teaches the fundamental principles of painless and injury-free running. The primary focus of Chi Marathon is using the ChiRunning techniques and principles and applying them to half and full marathon distances. Chi Marathon teaches runners how to build up their physical endurance, and train the mind and the body together as a team for long distances. Chi Marathon is designed for people of all ages, body types, and running abilities. It explains the Chi concept, relaxation skills and proper body alignment.

Chi Marathon not only teaches the principles and techniques, but also provides detailed training manuals for every stage in preparing a half and full marathon. It explains what Taper Time is and what you should eat during Taper Time. It gives instructions on pre-race preparation, dos and don'ts before race, what to expect on race day and what to do the day after. In the appendix section, it includes a day-by-day 16-week Beginner Half Marathon Training Program and a day-by-day 24-week Beginner Marathon Training Program. So if you plan to participate in a marathon, you may want to grab a copy of

Chi Marathon and start your training.

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