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5 “shocking” running facts

Friday, April 19, 2013

Even my old reliable websites are prone to sensationalism and hyperbole. It worked. This is one title I couldn't resist reading.

So here's the “facts” they mention and as with all “facts” we filter them through the lens of our own experience.

1) Stretching before a run may lower your endurance

This is comparatively new advice. After 25 years of being told to stretch in advance, I became aware of research that either indicated no benefit or a negative effect. The possible effect on endurance was new to me.

Since I've managed to stay relatively injury free for a quarter century (as long as I don't fall), I think I'll just continue my pre run gentle stretching. My muscles and joints are used to it and I always warm up.

2) Eating baked beetroot could help you beat your personal best

I don't even know what baked beetroot is. Red beets? I think eating this before running would make me throw up and I'm considerably slower than the test subjects (7-8 min milers).

3) Running a marathon could make you better at your job

That's encouraging. I know running clears my head, but since 13.1 is my max distance, that's as clear as my head will ever get.

4) Wearing cheap running shoes could cut your risk of injury.

Cheap is defined as less than \$40 and expensive as more than \$95. I'm assuming they mean suggested retail price since clearance sales would really skew the results. Since my Brooks Adrenalines run around \$100, I'm just into the high end category. What about those people who pay between \$40 and \$95?

This sounds like support for minimalist shoes. However, the comment about people with preexisting issues (like my over-pronating, flat feet, with an extra bone yet) being more prone to injuries to begin with and buying shoes with extra features to deal with it makes sense to me.

For my daughter wearing the wrong shoes in the beginning is what caused her knee problems in her first HS cross country season. It was suggested that she stick to swimming. Now at age 40 she runs a 3:08 marathon. Shoes matter. You just have to find the right ones for you.

5) Male runners are more likely to have daughters. REALLY??

I have no opinion here, but this is an interesting hypothesis.

DH never ran and we have 2 daughters and 1 son. After 5 grandsons, maybe I should have encouraged my son and 2 SILs to get out there and run? They didn't, but grandchild #6 finally was a girl anyway.

Here's the full article:

www.realbuzz.com/article

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BTVMADS


Wow, these writers really don't know the difference between correlation and causation, do they? Maybe the people with cheap shoes didn't get hurt as often because they aren't hardcore, 30-miles-per-week runners yet, willing to spend \$100+ on a pair of running shoes.

As for the male runners having daughters... any idea if it works for former runners-turned-cyclists? I'm pregnant with my 1st and collecting "old wife's tales" predicting the gender, lol.

Glad to see that someone's still out there pounding the pavement, injury-free, for so many years. I hope I'm running strong like you when I'm a grandma!
2976 days ago



EGRAMMY

 Thanks for posting.
2977 days ago



WILSONWR

Now those are some very interesting "facts." I really wonder about their research...
2977 days ago



DESERTJULZ

Pretty funny! I have two daughters as well and their father was never a runner.
2977 days ago



CHANGINGHORSES

Funny stuff! The good and bad/right and wrong change everyday it seems. Do what works for you I guess is best.
2978 days ago



AUSFAM

My favorite part: "I guess that's as clear as my mind will get"! :) Have a great weekend!
2978 days ago



CD12557708

The best part was your comments! I'm sure these are all guesses and claims from someone

who doesn't run themselves but have "read a lot". Interesting nonetheless
2978 days ago



BOOKAPHILE

Lol. Neither my husband or I run, and we have 2 daughters. Sensationalism is a hook used by marketers to sway public opinion into buying their product or mindset. Sometimes it makes me want to hide my eyes.
2978 days ago



LINDAKAY228

Very interesting. I liked your comments too. I had read a lot that stretching before any cardio with cold muscles could cause injury in a number of different places but that's the only one I had heard before. The cheap shoes doesn't sound right to me at all. I really don't think I want to try the juice. If I tried to run enough to run a marathon I'd probably be so tired all the time my job performance would suffer rather than improve. Fun to read it with your comments though.
2978 days ago



NINJALINDA

Interesting 'shocking facts.' I'm not sure there is a cause & effect relationship between running a marathon & getting better at your job, but surely a person with the dedication to stick to a marathon training plan and successfully complete the marathon would also have a good work ethic. Just my opinion!
2978 days ago



**COCK-ROBIN**

Wonderful!
2978 days ago

**JAHINTZY**

interesting....



