Were you born to run? Are all humans born to run? This course will cover the learning outcomes of CORE 201 within questions about running. We will consider questions related to distances, nutrition, footwear, injuries, emotion, and neuroscience. You do not need to be a runner to take this class! Rather, you should be interested in the idea of running and at least open to the possibility of moving yourself (e.g., jogging, walking, rolling) over extended distances.