



# Running Through the Ages

*Edward S. Sears*

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## **Running Through the Ages** Edward S. Sears

Throughout most of human history, running was necessary for survival. In present times, it has become an ever-popular way to promote physical fitness. This work takes a close look at the history of running from the era when running was a survival skill to the contemporary age, when people run for enjoyment. Questions such as why the Greeks considered swiftness of foot the most highly prized quality and why we run counterclockwise around a track are answered in this in-depth history that also includes anecdotes and legends about the history and lore of running.

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