

The Perfect Distance: Overt And Coe: The Record Breaking Rivalry

This is the story of two of the world's greatest ever milers, Seb Coe and Steve Overt. Before the Moscow Olympics, Coe and Overt had barely raced each other. They had, however, established impressive race credentials and traded world records. So when the

Ralph Doubell should be one of Australia's best known Olympic heroes. In the 800 metres at Mexico City in 1968, he produced arguably the finest run in Australian Olympic history, but his achievement never received the plaudits it deserved. Finally, author Michael Sharp has written a compelling biography of the last of the three Australian male track athletes - after Edwin Flack and Herb Elliott - to win Olympic gold.

With an exclusive foreword by Usain Bolt, *The Fastest Men on Earth* tells the fascinating inside stories of the Olympic Men's 100m Champions. It takes just under ten seconds to run, but the results of the Olympic men's 100 metres are etched forever into history. In *The Fastest Men on Earth*, journalist Neil Duncanson tells the stories of the 25 athletes who've been crowned champions in the event, and earned the coveted title of 'Fastest Man on Earth'. Each chapter explores the fascinating, inspiring, and occasionally tragic lives of these supremely talented sprinters, as well as the intense drama of the record-breaking runs that wrote them into history. Immaculately researched and featuring exclusive interviews with several Olympic champions, including a new conversation with Usain Bolt, *The Fastest Men on Earth* brings the stories of some of the greatest athletes of all time to life like never before.

Kicksology is your all-access pass into the fascinating, colorful world of running shoes—and what makes up a perfect pair of kicks. Sports journalist and veteran shoe tester Brian Metzler takes runners and kicksologists deep inside the \$10 billion dollar running shoe industry with a behind-the-curtain look at what makes iconic running shoe brands tick. *Kicksology* follows a shoe from inspiration to store shelf to show how innovative ideas evolve into industry-wide trends and fads. Metzler tours shoe labs where scientists advance our understanding of shoes and running mechanics as well as the domestic and overseas shoe factories where the world's favorite kicks are assembled. A dedicated shoe nerd and running junkie, Metzler shares his love of great shoes in this fascinating look at the intersections of shoe culture and history, science and storytelling, intel from the innovators with on-the-ground insight from top runners. *Kicksology* is filled with information as entertaining as it is surprising, tapping into the passion runners have for their kicks and feeding their curiosity about what makes a great shoe.

The Quest to Break the Four Minute Mile

When Watching People Walk Was America's Favorite Spectator Sport

Running with the Buffaloes

How Learning Works

Run Mummy Run

Runner's World

Do Not Worry, It Is Only Pain ¿ the Story of Australia's Last Male Olympic Track Champion

Presents racing and training programs that have produced national championship, Olympic medal, and world record performances

Strange as it sounds, during the 1870s and 1880s, America's most popular spectator sport wasn't baseball, football, or horseracing—it was competitive walking. Inside sold-out arenas, competitors walked around dirt tracks almost nonstop for six straight days (never on Sunday), risking their health and sanity to see who could walk the farthest—more than 500 miles. These walking matches were as talked about as the weather, the details reported in newspapers and telegraphed to fans from coast to coast. This long-forgotten sport, known as pedestrianism, spawned America's first celebrity athletes and opened doors for immigrants, African Americans, and women. But along with the excitement came the inevitable scandals, charges of doping and insider gambling, and even a riot in 1879. *Pedestrianism* chronicles competitive walking's peculiar appeal and popularity, its rapid demise, and its enduring influence.

Imagine training with the best distance runners and running coaches of our time, learning their favorite and most effective workouts, and discovering their hard-earned secrets to success. With *Running Tough* you'll find yourself running side by side with such world-class runners as Bill Rodgers, Libbie Hickman, Frank Shorter, Arthur Lydiard, Ron Clarke, Emil Zatopek, and Adam Goucher, tasting their unwavering dedication and determination, and viewing firsthand their training runs. Written by prolific running journalist Michael Sandrock, *Running Tough* organizes the workouts by training goals to create a user-friendly handbook. This allows you to develop a customized training plan using the most appropriate workouts for training and racing. You'll find chapters dedicated to - long runs, to help develop aerobic endurance - off-road training, to build and strengthen the legs; - fartlek training or the "speedplay," to discover variety; - interval workouts, to increase speed; - hill workouts, to build strength and stamina; - tempo runs, to push anaerobic thresholds; - recovery fun runs, to heal muscles while emphasizing the enjoyment of the sport; and - building a program, to prepare for competition. With *Running Tough*, you'll have the tools to create enhanced training programs, discover new plateaus in your workout regimes, and meet the challenges of world-class competition. You'll find that whether you're looking for increased strength and endurance, improved aerobic or anaerobic capacity, or just a competitive edge, *Running Tough* will help you train with more efficiency, more enthusiasm, and more variety.

