

Nicolas Delon

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Do you like running *and* philosophy? Are you interested in starting running or simply trying it out? Do you want to explore important questions about value, achievement, skill, and suffering? This group is open to everyone, including total beginners, and has no (athletic or philosophical) prerequisite. We'll meet twice a week on campus (usually in the morning) for an easy group run of about 3-4 miles (shorter and longer courses are options too). Depending on size we might split up in different pace groups. On every occasion we'll be discussing a piece of reading that is either philosophical or raises philosophical questions (among others) about running. Unless you have to rush, we'll stick together after the run for discussion, stretching and replenishment.

Questions: the value and meaning of running; the concepts of effort, achievement, skill, and flow; the value of games, play, and leisure; the philosophy of sport and exercise more generally.

Readings: selections from Aristotle, Gwen Bradford, Mihály Csíkszentmihályi, Bernd Heinrich, John Kaag, Sakyong Mipham, Barbara Montero, Nietzsche, Mark Rowlands, George Sheehan.

Requirements: a good pair of (ideally, running) shoes (your gym shoes might be ok), comfortable outfit (avoid cotton but whatever works for you is fine). **Optional:** a hydration gear; sunscreen; hat; sunglasses; watch.

Assessment

- **Participation:** you must come to every group run and participate in discussions consistently; every student will be expected to post a comment and a question to Canvas on the reading *before* every session;
- **Reflections and training log:** we'll create a collaborative and interactive training log (using an online social network for athletes, [Strava](#)), where you'll record your runs and impressions (GPS watch not necessary) and use the session's readings to reflect on your experience that day and how it evolves over time;
- **Final written reflection:** drawing on your training log, the readings and our discussions, you'll write a final essay (roughly 1,500 words) engaging with either running or exercise in general and/or with your personal experience *from a philosophically informed perspective*.

Suggested reading

- Mark Rowlands, *Running with the Pack: Thoughts from the Road on Meaning and Mortality*. Pegasus Books. 2013
- George Sheehan, *Running and Being: The Total Experience*. 1978 [Rodale, 2013]
- Sabrina Little, *The Examined Run* : irunfar.com/category/columns/the-examined-run

Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6 January</p> <p>Read Little ↗</p> <p>Meet 9:30 (CHL)</p>		<p>8 January</p> <p>Optional run (if interested)</p> <p>Meet ACE plaza 9:30</p>		<p>10 January</p> <p>Read Aristotle ↗, Rowlands #1 ↗ and #2 ↗</p> <p>Meet at the campus track (baseball field)</p>
<p>13 January</p> <p>Meet 9:30 (Caples)</p> <p>(Rowlands cont'd)</p>		<p>15 January</p> <p>Read Sheehan ↗, Heinrich ↗, and this ↗</p> <p>Meet 9:30 (Caples)</p>		<p>17 January</p> <p>Read Latter ↗, Mipham ↗, Montero ↗</p> <p>Meet 9:30 (ACE)</p>
<p>20 January</p> <p>MLK Day</p>	<p>21 January</p> <p>Read Bradford ↗, Switzer ↗, Hewitt ↗</p> <p>Meet 9:30 (track)</p>		<p>23 January</p> <p>Mini-classes</p>	<p>24 January</p> <p>Mini-classes</p> <p>Meet PM (tbc) for last run</p> <p>Watch this short movie ↗</p> <p>Read Kaag ↗</p>
<p>27 January</p> <p>Spring Classes begin</p>	<p>28 January</p> <p>Final reflection paper due by midnight</p>			