

A Runner's World

There's plenty of proof that people love to go the distance.

Running continues to be the exercise of choice for many. In 2012, **8.6 million** women and **6.8 million** men finished running events. Starting with 18 participants in 1897, the Boston Marathon now attracts an average of about **30,000** registered participants each year. Read on to find out more about the passion behind pounding the pavement.

As of spring 2014, 65 million people in the U.S. had gone running or jogging during the previous 12 months.




OF THE 50 STATES, CALIFORNIA HAS THE MOST RUNNING CLUBS (203); NORTH DAKOTA HAS THE FEWEST (6).

Up to **70%** of recreational and competitive runners sustain overuse injuries during any 12-month period.

>>> Since 2003, the half-marathon has been the fastest-growing standard distance in the United States, with a **12.5%** annual finisher growth rate.



Charles Rowell has the longest-standing ultra-distance-running record. In 1882 he ran **300 miles** indoors in **58:17:06**.



According to a survey conducted by Brooks® Sports Inc., **67%** of respondents have left something out of their suitcases to accommodate their running shoes.