

Why Do You Run?



[SlowPokeChu](#) 49 posts since

Dec 29, 2007

I often ask myself "Why do I run?" What's the point? Is it to look good? To feel good? To fill a void in my otherwise monotonous life? To feel better than I am? Is it because I'm unhappy? Is it a desperate attempt to control a life that, so often, feels out-of-control? Does it offer adventure, Intrigue, or an escape from what is?

What REALLY makes you run? What emotional or spiritual purpose does it fill?

Thanks!!!

SlowPokeChu



[GerryM715](#) 29 posts since

Jan 7, 2009 1. **Re: Why Do You Run?** Jan 9, 2009 1:01 PM

When I was 16 years old (I am now 23) I was 5'6 and 220lbs, I dropped the weight by doing heavy cardio and light lifting to 150lbs in 6 months. I was sick of getting picked on, ignored, and looked down on because of the way I looked. So I decided to do something about it, lost a ton of weight, and then started dating one of the hottest girls at my school =)

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SO anyway, ya, its a "IN YOUR FACE" kind of motivation for me. And no matter how much time passes, that little fat kid is still inside me, and the "HA! I CAN DO ANYTHING!" motivation is what keeps me going today.

I also find myself focusing more and more on my fitness/running when something bad is going on in my life, when I start to feel a wave of depression (hereditary) come over me, I know that in order to counter it, I need to start to pick up my workout. Give my mind something else to focus and strive for other than my own depression and thoughts. My parents even notice it, the more I work and focus on fitness, the calmer and happier I become.



[rocdoc50](#) 185 posts since

Oct 4, 2007 2. Re: **Why Do You Run?** Jan 9, 2009 3:43 PM

 in response to: [GerryM715](#)

GerryM, congratulations on your accomplishments! It sounds like you decided to do something positive versus settle on a negative solution to life. I'm sure dating one of the hottest girls at your school had to be a pretty big feather in your cap!

I run because it is the one thing I have almost complete control in my life. At my age (44) the job or career is somewhat uncertain with the way things are going today, I have my general responsibilities with my family that you can never tell from day to day how things will be. Running is the one thing I can do to whatever level I choose to take it. I can run hard, I can run soft...I can run for speed or I can do a light jog...I can go for distance or I can do a short race. I can run by myself or I can run with a group. Best of all, it is something that I don't need any special equipment to do. I also don't need to get others to do it with me...it is something I can do at a drop of a hat anytime of the day. All it takes is a strong mindset and a sound body to get rolling. Best of all, it is my form of inner peace with the knowledge that every step I run is helping to keep me just a little bit healthier and farther away from common ailments like high blood pressure, excess weight and stress.

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Running is the drug of choice for me. 😊



[Joelskig](#) 49 posts since

Nov 18, 2008 3. **Re: Why Do You Run?** Jan 9, 2009 4:39 PM

I run for many reasons including health, the discipline, to challenge myself but another reason is I love the identity it gives me, how do you run so far? or I saw you running yesterday at 6 in the morning in the rain, your nuts! also I do enjoy seeing the beginning of a new day-now thats spiritual. Joel



[Trexer33](#) 2 posts since

Jul 14, 2008 4. **Re: Why Do You Run?** Jan 9, 2009 7:01 PM

Like for many others, I run to get away from all of life's stress. I also enjoy pushing myself and doing what others don't think they can do. The positive attitude and confidence I've gained from running carries over into all aspects of life. I know I can do anything!



[Paul828](#) 126 posts since

Dec 25, 2007 5. **Re: Why Do You Run?** Jan 9, 2009 9:07 PM

SlowPokeChu,

Why Do You Run?

Great question. I run for many reasons. But mostly because a runner is who I am. The benefits that running brings come with it of course, but I really run because the sun came up in the east and another day has come.

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<http://community.active.com/blogs/p-dog>

Paul828