

## Read PDF In The Running Stories Of Extraordinary Runners From Around The World

# In The Running Stories Of Extraordinary Runners From Around The World

Master the art of connection and engagement through the power of strategic storytelling. Award-Winning Storyteller and Motivational Speaker, Kelly Swanson, teaches you her Story Formula - a proven blueprint to help you craft strategic stories of impact. This book walks you through the science of story, the six secrets to connection, the three prongs in your connection story, the anatomy of a presentation, and the basic structure for story construction. Bonus chapters include storytelling tips on delivery.

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

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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.

The story features a determined girl, Madi, that tries several sports in search for what truly inspires her. She calls on her friends to help her through the process, but ultimately stands firm in choosing what brings her joy. When children read

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"Running is Totally for Me" they will see stereotypes and gender roles being broken. They will hear encouraging words not only for the characters, but for themselves.

'Every time I speak to someone and hear about their experiences, it leaves me with a sense of running's incredible power to help people overcome pretty much anything.' Each day, millions of people around the world put on their trainers and try to deal with their personal demons and life challenges by going for a run. And, increasingly, they do it knowing that they are not alone: a growing and often virtual community is right there running alongside them. We are all, in some sense, running for our lives. Rachel Ann Cullen's first book, *Running for My Life*, described her own marathon journey through depression, bipolar disorder and body dysmorphia, and her revelatory discovery that running could transform her physical and mental wellbeing. Since hearing from people who had read about her experiences, Rachel wanted to tell some stories of other runners from all around the world – ordinary people living with mental health struggles, dealing with grief, cancer and other unavoidable life events who have relied on running to get them through their worst days and

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to keep going. Running for Our Lives shares moving accounts of hope and resilience; it demonstrates the power of running to help us all overcome adversity, and is a lesson for us all in learning not only how to survive life's challenges, but to thrive.

The Inside Story of the National Security Council and the Architects of American Power

Modern Training and Physiology for Middle and Long-Distance Runners

The Extraordinary Story of Britain's Greatest Ever Distance Runners

How to Get Up, Lace Up, and Sweat with Swagger  
Dirt

What I Talk About When I Talk About Running

Running with Raven

Running isn't a hobby, it's a way of life. Runners run to be the best they can be, to challenge who they are, to inspire others and to champion their cause. From the woman who ran for three and a half days without sleep, to the 61-year-old man who broke records in an 875-km ultramarathon, this collection of unforgettable stories will inspire anyone who's ever pounded the pavement to keep on running and enjoy every minute of this

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liberating sport.

Rachel Swaby and Kit Fox present *Mighty Moe*, the untold true story of runner Maureen Wilton, whose world record-breaking marathon time at age 13 was met first with misogyny and controversy, but ultimately with triumph. Fifty-two years ago, a girl known as Mighty Moe broke the women's world marathon record at a small race in Toronto. This was an era when girls and women were discouraged from the sport and the longest track event at the Olympics for women was 25.6 miles shorter than a marathon. Thirteen-year-old Moe's world-beating victory was greeted with chauvinistic disapproval and accusations of cheating—as were many of her achievements in the sport she had excelled at from the age of ten. Within less than two years, the controversy took its toll and Maureen quit running. Here is the untold story of Mighty Moe's tenacity and triumph in the face of adversity as a young athlete—and of a grown-up Maureen finding her way back to the sport decades later. This inspiring biography for readers and racers of all ages showcases the truly groundbreaking achievements of an unassuming, amazing young athlete. *Mighty Moe* includes an introduction by Kathrine Switzer, the first woman to officially register and run in the Boston Marathon (and Maureen's only fellow female competitor at the 1967 record-setting race), and an afterword by Des Linden, the first-place finisher of the 11,628 women who raced the 2018 Boston Marathon.

*OFF THE GRID WITHOUT A PADDLE* is the true story of two greenhorns, escapees from the gritty City Of Los Angeles, who buy a home off the grid in a tropical mountain

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rainforest in rural Hawaii, with fantasies of utopia and dreams of self-sufficiency, but no real idea of what they're getting into. In their first year in an unfamiliar new world, the high-tech, low-tech, no-tech learning curve is steep and hilarious: exasperating, exhilarating . . . exciting! Whether or not you share the dream of moving off the grid, you'll get a laugh out of their unexpected adventures.

