

The Way Of The Runner

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RIVERS MATHEWS	
<u>A journey into the fabled world of Japanese running</u> Simon and Schuster One man's search for meaning in life through running. Running Home Anchor Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then The Happy Runner is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best. <u>All You Need to Strive, Thrive, and Run Your Best</u> GENERAL PRESS "Completely satisfying, as well-paced and exhilarating as a good run."—The Boston Globe Whether running is your recreation or your religion, Adharanand Finn's incredible journey to the elite training camps of Kenya will captivate and inspire you, as he ventures to uncover the secrets of the fastest people on earth. Finn's mesmerizing quest combines a fresh look at barefoot running, practical advice on the sport, and the fulfillment of a lifelong dream: to run with his heroes. Uprooting his family of five, Finn traveled to a small, chaotic town in the Rift Valley province of Kenya—a mecca for long-distance runners, thanks to its high altitude, endless paths, and some of the top training schools in the world. There Finn would run side by side with Olympic champions, young hopefuls, and barefoot schoolchildren, and meet a cast of unforgettable characters. Amid the daily challenges of training and of raising a family abroad, Finn would learn invaluable lessons about running—and about life. With a new Afterword by the author. "Not everyone gets to heaven in their lifetime. Adharanand Finn tried to run there, and succeeded. Running with the Kenyans is a great read."—Bernd Heinrich, author of Why We Run "Part scientific study, travel memoir, and tale of self-discovery, Finn's journey makes for a smart and entertaining read."—Publishers Weekly "A hymn to the spirit, to the heartbreaking beauty of tenacity, to the joy of movement."—The Plain Dealer The Total Experience Bloomsbury Publishing Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners. To Be a Runner Random House Incorporated The story of visionary American running coach Bob Larsen's mismatched team of elite California runners who would win championships and Olympic glory in a decades-long pursuit of the epic run. In the dusty hills above San Diego, Bob Larsen became America's greatest running coach. Running to the Edge is a riveting account of Larsen's journey, and his quest to discover the unorthodox training secrets that would lead American runners to breakthroughs never imagined. Fatterman interweaves the dramatic stories of Larsen's runners with a fascinating discourse on the science behind human running, as well as a personal running narrative that follows Fatterman's own checkered love-affair with the sport. The result is a narrative that will speak to every runner, a story of Larsen's triumphs--from high school cross-country meets to the founding of the cult-favorite, 70's running group, the Jamul Toads; from his long tenure as head coach at UCLA to the secret training regimen of world champion athletes like Larsen's protégé, Meb Keflezighi. Running to the Edge is a page-turner . . . a relentless crusade to run faster, farther. My Unlikely Journey to Ultramarathon Greatness Morgan James Publishing From a school girl running the streets of London to a world record-breaking athlete racing on mountains and toughest races, long-distance runner Lizzy Hawker is an inspiration to anyone who would like to see how far they can go, running or not. This is the complete story of Lizzy's journey, uncovering the physical, mental and emotional challenges that runners go through at the edge of human endurance. Scared witless and surrounded by a sea of people, Lizzy Hawker stands in the church square at the centre of Chamonix on a late August evening, waiting for the start of the Ultra Trail du Mont Blanc. The mountains towering over the pack of runners promise a grueling 8,600 metres of ascent and descent over 158 kilometres of challenging terrain that will test the feet, legs, heart and mind. These nervous moments before the race signal not just the beginning of nearly twenty-seven hours of effort that saw Lizzy finish as first woman, but the start of the career of one of Britain's most successful endurance athletes. She went on to become the 100km Women's World Champion, win the Ultra Trail du Mont Blanc an unprecedented five times, hold the world record for 24 hours road running and become the first woman to stand on the overall winners' podium at Spartathlon. Lizzy's remarkable spirit was recognised in 2013 when she was a National Geographic Adventurer of the Year. <i>Discovering the Secrets of the Fastest People on Earth</i> Aurum Why are so many people drawn to running? Why is running the most common physical activity? What is it about running that empowers so many people? And how can runners harness that power to create a more meaningful life? The Inner Runner addresses these questions and a whole lot more. This book is not about how to get faster or run a marathon; rather, it explores how the simple act of putting one foot in front of the other helps you harness your creative powers. Learn about the psychological, emotional, cognitive, and spiritual benefits of running and introduce lifestyle changes based on the latest scientific research on running and its effects on hormones and the brain. As a nationally recognized running and fitness	coach with a PhD in Exercise Physiology, Jason Karp brings his expertise in science-based coaching to runners of all levels. He believes that running gives you a chance to discover, challenge, and bring out the best in yourself by impacting your creativity, focus, imagination, confidence, and health. Let The Inner Runner help you become not only a better runner, but a more creative, productive, and imaginative person. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home. Eat & Run Simon and Schuster Peter Sagal, the host of NPR's Wait Wait...Don't Tell Me! and a popular columnist for Runner's World, shares "commentary and reflection about running with a deeply felt personal story, this book is winning, smart, honest, and affecting. Whether you are a runner or not, it will move you" (Susan Orlean). On the verge of turning forty, Peter Sagal—brainiac Harvard grad, short bald Jew with a disposition towards heft, and a sedentary star of public radio—started running seriously. And much to his own surprise, he kept going, faster and further, running fourteen marathons and logging tens of thousands of miles on roads, sidewalks, paths, and trails all over the United States and the world, including the 2013 Boston Marathon, where he crossed the finish line moments before the bombings. In The Incomplete Book of Running, Sagal reflects on the trails, tracks, and routes he's traveled, from the humorous absurdity of running charity races in his underwear—in St. Louis, in February—or attempting to "quiet his colon" on runs around his neighborhood—to the experience of running as a guide to visually impaired runners, and the triumphant post-bombing running of the Boston Marathon in 2014. With humor and humanity, Sagal also writes about the emotional experience of running, body image, the similarities between endurance sports and sadomasochism, the legacy of running as passed down from parent to child, and the odd but extraordinary bonds created between strangers and friends. The result is "a brilliant book about running...What Peter runs toward is strength, understanding, endurance, acceptance, faith, hope, and charity" (P.J. O'Rourke). <i>The Runner's World Big Book of Running for Beginners</i> Little, Brown Spark Running can shape a young athlete in healthy, positive ways for the rest of her life. Girls Running offers the guidance and tools girls need to thrive on their running journey, right from the start. With straight talk on training, physiology, menstruation, sports nutrition, a winning mindset, body image issues, gear, team-building, and competition, Girls Running educates and empowers young runners to achieve their potential and love running more. Inspired by high-school phenom Melody Fairchild's groundbreaking running journey, and with the coaching insight from Fairchild and coauthor Elizabeth Carey, Girls Running is a valuable toolkit for middle- and high-school runners. Backed by science, research, and over 100,000 miles of experience, this resource answers the most timely and sensitive questions that girls face when their bodies change and the miles increase. Girls, parents, and coaches will see ways to navigate puberty, mental health, eating disorders, and the pressures of competitive running. Girls Running is a go-to guide for everything girls need to know to run better—and love the journey while doing it! <u>The Lost Art of Running</u> Random House Trade Paperbacks I Hate Running and You Can Too is a humorous, punchy, motivating guide to running longer distances than some might think sensible - whether that's a 5K or a marathon. Outside magazine columnist, chart-ist, and longtime runner, Brendan Leonard gets real on the love/hate relationship all runners have with the sport. He breaks down running in terms that speak to everyone who has ever struggled to get out the door and go for a run: getting comfortable being uncomfortable, how to start small and stick with it, that walking is a completely legitimate running strategy, and devising your own definition of success. Filled with 75 charts and graphs that give readers a sensible way to think about running, I Hate Running and You Can Too breaks down the reality of the training miles versus race miles, how to stay motivated, and what to do when faced with setbacks. I Hate Running and You Can Too shows readers that you won't always like running (sometimes you'll even hate it), but if you just keep going, you might learn to love it too. <i>The Happy Runner</i> Rodale Books The Way of the RunnerSimon and Schuster Runner's World Complete Book of Women's Running Rodale With an exuberant mix of passion, insight, instruction, and humor, best-selling author--and lifelong runner--Martin Dugard takes a journey through the world of running to illustrate how the sport helps us fulfill that universal desire to be the best possible version of ourselves each and every time we lace up our shoes. To Be a Runner represents a new way to write about running by bridging the chasm between the two categories of running books: how-to and personal narrative. Spinning colorful yarns of his running and racing adventures on six continents--from competing in the infamous Raid Gauloises to coaching his son's high school cross-country team--Dugard considers what it means to truly integrate the activity into one's life. For example, how the simple act of buying a new pair of running shoes can be a source of meaning and hope. As entertaining as it is provocative, To Be a Runner is about far more than running: It is about life, and how we should live it. <u>How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster</u> Vintage Canada