Praise for *How Learning Works* "How Learning Works is the perfect title for this excellent book. Drawing upon new research in psychology, education, and cognitive science, the authors have demystified a complex topic into clear explanations of seven powerful learning principles. Full of great ideas and practical suggestions, all based on solid research evidence, this book is essential reading for instructors at all levels who wish to improve their students' learning." —Barbara Gross Davis, assistant vice chancellor for educational development, University of California, Berkeley, and author, *Tools*

for Teaching "This book is a must-read for every instructor, new or experienced. Although I have been teaching for almost thirty years, as I read this book I found myself resonating with many of its ideas, and I discovered new ways of thinking about teaching." —Eugenia T. Paulus, professor of chemistry, North Hennepin Community College, and 2008 U.S. Community Colleges Professor of the Year from The Carnegie Foundation for the Advancement of Teaching and the Council for Advancement and Support of Education "Thank you Carnegie Mellon for making accessible what has previously been inaccessible to those of us who are not learning scientists. Your focus on the essence of learning combined with concrete examples of the daily challenges of teaching and clear tactical strategies for faculty to consider is a welcome work. I will recommend this book to all my colleagues." —Catherine M. Casserly, senior partner, The Carnegie Foundation for the Advancement of Teaching "As you read about each of the seven basic learning principles in this book, you will find advice that is grounded in learning theory, based on research evidence, relevant to college teaching, and easy to understand. The authors have extensive knowledge and experience in applying the science of learning to college teaching, and they graciously share it with you in this organized and readable book." —From the Foreword by Richard E. Mayer, professor of psychology, University of California, Santa Barbara; coauthor, e-Learning and the Science of Instruction; and author, Multimedia Learning

The Economist

The Haile Gebrselassie Story

My Story So Far

Running My Life - The Autobiography

Overt

Showdown in Moscow - the Olympic Quests of Coe and Overt

Inspiring Women to Be Fit, Healthy and Happy

"Updated to include her New York, London, and Helsinki victories"--P. [4] of cover.

Veteran race announcer and long-time cycling enthusiast Jamie Smith sets out to explain the sport he loves and the roadies who live for it in this lighthearted treatise on bike racing. Finally, a book to explain those people who roll out for a ride dressed in technicolored Lycra at the crack of dawn on Saturday, and return at sundown with a glow of satisfaction and even stronger tan lines. Perfect for anyone who has ever known a roadie, considered becoming a roadie, or walked away from a bike race completely puzzled, Roadie addresses all of the curiosities that accompany the sport of cycling, from shaved legs to colorful jerseys and unbelievably expensive bicycles, shoes, and components. Every seemingly neurotic tendency is explained and celebrated with humorous illustrations from nationally syndicated cartoonist Jef Mallett (also rumored to log thousands of miles of riding per year). Explaining strategy and races from the famous Tour de France stage race to the local criterium, Roadie brings the excitement of bike racing alive for anyone with an appetite for adrenaline. And for the thousands who purchase a shiny new road bike each spring, it's a much-needed primer on the politics of a group ride. Pacelines, drafting, sprinting, climbing, and breakaways are turned into everyday commonsense with colorful anecdotes. Whether interested onlooker or cycling aficionado, readers will find themselves laughing out loud as they revel in the roadie's world.

Train like Olympic marathoner and 2014 Boston Marathon winner Meb Keflezighi With his historic win at the 2014 Boston Marathon, Meb Keflezighi cemented his legacy as one of the great champions of long-distance running. Runners everywhere wanted to know how someone two weeks away from his 39th birthday, who had only the 15th best time going into the race, could defeat the best field in Boston Marathon history and become the first American man to win the race in 31 years. Meb For Mortals describes in unprecedented detail how three-time Olympian Keflezighi prepares to take on the best runners in the world. More importantly, the book shows everyday runners how to implement the training, nutritional, and mental principles that have guided him throughout his long career, which in addition to the 2014 Boston win includes an Olympic silver medal and the 2009 New York City Marathon title.

