

# Index

- Active Lives Survey (ALS), 6, 27–30, 61–62, 144
  - disability and mental health, 67
  - ethnicity, 66
  - occupation and education, 67–68
- Adventure, 11–12, 69–70, 85, 158
- Age, 31–32, 62, 66, 82, 84, 91–92, 151, 190
- Athleticism, 151
- Athletics, 6, 190
  - Amateur Athletic Club (AAC), 46
    - competitive, 55–56
    - cultural capital, 22–23
    - pedestrianism, 45–46
  - Athletics track, 43, 66, 146, 152
- Authenticity, 3–4, 155–156
  - pre-social, 52–53
- Big Running Survey (BRS), 6, 67–68, 91, 101, 103, 142, 152–153
  - data collection, 26–28
  - economic and cultural capital, 19
  - primary data analysis, 71–88
- Biopolitics, 13–14, 37, 51, 94–95
- Body, 2–3, 5
  - Data in Big Running Survey, 101–103
  - civilised, 10
  - consciousness, 9–10
  - disciplined, 174–176
  - dissatisfaction, 27
  - fascism, 14–15, 94–95
  - maintenance, 64–65
  - muscular, 166–167
  - piercings, 10–11
  - shaming, 15–16, 23–24
  - shaping and training, 9, 100, 107
  - youthful, 53
- Body projects, 10–11, 106
- Bourdieu, 2–3, 6, 60, 125, 141, 169–170
  - fields and capitals, 18–20
  - habitus and taste, 18
  - lifestyle sport, 11–12
  - occupation and education, 67
  - running as field, 21–22
  - social position, 17–18
  - social reproduction, 20–21
- Capital
  - aesthetic, 107
  - cultural. *See* Cultural capital
  - economic, 22–23, 38, 85–86
  - existential, 22–23
  - fields and, 18–20
  - physical. *See* Physical capital
  - symbolic, 113–114
- Childhood, 18, 65, 114–115, 118
- Civilizing process, 6, 36
- Class, 177, 179–180
  - gender and, 6–7, 18
  - healthy lifestyle aesthetic, 98–100
  - mental toughness and, 137–138
  - middle, 28–29, 55
  - occupational, 84–86
  - reproduction, 22–23, 67
  - ruling, 49–50
  - social characteristics, 160–161
  - upper, 36–37
  - working, 41–42
- Club running, 27–28, 69–70, 119, 146
- Commercialisation, 56, 163–164
- Commuting, 23–24, 128, 142
- Competence, 65
  - athletic, 116
  - perceived, 172

- perceptions, 183
- personal, 176–177
- physical, 120, 165–166
- Competition, 1, 22, 55, 115, 118, 173–174
  - international, 48
  - physical, 65
  - vs. self-care, 79
- Cultural capital, 6–7, 45, 77, 172–173
  - existential capital, 22–23
  - forms, 20–21
  - high levels, 85–86
  - social variables, 86–88
- Democratisation, 7, 13, 68, 190–191
- Diet, 10–11, 73–74, 106, 125
- Disability, 67, 94–95
- Discipline, 2–3, 15, 125, 133
  - bodies, 53, 174, 176
  - body shaming, 15–16
  - masculinity, 49–50
  - mind, 176–177
  - training, 113–114
- Distinction*, 17–19, 60, 85–86, 133, 170
- Doxa, 20, 56, 181
- Economic capital, 1–2, 22–23, 38, 79–80, 141
  - class inequalities, 98–99
  - social variables, 86–88
- Education, 3–4, 28
  - occupation and, 67–71
  - physical education (PE), 47–48, 116
  - private, 118–119
  - social characteristics, 160–161
  - social variables, 62
  - upper-class, 43–44
- Elias, 3, 10, 35–36, 175
- Emotion, 23, 36, 182–183
  - engagement, 165
  - management, 107–108
  - toughness and mind, 135–136
- Ethics, 6–7, 32–33, 93, 154–155, 173–174
- Ethnicity, 6, 18, 66, 159, 179–180
- Extreme sport, 11–12, 158
- Family, 15, 39, 127, 142, 182–183
- Fat, 97, 100, 106, 175
- Fell running, 4–5, 12, 57–58, 65–66, 157, 178–179
- Femininity, 41, 65, 107
  - heteronormal, 116
  - normative, 117–118, 137
- Feminisation, 150, 180, 186
- Field
  - capitals, 18–20
  - competitive, 114–124
  - depth interviews, 29–30
  - doxa, 21
  - new actors, 55–56
  - physical capital, 170–173
  - running, 21–22
  - secondary data analysis, 61–71
  - social, 5, 20–21
  - time, 35–37
- Field of running, 6, 80, 82, 102–103, 114, 141–142, 171
  - development, 20–21
  - domination, 50
  - mapping, 72–74
  - multiple correspondence analysis (MCA), 25
- Field of sport, 61–71
- Fitness, 91–92, 139–140, 175
  - activities, 62
  - apps, 16
  - cardiovascular, 149
  - functional, 162
  - gendered embodiment, 183–185
  - jogging, 60
  - physical, 14–15
- Foucault, 6–7, 10, 14, 35, 110
- Gender, 9–10, 12, 31–32, 92, 115, 118, 171
  - age and, 62–66
  - body management, 103–107

