

## Harvard launches new running, walking program in Cambridge

### Wicked Local Cambridge

Posted Jan 21, 2011 @ 09:17 AM

Cambridge — Harvard University announced that it will launch a running and walking program designed to build community and fitness among students, faculty, staff, alumni, and neighbors in Cambridge, Boston, and the surrounding area. The program will include weekly runs and walks organized by the university that are open to all Harvard and local community members.

Sponsored by Harvard President Drew Faust, the initiative, called “Harvard on the Move,” will kick off Wednesday, Jan. 26, at 4 p.m. with a panel discussion at Sanders Theatre featuring national experts on running, fitness, and well-being who are part of the Harvard community. The participants include Daniel Lieberman, professor of human evolutionary biology and department chair of Human Evolutionary Biology in the Faculty of Arts and Sciences at Harvard; John J. Ratey, associate clinical professor of psychiatry at Harvard Medical School; and Christopher McDougall, Harvard College alumnus and author of the bestselling book “Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen.”

“Harvard on the Move offers a unique opportunity for Harvard’s many constituencies to come together outside the classroom and lecture halls,” Faust, who plans to participate in the program’s inaugural walk on Feb. 1, said in a press release. “Whether you are a dedicated runner or a busy student or staff member determined to get in shape for the spring, I encourage you to come out, challenge yourself, and meet your colleagues for conversation and fitness.”

Studies have documented that vigorous walking and running, the oldest and most natural forms of exercise, can help people have longer and healthier lives, both physically and psychologically. Benefits include boosting cognition and improving mood, in addition to maintaining a healthy weight.

The new initiative also aims to enhance education and research on health and physiology. Coordinated through Harvard’s Center for Wellness, the training program will include weekly runs and walks along the Charles River, as well as free training sessions led by a coach and periodic instructional clinics on how to avoid injury and maintain endurance.

The first community walk will take place on Tuesday, Feb. 1, at noon, leaving from the John Harvard Statue in Harvard Yard. Successive walks are scheduled for Tuesdays and Thursdays at noon, and weekly runs are scheduled for Wednesdays at noon and Sundays at 10 a.m.

In addition to the weekly runs and walks, Harvard on the Move will host a series of lectures led by Harvard faculty and staff throughout the spring on topics such as nutrition, physiology, and the evolution of human exercise. Harvard on the Move also will maintain a list of local and University-sponsored races for participants to join if they are looking for additional challenges and goal setting.

An informational fair and book signing by the three panelists will follow the panel discussion. The Jan. 26 event is free and open to the Harvard community and the public. To request a ticket, please go to <http://www.president.harvard.edu/info/>.

Copyright 2011 Cambridge Chronicle. Some rights reserved

Comments (0)

Login or register to post a comment:

Login

Username:

Password:

Forgot password

Register

Email:

First Name:

Last Name:

I agree to the terms of use

I am over 13 years of age

NOTE: Your inbox must accept emails from "no-reply@gatehousemedia.com"

**GAMER UNIVERSITY** DEGREES FOR GAMERS: **ART** **CODE** **DESIGN**

**FULL SAIL UNIVERSITY** [LEARN MORE](#)

Cambridge Chronicle | 80 Central Street | Somerville, Massachusetts 02143

Copyright © 2006-2012 GateHouse Media, Inc. Some Rights Reserved.

Original content available for non-commercial use under a [Creative Commons](#) license, except where noted.

SEO by eLocalListing | Advertiser profiles | Cherrp Local | Cambridge Real estate | Find your Wicked Local Town