This is a timely look at the man who popularised athletics. An outsider at the 1924 Olympics, Harold Abrahams sacrificed everything to win Gold for the UK. 'Running with Fire' is an insight into the struggles and successes of one athlete with the odds stacked against him.

The Hype, Science, Culture & Cool of Running Shoes

An Autobiography

Better Training for Distance Runners

Book Review Index

Easy Interval Method

The Greatest

Power Play

The men's 100m final at the 1988 Olympics has been described as the dirtiest race ever - but also the greatest. Aside from Johnson's blistering time, the race is infamous for its athletes' positive drug tests. This is the story of that race, the rivalry between Johnson and Lewis, and the repercussions still felt almost a quarter of a century on.

Praise for the First Edition: "Barrie Houlihan's astonishingly ambitious and skilfully assembled collection examines the relations between sport, social policy and the social context that underlies the two. Organized around such themes as exclusion, commercialism and international comparisons, the book allows the reader to understand not only the centrality of sport to contemporary society, but the often perplexing policies that contrive to encourage or deny participation, promote or deter public sector involvement and support or undermine physical education. Importantly, Houlihan never prioritises the general over the particular, always striving to find detail amid the bigger picture." - Ellis Cashmore, Professor of Culture, Media and Sport, Staffordshire University "The most comprehensive study of contemporary issues in sport by leading international scholars. Houlihan's book is the answer to sports students' prayers, full of information, statistics, tables and figures, extensive guides to further reading and, most important of all, challenging ideas. A weighty vademecum for the early 21st century." - Jim Riordan Honorary Professor of Sports Studies, University of Stirling, Professor Emeritus at University of Surrey, and President of the European Sports History Association Fully updated and revised, the Second Edition of Barrie Houlihan's ground-breaking book provides students and lecturers with a one-stop text that is comprehensive, multi-disciplinary, accessible, international and engaging. Sport and Society allows students to: Approach the study of sport from a multi-disciplinary perspective. Understand the importance of social structure, power and inequality in analyzing the nature and significance of sport in society. Address the rapid commercialization and regulation of sport. Engage in comparative analysis to understand problems clearly and produce sound solutions. Expand their knowledge through chapter summaries, guides to further reading and extensive bibliographies. This Second Edition contains five brand new chapters, which reflect recent concerns with: young athletes and human rights, sport and the city, sport and violence, sport and health, and sport and Islam. A superb teaching text, it will be relished by lecturers seeking an authoritative introduction to sport and society and students who want a relevant, enriching text for their learning and research needs.

Any runner can tell you that the sport isn't just about churning out miles day in and day out. Runners have a passion, dedication, and desire to go faster, longer, and farther. Now, *The Art of Running Faster* provides you with a new approach to running, achieving your goals and setting your personal best. Whether you're old or young, new to the sport or an experienced marathoner, this guide will change how you run and the results you achieve. *The Art of Running Faster* challenges the stereotypes, removes the doubts and erases the self-imposed limitations by prescribing not only what to do but also how to do it. Inside, you will learn how to

- overcome the obstacles that prevent you from running faster, more comfortably, and with greater focus;
- rethink conventional training methods, listen to your body, and challenge traditional running 'norms';
- customize your training program to emphasize the development of speed, strength, and stamina;
- shift gears, reach that next level of performance, and blow past the competition.

In this one-of-a-kind guide, former world-class runner Julian Goater shares his experiences, insights and advice for better, more efficient and faster running. Much more than training tips and motivational stories, *The Art of Running Faster* is your guide to improved technique and optimal performance. Let Julian Goater show you a new way to run faster, farther and longer.

The definitive, fully authorised story of the record-breaking rivalry between London Olympics organiser Sebastian Coe and Steve Overt. Steve Overt and Sebastian Coe presided over the golden era of British athletics. Between them they won three Olympic gold medals, two silvers, one bronze and broke a total of twelve middle-distance records. They were part of the landscape of the late seventies and early eighties -- both household names, their exploits were watched by millions. As far apart as possible in terms of class and upbringing -- Overt is the art student, the long-haired son of a market-trader from Brighton, a natural athlete; Coe's formative years were spent under the rigorous training routine of Peter Coe, a self-taught trainer who referred to his son as 'my athlete' -- their rivalry burned as intense on the track as away from it. The pendulum swung between the pair of them -- each breaking the other's records, and, memorably, triumphing in each other's events in Moscow in 1980 -- for the best part of a decade, until the final showdown at the Los Angeles Olympics in 1984. . . . *The Perfect Distance* is both a detailed re-creation and a fitting celebration of the greatest era of British athletics.

