Seventy percent of runners ran during pregnancy (n=77), and almost one third ran during their third trimester (Table 2). On average, those who ran greatly curtailed their training-running 20.3+/-9.3 miles per week and cutting their intensity to half of their non-pregnant running effort. Three reported sustaining a running injury while pregnant. In the post-partum period, nearly one quarter resumed running by two weeks after giving birth; most resumed running by two months.