

Re: Endurance running nonsense (Re: Faster Than A Hyena?)

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- *From:* Lee Olsen <paleocity@xxxxxxxxxxx>
 - *Date:* Thu, 21 Feb 2008 12:16:54 -0800 (PST)
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On Feb 21, 11:38 am, Marc Verhaegen <m_verhae...@xxxxxxxxxx> wrote:

No answer.

FYI on early running:

<http://tinyurl.com/32ezcs>

"What advantage did it give us during our evolution?

One possibility is that our posture is a reasonable compromise, a way to derive a relatively efficient terrestrial mode from an ape-like body. We evolved this way because it allows us to walk long distances.

Another possibility described in a new paper by Bramble and Lieberman is that our posture is an adaptation for high-performance endurance running, and that really we're a species of lopers, joggers, and marathon runners.

What we have done, though, is pushed that long-range, aerobic gait, the blue bars, to a greater speed than quadrupeds can match.

These physical adaptations to a walking/running lifestyle came first, and our big brains may be a consequent side effect."

<http://tinyurl.com/2n8y2n>

Carl Zimmer Science 2004

"It may come as a surprise to hear that humans excel in running. Obviously, a leopard can leave us in the dust in a short sprint. But over longer distances leopards and most other mammals flag. "Most mammals can't sustain a gallop over 10 to 15 minutes," says Lieberman. Humans, on the otherhand, can continue running for hours while using relatively little energy. "Humans are phenomanel endurance runners, in terms of speed, cost, and distance," says Lieberman. You can actually outrun a pony easily." And yet, he points out, "no other primates ou there endurance run."

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<http://www.indigenouspeople.net/tarafeat.htm>

"The public was amazed at the prowess of the runners and even more so when the papers reported that there were better ones at home. One of them was called "The Tiger of the Sierra"; he had run for three consecutive days that same year, near Norogachic, Chihuahua, covering a distance of 300 kilometers, or 186 miles, of mountainous country."

"Specifically, longer, more linear bodies are better adapted for heat loss in dry open environments, where evaporative heat loss from sweating is very effective. All modern-day tall "elongated"

African (e.g., Nilotics) are restricted to such environments."

Alan Walker and Richard Leakey editors.

1993 The Nariokotome Homo Erectus Skeleton.

Harvard University Press, Cambridge

"Two independent lines of research converged on the conclusion that early Homo was an efficient runner, the first human species to be so Leakey (1994:55)."

http://www.naturalhistorymag.com/master.html?http://www.naturalhistorymag.com/1206/1206_sampling.html

Mr. Karoha runs down another ill-equipped-for-savanna kudu.

"The earliest Eurasians preferentially occupied grasslands and open scrub- and wood-lands, as in East Africa. Homo ergaster/erectus in East Africa after 1.7 Ma is associated with hot and dry conditions, and open grasslands; its post-cranial anatomy, with its long limbs was geared to long-distance walking across open ground, and to heat dispersal through upright posture (Dennell 2003:442)."

<http://tinyurl.com/7u5wo>

" In fact, he walked and ran with better mechanics than we do today. The mechanics of his femur, femur head, pelvis, and lower back are superior to those of today. We have had to sacrifice some of that efficiency of walking and running to give birth to children with larger brains."

<http://www.msnbc.msn.com/id/17584912/>

"Just because humans have long legs doesn't make us less aggressive. Rather, the longer legs are a product of humans' specialization for distance running."

"He showed that even the slowest human runners could, with even a

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slight head start, outrun lions, cheetahs, leopards, hyenas, and wild dogs, not by speed, but by out distancing them (Donald Mitchell)."

QUARRY CLOSING IN ON THE MISSING LINK by Boaz, Noel T. 1993 (ISBN: 0029045010)

"From our spring-loaded ligaments to our muscular behinds to our ability to sweat, the human body took the ideal shape of a long-distance runner starting some 2 million years ago, the researchers say. The long, lean build helped us scavenge widely scattered kills and could also have been an advantage when hunting down prey over long distances."

"We're lousy sprinters, but we're really great long-distance runners,"

said Daniel Lieberman, an anthropologist at Harvard University.

<http://tinyurl.com/dcxyw>

"A long-distance runner has beaten a leading endurance racehorse over a distance of 80 kilometres in the United Arab Emirates."

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