I run in plain old converse low tops... i found i don't get shin splints that way, I often did when I was wearing a pair of new balance cross trainers that had a heel. I like being close to barefoot, but I also like being close to barefoot no matter what I'm doing so that kinda makes sense for me.

and really? men who run have more daughters? what a weird correlation to make...
2978 days ago

**FITMOMINNJ**

2 and 3 made me laugh:)
2978 days ago

THANK YOU!

**CELIAMINER**

1) Stretching - I always used to stretch before a run in my younger running days. Now I don't run much, so I walk to warm up.

2) No beets in my future. Okay, V-8 contains some beet juice, but the nasty taste is blessedly covered up.



3) Running a marathon - I can walk one, but running? 13.1 with run/walk method will likely be my max.

4) Wearing cheap running shoes could cut your risk of injury. Oh, be real!



I've been at this biped thing far too long to risk cheap shoes. I've had plantar fasciitis, I have tailor's bunions, and I overpronate. Properly fitted shoes targeted to my foot issues are a must.

5) Male runners are more likely to have daughters. No comment from me. DH hates to run, and I have no kids (though he has a daughter).

2978 days ago

**DR1939**

Beetroot is the full name for beets. It is used to distinguish the root section from the leaf section, aka beet greens. Apparently it is the nitrates in the beets that cause the increased time as well as numerous other effects. The nitrates convert to nitric which dilates the blood vessels making it easier to use oxygen. Sort of like taking a nitro pill that people with angina take.
2978 days ago

**MISCHAKEO**

Your comments were more interesting than the article. I do think getting the correct running or walking shoes makes a difference. Beetroot is being touted as the new healthy food. I have never tried it.

I am not a runner nor is my husband and we have 3 sons and 2 daughter. Hmm,

2978 days ago

**CD13482248**

Got a kick out of your comments!



I run and have twin daughters, my son-in-law runs part of the year.....I now have a granddaughter & grandson.



2978 days ago

**AMARILYNH**

These 'new' studies make me laugh!! I'm sure there is some truth in them (I hope???) but really.... Wearing cheap running shoes CUTS your risk of injury? That sure wasn't true in my case!!

I am reminded of what my mother (who reared 9 healthy children) told me when my daughter was a baby and I was questioning some 'new' information. She said doctors keep coming up with new and different recommendations but babies don't change. I followed her advice rather than the 'new' thing and my daughter is a healthy, happy 39 year old!!

2978 days ago





CD10259955



I think I enjoyed the commentary even more than the facts!
2978 days ago



LOL



CD13545024



odd facts....my trainer has me starch when we at the end of a workout not the beginning
2978 days ago



MJREIMERS



Thanks for the information. Since I am going to start running, I found this information very valuable. I had read the new data on stretching before a run, but none of the other.

I personally worry about shoes. I WILL get plantar fasciitis if I don't have the right shoe. Any suggestions?

I have a feeling that 13.1 will be my max, too. I really can't see running farther, but then again,

maybe I'll surprise myself! (I doubt it, though!)



THANK YOU!

I appreciate this blog!!
2978 days ago



LEANJEAN6



Some of those facts I knew--but some I didn't--interesting!
2978 days ago



CD12146214



Like you, I guess my head will only be half clear as my max run is 13.1.

I hate beets - another tick against the survey

My husband is a cyclist - we have one sone

I overpronate -- and have high arch -- no minimalist shoes for me.

Incorrectly fitting shoes, at any price, will ruin your feet

Thanks for the article as it was an interesting read
2978 days ago



MAGGIEVAN



Very interesting. Thank you for sharing. My husband is a runner and we have 3 sons!
2978 days ago

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