

## Upcoming Documentary About Running and Beer

**A new film will tell the story of the Philadelphia-based Fishtown Beer Runners and the science behind drinking and exercise recovery.**

By

[Caitlin Giddings](#)

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Beer: It's the preferred recovery drink of many runners, and arguably a cornerstone of the pre-race carbo-loading process.

While beer and running have long been thought to pair nicely together, an upcoming documentary about the [Fishtown Beer Runners](#)—a Philadelphia-based running club—will explore the scientific benefits of chasing a hard workout with a nice, cold pint.

The Fishtown Beer Runners were founded in 2007 over a discussion of the studies conducted by [Dr. Manuel Castillo-Garzon of the University of Granada](#) on the links between beer and exercise performance. Every week, the Beer Runners—now more than 100 members strong—run to a different bar and conduct their own research over craft beer and a toast to the Spanish professor.

Beer-based running clubs are nothing new—chapters of the Hash House Harriers, a “drinking club with a running problem,” have been taking over the world since the 1930s—but the Fishtown Beer Runners purport to be running and drinking in the name of science (or at least further exploring the potential benefits of beer on recovery). They also hope to inspire people to find ways to be more active.

You can watch the trailer for the film and contribute to the documentary Kickstarter fund [here](#).

More news about the role of beer and alcohol in exercise recovery is still unfolding. Here's more info:

[Is Beer Good for Runners?](#)

[How Alcohol Affects Muscle-Building](#)

[The Lowdown on Beer, Polyphenols, and Runner Health](#)

