

Back On Course: (Full Of Running

Assault course

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An assault course (also called a confidence course or obstacle course) is a trail (or course) that combines running and exercising. It is often used in military training. The prime use is to evaluate progress and weaknesses of the individual or the team involved.

There are specific urban obstacle courses and night obstacles Courses. An obstacle course race (OCR) is a civilian sporting and fitness challenge event which combines obstacles and cross country running.

Larry Johnson (running back)

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Larry Alphonso Johnson Jr. (born November 19, 1979) is an American former professional football player who was a running back in the National Football League (NFL). He played college football for the Penn State Nittany Lions, winning the Maxwell Award and earning unanimous All-American honors in 2002. He was selected by the Kansas City Chiefs in the first round of the 2003 NFL draft, and also played for the Cincinnati Bengals, the Washington Redskins, and the Miami Dolphins.

Marathon

20 km, 30 km and so on) if such records are established while the runner is running a marathon and completes the marathon course. Annually, more than

The marathon is a long-distance foot race with a distance of 42.195 kilometres (c. 26 mi 385 yd), usually run as a road race, but the distance can be covered on trail routes. The marathon can be completed by running or with a run/walk strategy. There are also wheelchair divisions. More than 800 marathons are held worldwide each year, with the vast majority of competitors being recreational athletes, as larger marathons can have tens of thousands of participants.

A creation of the French philologist Michel Bréal inspired by a story from Ancient Greece, the marathon was one of the original modern Olympic events in 1896 in Athens. The distance did not become standardized until 1921. The distance is also included in the World Athletics Championships, which began in 1983. It is the only running road race included in both championship competitions (walking races on the roads are also contested in both).

Triathlon

A triathlon is an endurance multisport race consisting of swimming, cycling, and running over various distances. Triathletes compete for fastest overall

A triathlon is an endurance multisport race consisting of swimming, cycling, and running over various distances. Triathletes compete for fastest overall completion time, racing each segment sequentially with the time transitioning between the disciplines included. The word is of Greek origin, from τρεῖς (treîs), 'three', and ἀθλος (âthlos), 'competition'.

The sport originated in the late 1970s in Southern California as sports clubs and individuals developed the sport. This history has meant that variations of the sport were created and still exist. It also led to other three-stage races using the name triathlon despite not being continuous or not consisting of swim, bike, and run elements.

Triathletes train to achieve endurance, strength, and speed. The sport requires focused persistent and periodised training for each of the three disciplines, as well as combination workouts and general strength conditioning.

Maine Marathon

Bay Marathon, is a series of USATF-certified road running events held each October in Portland, Maine that includes a full marathon, a half marathon,

The Gorham Savings Bank Maine Marathon, formerly known as the Casco Bay Marathon, is a series of USATF-certified road running events held each October in Portland, Maine that includes a full marathon, a half marathon, and a marathon relay. The course is an out-and-back that starts and finishes along the Back Cove of Portland, going up the coast to Yarmouth and back.

Cross country running

country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass. The course, typically

Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass. The course, typically 3–12 kilometres (1.9–7.5 mi) long, may include surfaces of grass and earth, pass through woodlands and open country, and include hills, flat ground and sometimes gravel road and minor obstacles. It is both an individual and a team sport; runners are judged on individual times and teams by a points-scoring method. Both men and women of all ages compete in cross country, which usually takes place during autumn and winter, and can include weather conditions of rain, sleet, snow or hail, and a wide range of temperatures.

Cross country running is one of the disciplines under the umbrella sport of athletics and is a natural-terrain version of long-distance track and road running. Although open-air running competitions are prehistoric, the rules and traditions of cross country racing emerged in Britain. The English championship became the first national competition in 1876, and the International Cross Country Championships was held for the first time in 1903. Since 1973, the foremost elite competition has been the World Athletics Cross Country Championships.

The highest level circuit of professional cross country competition is the World Athletics Cross Country Tour Gold level, administered by World Athletics since 2021.

