



Running Science

By Owen Anderson

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Owen Anderson, PhD, has been a regular contributor to *Runner's World*, *Shape*, *Men's Health*, *Peak Performance*, *National Geographic Adventure*, and *Sports Injury Bulletin*. He has written extensively on the topics of running training, strength training for running, sports nutrition, and injury prevention, and he developed the neural system of training, which diminishes the emphasis on mileage and promotes the use of high-quality running and the progression of running-specific strength training to achieve optimal running fitness.

Anderson is the founder of Lansing Sports Management, which coaches elite athletes from Kenya and manages their international competitions. He has enjoyed a successful career coaching runners of all levels, including notables such as Benjamin Simatei, the winner of the Park Forest 10-mile race in Chicago, Illinois, and Chemtai Rionotukei, who in 2012 and 2013 has six victories, two course records, and 14 top-four finishes in U.S. road races, including a win at the 2013 Fifth Third River Bank 25K.

Anderson is the race director of the annual Lansing Marathon, Lansing Half Marathon, and Ekiden Relay. In addition, he hosts running camps throughout the U.S., including the Lansing Marathon Running Camp in Thetford Center, Vermont. Anderson is also the CEO of Lansing Moves the World, a nonprofit foundation that coordinates three projects, including an after school program for Lansing children age 9 to 14, a tree planting program in east Africa, and a program for families and children victimized by the recent violence in the Tana River Delta district of Kenya.

Anderson was awarded a National Science Foundation fellowship and completed his PhD at Michigan State University.

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