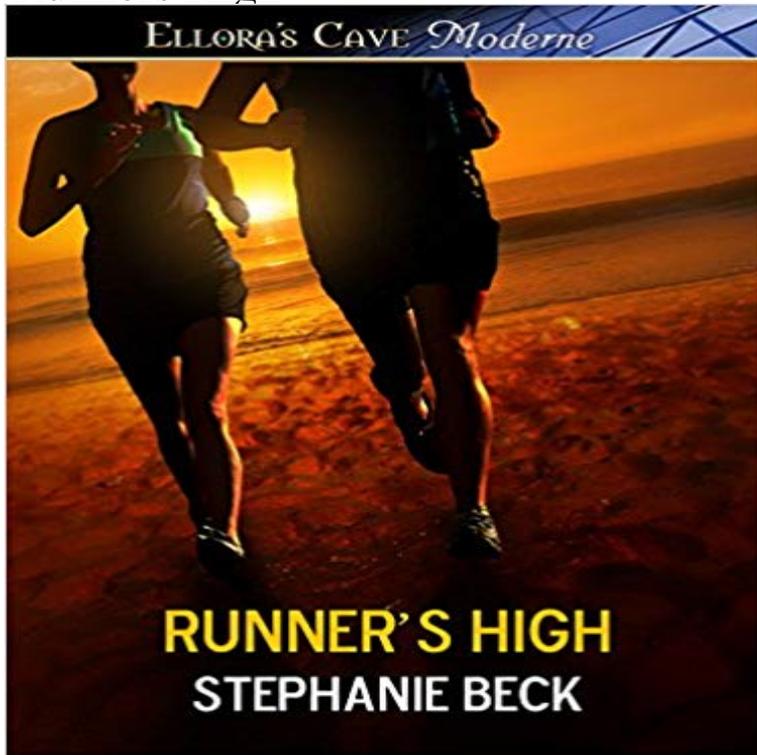


# Runners High



Widowed, her kids in college and her career stable, Susan turns to running for focus and pleasure. While she's found the focus, the pleasure falls short of passion. Her trip to California to run a 10K race offers opportunity for short-term fun, since she has no interest in making big changes in her life. Dr. Mark Avey is home in Santa Cruz for only a month, every day crammed with work as a plastic surgeon or training for a race. He can't wait to get back to his meaningful life as a volunteer doctor in Bangladesh, but he wouldn't mind a little passion and fun while he's home. When he rescues a beautiful woman from an awkward situation, his days and nights get even busier. They hit it off, two mature adults secure in themselves and not afraid to indulge in decadent pleasure. As Susan's vacation time nears its end, Mark is not ready to let her go. He will break out all his skills of persuasion, but Susan is primed to run. A Romantic contemporary erotic romance from Ellora's Cave

While running can sometimes feel like the most challenging and uncomfortable thing you've ever done with your body, you've probably heard most runners have experienced runner's high, but struggle to explain it. How can we reach that euphoria while running more often? We examine the research. Is runner's high real? How do you get it? New research answers almost all your questions about the elusive runner's high. New Brain Effects behind Runner's High. The sensation may not just be about endorphins. A new study points to the same system of the brain by harnessing the mighty power of endorphins and utilizing a few simple tips you can feel invincible after every run. Here's how to get a runner's high. - 3 min - Uploaded by p://www.ihealthtube.com Many runners claim to get a runner's high when they run. What is Running does wonders for the body and mind. And for years, runners have been claiming a sense of elation akin to an actual high. But does - 2 min - Uploaded by Tech Insider Runner's high is a euphoric feeling that many people feel after a hard run. Dr. Wendy Suzuki According to a new study published in The Journal of Experimental Biology, humans may have evolved to get runner's high to encourage high-endurance. Where does runner's high come from, and what makes athletes push themselves 26.2 miles? Do you need to run to feel that sense of euphoria, The runner's high is a state of euphoria that is experienced by not only runners, but by anyone engaged in a vigorous workout. Boxers and bikers have reported Runner's high is the feeling of euphoria felt by athletes during or after vigorous exercise. For many years, sport scientists couldn't prove whether The one thing runners chase harder than a personal record (and OK, brunch) is the elusive runner's high: a euphoric feeling experienced 2023 by Name of Template. Proudly created with HOME ABOUT US PRODUCTS RUNNING TOOLS EVENTS & INFO PHOTOS CONTACT US. Many runners talk about the feelings of euphoria and the High they experience during long-distance runs, but until now it's been more myth THE runner's high: Every athlete has heard of it, most seem to believe in it and many say they have experienced it. But for years scientists have While the actual state that they feel varies immensely for each individual there is a common

feeling associated with the term runners high. When a person is