- capital, 130–131
- ethnicity, 6
- identities, 136
- masculine, 158
- vs. running, 185–186
- social variables, 82–84
- Gentrification, 187–189
- Habitus, 18, 120, 167
  - civilised, 43
  - conservative, 177
  - masculine, 65
- Half-marathon, 72, 74, 122–123, 142, 183–184
- Healthism, 6, 15, 35, 97, 175
- Healthy lifestyle, 6–7, 12, 17, 94, 98, 100
- Illusio, 55, 113–114, 131, 172
- Individualism, 14, 53–54, 174
- Interviews, 5, 78, 95–96, 117, 75
  - depth, 29–30
  - Skype, 30
- Jogging, 1, 50–51, 55, 65–66, 69–70, 183
- Leisure, 3–4, 21–22
  - active, 62, 171
  - conspicuous, 54
  - serious, 110–111
- Lifestyle, 51, 125, 167–168, 171
  - aesthetic and class, 98–100
  - fields and capitals, 18–19
  - healthy, 6–7, 12, 17, 98, 100
  - hedonistic, 93
  - social position, 17–18
  - unhealthy, 97
- Lifestyle sport, 11–12, 55, 99
- Marathon, 1
  - half, 81
  - London, 54–55, 120–121
  - runners, 22–23
  - swimming, 103
  - ultra, 4–5, 79, 187–188
  - women, 48–49
- Marketing, 31–32, 161–162
- Masculinity, 12, 45–46, 115–116
  - athleticism, 149
  - competitive, 107
  - disciplined, 106
  - domination, 130–131
  - frontiersman, 158
  - hegemonic, 65, 181
- Mental health, 67, 108
- Mental toughness, 134–135, 137–138, 176
- Misrecognition, 20–21, 99–100, 172–173
- Morality, 9, 98
- Multiple correspondence analysis (MCA), 25, 72–74, 91, 146
  - field of running, 72
  - variable names and descriptions, 74
- Muscle, 64, 100, 149
- Neoliberalism, 6–7, 13, 35, 52–53, 173–174
- Obstacle course racing (OCR), 12, 63, 73–74, 141, 159–160, 162, 167, 186
  - ethnicity, 66
  - marketing, 161–162
  - runners, 160
- Olympics, 39, 143
- Pedestrianism, 6, 40, 42, 45–46, 189
- Physical capital, 7, 113–114, 148, 170, 173
  - age-related changes, 64
  - forms, 19

- runners, 41
- Privilege, 5, 12, 43–44, 116, 153, 159, 189–190
- Racing, 12, 40, 63, 85, 122, 176
- Record keeping, 46, 154–155
- Reproduction (social), 19–21, 61, 169
- Risk, 27–28
  - gendered perception, 144
  - health, 44
  - interpersonal violence, 45–46
  - society, 157–158
  - sports, 65
  - taking, 179
- Road running, 6–7, 28–29, 60, 82, 84, 142, 146
- School, 158–159
  - private, 93
  - virtues, 49–50
- Self-care, 11, 31–32, 55, 91, 113, 160–161, 180
  - vs. competition, 79
  - ethics, 13–14
  - psychological, 108–109
- Self-control, 15–16, 135–136, 176
- Slimness, 15–16, 54, 91, 175
- Social capital, 23–24
- Social media, 27–28, 57, 163–164, 177–178
- Sociology of sport, 2
- Surveillance, 13–14, 16
- Surveys, 5, 175
  - Active Lives Survey (ALS), 28–29, 61–62, 144
  - Big Running Survey (BRS), 26, 28, 71, 88, 91
- Symbolic capital, 40, 121, 142
- Talent, 27, 147, 171
  - perceived, 72, 74, 80–81
  - running, 120
- Teams, 44, 146
  - competitive, 64
  - sports, 68–70
- Technology, 6, 15, 58–59, 110, 178–179
- Theory of Practice, 5, 16–17
- Timing, 45–46
- Training, 1, 42–43, 69–70, 125, 133
  - academic, 176
  - physical, 13
- Trajectory, 56, 86
- Treadmill, 4, 60, 65–66, 145, 184–185
- Triathlon, 69–70, 117, 188–189
- Ultramarathon, 4–5, 79, 137–138, 153–154, 187–188
- Weight, 2, 120–121
  - healthy, 183–184
  - loss drugs, 15–16
  - management, 91–92
  - training, 69–70
- well-being, 12–13, 91, 144, 177–178