The bestselling author of *80/20 Running* and *How Bad Do You Want It?* reveals his inspiring and surprising journey to see just how fast he can go. Matt Fitzgerald has been running (and writing about running) for most of his adult life. But, like many passionate amateur runners, he never felt he was quite fulfilling his potential. If he follows the training, nutrition, and lifestyle of an elite runner, just how fast could he go? In his mid-forties, Matt at last has the freedom to do nothing but train, if only for the span of one summer. The time is now. He convinces the coach of Northern Arizona Elite, one of the country's premier professional running teams, to let him train with a roster of national champions and Olympic hopefuls in the running mecca of Flagstaff, Arizona, leading in to the Chicago Marathon. The results completely redefined Matt's notion of what is possible, not only for himself but for any runner. Filled with a vibrant cast of characters, rigorous and quad-torching training, and a large dose of self-deprecating humor, Matt's gripping account of his "fake pro runner" experience allows us to partake in the dream of having the chance to go all the way. Yet for the gifted young runners Matt trains with, it's not a dream but concrete reality, and their individual stories enrich this inspiring narrative. *Running the Dream* pulls us into the rarified world of professional running in a way we can all relate to, regardless of speed, and to take away pieces of one man's amazing journey to try to achieve our own potential.

[A short story about a long run](#) Houghton Mifflin Harcourt

Japan is the most running-obsessed country on earth. A 135-mile relay race, or "ekiden," is the country's biggest annual sporting event. Thousands of professional runners compete for corporate teams in some of the most competitive races in the world. The legendary "marathon monks" run a thousand marathons in a thousand days to reach spiritual enlightenment. Yet so much of Japan's running culture remains a mystery to the outside world. Adharanand Finn, the award-winning author of *Running with the Kenyans*, spent six months immersed in this one-of-a-kind running culture to discover what it might teach us about the sport and about Japan. As an amateur runner about to turn 40, he also hoped to find out whether a Japanese approach to training might help him run faster. What he learns—about competition, team work, form, chasing personal bests, and about himself—will fascinate and surprise anyone keen to explore why we run and how we might do it better.

The Best Advice to Get Started, Stay Motivated, Lose Weight, Run Injury-Free, Be Safe, and Train for Any Distance Blue Star Press

A New York Times bestseller for 14 weeks in 1978, *Running & Being* became known as the philosophical bible for runners around the world. More than thirty years after its initial publication, it remains every bit as relevant today. Written by the late, beloved Dr. George Sheehan, *Running & Being* tells of the author's midlife return to the world of exercise, play and competition, in which he found "a world beyond sweat" that proved to be a source of great revelation and personal growth. But *Running & Being* focuses more on life than it does, specifically, on running. It provides an outline for a lifetime program of fitness and joy, showing how the body helps determine our mental and spiritual energies. Drawing from the words and actions of the great athletes and thinkers throughout history, Sheehan ties it all together with his own philosophy on the importance of fitness and sport, as well as his knowledge of training, injury prevention, and race competition. Above all, Sheehan describes what it means to experience the oneness of body and mind, of self and the universe. In this, Sheehan argues, we have the power to discover "the truth that makes men free."

[Not Your Average Runner](#) Human Kinetics

From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and—even more important—on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings

ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in distance running.

[Running to the Edge](#) Rodale Books

Runner's World Complete Book of Beginning Running by Amby Burfoot is the newest addition to the heralded *Runner's World* series focuses exclusively on the concerns of the tens of thousands of new runners who take up the sport every year. Recognizing that newcomers to a sport need all the help they can get, *Runner's World* now devotes an entire book to guiding the beginning runner through those challenging first days, weeks, and months. Peppered throughout with motivating tips and advice from those who have been there, this much-needed volume presents a can't-fail program that is sure to help new runners feel and look better and have more energy and less stress. Inside you'll find: • Information on nutrition and how to adjust your diet to fit your new running lifestyle • Training advice, including how to use cross-training, stretching, and strength exercises to keep enthusiasm up, weight down, and fitness at an optimum level • A special section for women runners Written by the executive editor of *Runner's World* magazine and covering every problem the new runner may encounter—from choosing the right shoes to preventing injury to preparing for a race—this authoritative volume provides all the information and inspiration any novice requires to turn running into a healthy, lifetime pursuit.

[Running to a More Successful, Creative, and Confident You](#) Ballantine Books

As a runner, your biggest asset (or sometimes your greatest enemy) is your brain. What you think and feel on and off the road also has a huge influence over how you perform once you lace up. *Runner's World The Runner's Brain* shows you how to unlock and capture the miraculous potential of the body's most mysterious and intriguing organ and rewire your mind for a lifetime of athletic success. The book is based on cutting-edge brain science and sports psychology that author Dr. Jeff Brown uses every day in his private practice and as part of the medical team of several major road races including the Boston Marathon. Full of fascinating insights from runners of all abilities—including champion marathoner Meb Keflezighi and other greats—the book includes trustworthy information that's been proven to work both in the lab and on the road.

Out and Back Rodale Books

The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.

[Girls Running](#) Ballantine Books

Traces the author's remarkable career while revealing the influence of his vegan lifestyle, describing his transition from a Midwestern hunter to a record-breaking athlete.