The Inside Stories of the Olympic Men's 100m Champions

Running Tough

Strength and Conditioning for Endurance Running

The Dirtiest Race in History

Annual cumulation

Seven Research-Based Principles for Smart Teaching

3:59.4

"Ladies and gentlemen, here is the result of event nine, the one mile: first, #41, Roger Bannister ... with a time which will be a new English Native, British National, All-Comers, European, British Empire and World Record. The time was three..." As the announcer spoke those fateful words, the crowd roared, and the century-long quest to run 'the world's greatest race' was finally at an end. For decades, amateur athletes like the American Lon Myers, a stick-thin hypochondriac who was sick before and after every race, yet still held every US record from 50 yards to the mile, and Joe Binks, an English journalist who only trained once per week, dominated the field. Paavo Nurmi, the 'Phantom Finn', won nine Olympic gold medals and set so many world records that statisticians still argue over the total, but even he couldn't breach the magic four-minute mark. As competition intensified, the Swede Gunder 'the Wonder' Haegg ran the mile in 4:01.4 - but it took the legendary Roger Bannister and his two co-runners to finally accomplish 'the most significant sporting achievement of the twentieth century'. It took a wholesale reimagining of running itself, as each generation built on the discoveries and secrets of the last, until the fateful day finally arrived, and an impossible dream became reality: 6 May 1954. Roger Bannister. 3:59.4.

One second in time may separate the great athlete from the merely good. Seb Coe has made every second count. From an early age he has been driven to be the best at everything he does. Since the moment Coe stood alongside a 'scrubby' municipal running track in Sheffield, he knew that sport could change his life. It did. Breaking an incredible twelve world records and three of them in just forty-one days, Seb

became the only athlete to take gold at 1500 metres in two successive Olympic Games (Moscow 1980 and Los Angeles 1984). The same passion galvanised Coe in 2005, when he led Britain's bid to bring the Olympic and Paralympic Games to London. He knew that if we won it would regenerate an East London landscape and change the lives of thousands of young people. It has. Born in Hammersmith and coached by his engineer father, Coe went from a secondary modern school and Loughborough University to become the fastest middle-distance runner of his generation. His rivalry with Steve Overt gripped a nation and made Britain feel successful at a time of widespread social discontent. From sport Coe transferred his ideals to politics, serving in John Major's Conservative government from 1992 to 1997 and developing 'sharp elbows' to become chief of staff to William Hague, leader of the Party from 1997 to 2001 and finally a member of the House of Lords. Running My Life is in turns exhilarating, inspiring, amusing, and extremely moving. Everyone knows where Sebastian Coe ended up. Few people realise how he got there. This is his personal journey.

Traces the development of the run, the lighting of the cauldron and other symbolic elements of the Olympic Games

From the New York Times bestselling author of The Giver of Stars, a sweeping bestseller of love and loss, deftly weaving two journeys from World War I France to present day London. Paris, World War I. Sophie Lefèvre must keep her family safe while her adored husband, Édouard, fights at the front. When their town falls to the Germans, Sophie is forced to serve them every evening at her hotel. From the moment the new Kommandant sets eyes on Sophie's portrait—painted by her artist husband—a dangerous obsession is born. Almost a century later in London, Sophie's portrait hangs in the home of Liv Halston, a wedding gift from her young husband before his sudden death. After a chance encounter reveals the portrait's true worth, a battle begins over its troubled history and Liv's world is turned upside all over again.

The Misunderstood World of a Bike Racer

How to Run, Think, and Eat like a Champion Marathoner

The Full Monty

Overt and Coe: The Record Breaking Rivalry

The Art of Running Faster

Roadie

A Novel

Brant re-creates the tense drama of the 1982 Boston Marathon and the powerful forces of fate that drove runners Alberto Salazar and Dick Beardsley in the years afterwards.

