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At first glance, this month's feature may appear to be nothing more than a story about me and my running. On a deeper level though, it is about how someone can get sucked into diet culture without even realizing it.

Thanks,
Jonah

Feature

Working With a Running Coach: Why I Started, Why I Stopped

In February 2019, I had one of the best racing performances of my life. By that summer, for reasons that I still cannot completely identify, my running ability had abruptly fallen off a cliff. After hearing of my frustration, a generous friend gifted me three months with a running coach who works remotely with distance runners all around the world. [Read More](#)



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