THE EVOLUTION OF RUNNING AND THE RISK OF INJURIES

Saturday 30 January
9am Boston | 3pm Monaco | 11pm Tokyo

Could it be that we’ve evolved to sit on the couch rather than run 5ks, 10ks and entire marathons? Does running cause more injuries than other sports? And can running longer distances, more frequently, reduce the risk of injuries?

World Athletics and the International Institute for Race Medicine are pleased to invite you to the first event of their new Endurance Running Medicine Webinar Series. This enlightening session will see best-selling author Dr. Daniel E. Lieberman and biomechanist Dr. Irene Davis dig into a wide range of topics related to the evolution of running, its effect on the human body, and the impact that injuries have.

MEET THE SPEAKERS

Daniel E. Lieberman, PhD
Edwin H. Lerner II Professor of Biological Sciences | Department of Human Evolutionary Biology | Harvard University

Daniel Lieberman studies and teaches how and why the human body is the way it is, and how our evolutionary history affects health and disease. He is best known for his research on the evolution of the head and on the evolution of running and walking, which he studies by combining experimental biomechanics, anatomy, and physiology both in the lab and in the field. His latest book is Exercised: Why Something We Never Evolved to Do is Healthy and Rewarding (2020).

Irene Davis, PhD, PT FACSM, FAPTA, FASB
Professor, Department of Physical Medicine & Rehabilitation | Director, Spaulding National Running Center, Harvard Medical School

Dr. Davis is the founding Director of the Spaulding National Running Center, an integrated clinical and research center dedicated to investigation of the biomechanical etiology and treatment of lower extremity overuse injuries. She has published over 180 publications, given over 350 national and international presentations, and has secured $25 million in funding to support her research.

JOIN THE DISCUSSION. BOOK YOUR SLOT BEFORE IT’S SOLD OUT!

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