Summary: "World-class athletics was something that happened overseas, not in Australia. But on 13 December 1952, all that changed when John Landy ran a mile at Melbourne's Olympic Park in 4:02.1. In those few minutes, Landy re-ignited the race for the sub-four minute mile and inspired a generation of Australian athletes to challenge the world at distances from 880 yards to the marathon. Urged on by influential coaches Percy Cerutti and Franz Stampfl, Landy and his distance running mates including Les Perry, Dave Stephens, Al Lawrence, Dave Power, Don Macmillan, Herb Elliott, Albie Thomas, Ron Clarke, Ralph Doubell and Derek Clayton brought Australia international fame and success on the track, including Olympic gold. In a few short years, Landy led Australia from nowhere to the top of the world."--Publisher description.

In 1997, a BAFTA award-winning British film about six out of work Sheffield steelworkers with nothing to lose took the world by storm. And now they're back, live on stage, only for them, it really has to be The Full Monty. Simon Beaufoy, the Oscar-winning writer of the film, has now gone back to Sheffield where it all started to rediscover the men, the women, the heartache and the hilarity of a city on the dole. The Full Monty was the winner of the UK Theatre Best Touring Production award 2013.

Top five Best Books About Running, Runner's World Magazine Top three Best Books About Running, readers of Runner's World Magazine (December 2009) A phenomenal portrait of courage and desire that will do for college cross-country what John Feinstein's A Season on the Brink did for college basketball.

Sport, the Media and Popular Culture

Peter Snell, Garth Gilmour

Sport and Society

The Story of the Olympic Torch

The Story of Alberto Salazar, Dick Beardsley, and America's Greatest Marathon

The Girl You Left Behind

A Season Inside with Mark Wetmore, Adam Goucher, and the University of Colorado Men's Cross-Country Team

The fully revised and updated version of this classic text examines the link between three key obsessions of the 21st century: the media, sport and popular culture. Gathering new material from around the 2007 Rugby World Cup, the Beijing Olympics and the rise of new sports stars such as boxing's Amir Khan and cycling's Victoria Pendleton, the authors explore a wide range of sports, as well as issues including nationalism, gender, race, political economy and the changing patterns of media sport consumption. For those interested in media and sport the second edition combines new and original material with an overview of the

developing field of media sport, and examines the way in which the media has increasingly come to dominate how sport is played, organized and thought about in society. It traces the historical evolution of the relationship between sport and the media and examines the complex business relationships that have grown up around television, sponsors and sport. Covers the following topics: t

Endurance runners and coaches have tended to neglect weight training and conditioning techniques, often in the belief that they don't benefit performance, add unwanted muscle bulk, or cause excessive soreness. But as standards at elite level have improved, so coaches and runners have become increasingly keen on learning about the latest new training techniques or ways to stay injury free. No longer does the running community view strength and conditioning with scepticism, or as something that can only benefit elite runners. In Strength and Conditioning for Endurance Running, author Richard Blagrove shows how a strength and conditioning programme can directly improve running performance and reduce the risk of injury, as well as allowing an athlete to tolerate high volumes of running in the future. Fully illustrated with 312 colour images and diagrams.

The official biography of the greatest distance runner of all time.

Unique training method with proven results for novice, recreational, competitive, elite and world class runners.

Paula

The Book Review Digest

The Landy Era

How to develop a perfect memory

I Love Youse All

Pedestrianism

Great Athletes

Olympic 800m champion, NZ's Peter Snell's biography

If you're a mum who wants to run, there's nothing stopping you! When busy mum Leanne Davies set up a social media group for her and a couple of friends to encourage one another to go running, she never imagined it would quickly become a nationwide network of thousands of women, all sharing a passion for the sport and a penchant for colourful compression socks. Gathering the very best of the advice and tips from the Run Mummy Run network, Leanne and co-writer Lucy have created this comprehensive beginner's guide to running that includes sections on:•From starting with a Couch To 5k plan to building up the confidence to race•Fitting in running around work and family life•Overcoming barriers to exercise•How to keep on running when motivation wanes, and much more! Not just your average practical go-to, this book is filled with down-to-earth advice, training schedules and inspirational stories that'll help you to be fit, healthy and happy.

Every 3rd issue is a quarterly cumulation.

Jeff Fenech

The True Story of Harold Abrahams

The British National Bibliography

The Fastest Men on Earth

A Student Introduction

Kicksology

Running with Fire