Philadelphia Marathon

marathon course is professionally certified at 42.195 kilometres (26.219 mi) by the Road Running Technical Council of USA Track & Field. The roots of the Philadelphia

The Philadelphia Marathon (aka the Philadelphia Independence Marathon) is an annual marathon sporting event held in Philadelphia, Pennsylvania on the third Sunday of November. The Philadelphia Marathon ranks among the top ten in the nation's largest marathons with over 10,000 finishers. The marathon course is professionally certified at 42.195 kilometres (26.219 mi) by the Road Running Technical Council of USA Track & Field.

2025 NASCAR Xfinity Series

88 car full-time in 2025, after running part-time for the team in 2024. Taylor Gray will drive for Joe Gibbs Racing in the No. 54 car full-time in 2025

The 2025 NASCAR Xfinity Series is the 44th season of the NASCAR Xfinity Series, a stock car racing series sanctioned by NASCAR in the United States. The season started on February 15 with the United Rentals 300 at Daytona International Speedway and will end with the NASCAR Xfinity Series Championship Race on November 1 at Phoenix Raceway.

The 2025 season is the second season, and the first as the exclusive broadcaster, in which The CW will be televising the NASCAR Xfinity Series under NASCAR's new TV deal that will take place until 2031. This season also marks the final season with Xfinity as the title sponsor of the series, as O'Reilly Auto Parts will replace the title sponsor starting next season.

Justin Allgaier of JR Motorsports entered the season as the defending series champion.

Running

Running is a method of terrestrial locomotion by which humans and other animals move quickly on foot. Running is a gait with an aerial phase in which

Running is a method of terrestrial locomotion by which humans and other animals move quickly on foot. Running is a gait with an aerial phase in which all feet are above the ground (though there are exceptions). This is in contrast to walking, a slower form of movement where at least one foot is always in contact with the ground, the legs are kept mostly straight, and the center of gravity vaults over the stance leg or legs in an inverted pendulum fashion. A feature of a running body from the viewpoint of spring-mass mechanics is that changes in kinetic and potential energy within a stride co-occur, with energy storage accomplished by springy tendons and passive muscle elasticity. The term "running" can refer to a variety of speeds ranging from jogging to sprinting.

Running in humans is associated with improved health and life expectancy.

It is hypothesized that the ancestors of humankind developed the ability to run for long distances about 2.6 million years ago, probably to hunt animals. Competitive running grew out of religious festivals in various areas. Records of competitive racing date back to the Tailteann Games in Ireland between 1171 BCE and 632 BCE, while the first recorded Olympic Games took place in 776 BCE. Running has been described as the world's most accessible sport.

Ultramarathon

marathon distance of 42.195 kilometres (26 mi 385 yd). The sport of running ultramarathons is called ultra running or ultra distance running. Various distances

An ultramarathon is a footrace longer than the traditional marathon distance of 42.195 kilometres (26 mi 385 yd). The sport of running ultramarathons is called ultra running or ultra distance running.

Various distances, surfaces, and formats are raced competitively. The shortest common ultramarathon is 31 miles (50 km), and around 100 miles (160 km) is typically the longest course distance raced in under 24 hours, but there are also longer multiday races commonly held as 48 hours, 200 miles (320 km), or more, sometimes raced in stages with breaks for sleep.

The oldest and largest ultramarathons are on road, including the Comrades Marathon (more than 10,000 finishers annually) and Two Oceans Marathon (more than 6,000 finishers annually). Many ultras have historical significance, including the Spartathlon, based on the 246 km run of Greek messenger Pheidippides from Athens to Sparta during the Battle of Marathon in a day and a half to seek aid against the Persians.

Ultra running World Championships are held by the International Association of Ultrarunners (IAU) for 50 km, 100 km and 24 hours. The Global Organization of Multi-Day Ultramarathoners (GOMU) holds World Championships for 48 hours and six days. World records are ratified and recognized by World Athletics (50 km and 100 km), the IAU (50 km up to six days), and by GOMU (48 hours up to 5000 km).

There is also overlap with the sports of trail running and mountain running. Some 100-mile (160 km) races are among the oldest and most prestigious events, especially in North America. The oldest and also the largest trail race is the Sainte-Lyon 78-kilometre (48 mi) in France (more than 5,000 finishers annually). Many ultramarathon organizers are members of the International Trail Running Association (ITRA), an organization that evaluates the difficulty of specific ultramarathon routes according to a number of criteria, such as the distance, the cumulative elevation gain, and the number of loops and stages.

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