

DONNA SPENCER

Donnas' business, "Women's Pace and Natural Pace", has been in existence for over 10 years. She has been running for 27 years and took her first ChiRunning workshop in Vancouver the day before the "First Half" Half marathon approximately 2 years ago.

She completed her instructor training with Danny Dreyer, the founder of ChiRunning, in Ashville, North Carolina. She also went to Mexico for 10 days to practice teaching under the eye of a master Chi Instructor.

She has conducted several workshops in the Nanaimo area, assisted at other instructor training and with Danny Dreyer at his workshops, along with guest speaking to interested runners and potential runners. She sees the benefit this technique offers to ALL runners, from amateur to the seasoned.



ChiRunning is a method of running/walking. For who wish to learn how to run more efficiently and with less injury; it helps to prolong and enhance your own running life. The ChiRunning approach is one that builds a healthy body, instead of breaking it down from misuse or overuse.

ChiRunning help you focus your mind, lift your spirit and open up your flow of Chi.

- Run injury-free for the rest of your life
- Increase efficiency with a mid-foot strike
- Increase your speed while reducing effort
- Finish a pain-free event and look forward to running again!

The ChiRunning style of running combines the inner focus and flow of T'ai Chi with the power and energy of running, creating a revolutionary running form and philosophy that takes the pounding, pain, and potential damage out of this sport. It increases mental clarity and focus, enhances the joy of running, and turns running into a safe and effective lifelong program for health, fitness, and well-being.

ChiRunning is an approach to running that can help you recapture the effortless nature of running. It was developed by ultramarathoner Danny Dreyer and combines elements of both modern physics and T'ai Chi to create a way of running that is focused more on how you run rather than just simply the results of your running. There are some primary benefits to ChiRunning vs. the way most adults run today.

Additional Resources

- [Chi Runners Poised for Softer Landings](#)
- [ChiRunning: The Closest Thing to Barefoot Running without Ditching your Shoes](#)
- [Learn To Glide With Gravity](#)

Contact Donna Spencer at naturalpace@gmail.com. www.chirunning.com.

Donna will be speaking on Saturday, October 9, 2010 in a session titled "*Chi Running*".