

Summary

Embodied in Motion: Polish Female Professional Runners in Anthropological Perspective

The book is concerned with an anthropological look at physicality in women's professional running. The point of departure is autoethnography – a method of ethnographical research – that is, referring to the author's personal experience of being a runner to complement traditional interviews with professional female runners. The method used in the study helps to understand the phenomenon of taking up professional sports by women through a deepened analysis and by showing different points of view. The following have also become important elements of the methodology: anthropology of the body, anthropology of the senses, and anthropology of sport.

The text is divided into two complementary parts. The first, entitled "Internal perspective" ("Spojrzenie wewnętrzne") is an account of the sensory experience of running. The author points to the difficulties that runners have in talking about their bodily perceptions. Thus, she proposes a description based on a division into the senses: sight, hearing, taste, smell, touch, but also those rarely ranked among the main senses – motion and temperature perception.

The "External perspective" ("Spojrzenie zewnętrzne") is an attempt at showing how the female runners are subjected to sports discipline. The author describes important and unavoidable relations with the coach and other runners. She highlights the role of the media in creating the social image of the female runner: how female runners are portrayed and why not all fulfil the criteria of being "a running woman". However, this part of the study is also an attempt at portraying how female agency is constructed in professional running, when one's own body becomes a space for making individual decisions concerning the organism itself, but also the future of the runner.

A short autoethnographical film entitled *Embodied (Ucieleśnione)* supplements the text by visualizing some of the issues presented in the study and develops the point of view of the author as a former professional runner.

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