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Sun, 27 May 2018 02:25:00 GMT - Maximize the benefits of running and greatly reduce your chances of injury. Running can be fun, especially when you learn to do it well.

ChiRunning - Official Site -

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ChiRunning & ChiWalking | Human Resources -

Mon, 29 Mar 2004 23:53:00 GMT - ChiWalking (CW) and ChiRunning: Essentials. ... A t  ai chi teacher should focus ... This essential 2 pages made by Jan van Westerlaak, Chi-Walking and Running ...

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- ChiRunning is a form of running influenced by t'ai chi. It has been described as a "quasi-yoga-based style of running that is purported to reduce injury risk".

ChiRunning - Wikipedia -

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