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Injury-Free Running By Danny Dreyer, Katherine  
Dreyer**

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Back in 1999, Katherine convinced Danny that ChiRunning® was worthy of of ChiRunning: A Revolutionary Approach to Effortless, Injury-free Running and

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More than 24 million people run in the United States alone, but 65 percent will have to stop at least once this year because of injury. Still others will choose to run

### **Danny dreyer "born to run" on vimeo**

Danny Dreyer is the creator of ChiRunning® and ChiWalking®, forms of of ChiRunning: A Revolutionary

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Danny Dreyer is a running coach and author of ChiRunning: A Revolutionary Approach to Effortless, Injury-Free Running. For a schedule of ChiRunning

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