The story of America's greatest running legend. For five years, no American runner could beat him at any distance over a mile. But at the age of 24, with his best years still ahead, long-distance runner Steve Prefontaine finally lost. Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential, accomplished runners of our time. More than 20 years later, Pre continues to influence the running world. From his humble origins in Coos Bay, Oregon, Pre became the first person to win four NCAA titles in one event. Year after year, he was virtually unbeatable. Instead of becoming one of the new breed of professional track athletes, Pre chose to stay amateur and fight for the adequate funding he felt American amateur athletes deserved. A man of incredible desire and energy, Pre trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, "He ran every race as if it were his last." But Pre not only touched runners; his exciting technique as well as his maverick lifestyle made him a favorite of the fans. A race with Prefontaine in it was automatically an event. His brief but brilliant life—documented by author Tom Jordan—is the tale of a true American hero. This is his story. "Some

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people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative." —Steve Prefontaine \*The e-book edition does not include photos

The True Story of a Thirteen-Year-Old Women's Running Revolutionary

Mastering the Art of Connection and Engagement Through the Power of Strategic Storytelling

Born to Run

The Running Boy and Other Stories

Marathon

Running for Their Lives

Running Times

***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. Futterman 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 Futterman'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.***

***Avi Steinberg is stumped. After defecting from yeshiva to attend Harvard, he has nothing but a senior thesis on Bugs Bunny to show for himself. While his friends and classmates advance in the world, Steinberg remains stuck at a crossroads, his "romantic" existence as a freelance obituary writer no longer cutting it. Seeking direction (and dental insurance) Steinberg takes a job running the library counter at a Boston prison. He is quickly drawn into the community of outcasts that forms among his bookshelves—an assortment of quirky regulars, including con men, pimps, minor prophets, even***

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***ghosts—all searching for the perfect book and a connection to the outside world. Steinberg recounts their daily dramas with heartbreak and humor in this one-of-a-kind memoir—a piercing exploration of prison culture and an entertaining tale of one young man's earnest attempt to find his place in the world.***

***Very few people would challenge Fabian, the star running back whose about to go pro. Not merely for the beast that he is on the field, but also the one he becomes when he drinks. Eric Certain isn't quite so lucky. His brother Tyriq is terminally ill. But Eric's luck is sure to run out when he and Fabian soon cross paths. Scorned and scarred in the years that follow. Eric inflicts a few of his own. Will the now famous athlete hold it together, or will Eric cause him to lose it all?***

***Chronologically documents news coverage of the September 11 Terrorist Attacks with first-person stories from over one hundred reporters and photographers.***

***In The Running***

***Running to the Edge***

***Pre***

***Shut Up and Run***

## ***A Race Through the Greatest Running Stories***

### ***Who's the Bitch Now?***

#### ***The Story of America's Greatest Running Legend, Steve Prefontaine***

**During a chance night shift on the cops beat, newsroom assistant Madeleine Harrington stumbles on the corruption story of a lifetime - a plot that would reshape the entire city. She teams up with her dad, a downtrodden columnist at the paper, to unearth the mystery. The muckrakers find the plot goes deeper - and contains more skeletons among the city's powerbrokers - than they imagined.**

**117 marathons, 52 days, 32 pairs of shoes, 57 years old: A fascinating glimpse inside the mind of an ultramarathon runner and the inspirational saga of his phenomenal journey running across America. The ultimate endurance athlete, Marshall Ulrich has run more than 100 foot races averaging over 100 miles each, completed 12 expedition-length adventure races, and ascended the Seven Summits - including Mount Everest - all on his first attempt. Yet his run from California to New York- the equivalent of running two marathons and a 10K every day for nearly two months straight - proved to be his most challenging effort yet. Featured in the recent documentary film, Running America, Ulrich clocked the 3rd fastest transcontinental crossing to date and set new records in multiple divisions. In Running on Empty, he shares the gritty backstory, including brushes with death, run-ins with the police, and the excruciating punishments he endured at the mercy of his maxed-out body. Ulrich also reached back nearly 30 years to when the death of the woman he loved drove him to begin running - and his dawning**

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**realization that he felt truly alive only when pushed to the limits. Filled with mind-blowing stories from the road and his sensational career, Ulrich's memoir imbues an incredible read with a universal message for athletes and nonathletes alike: face the toughest challenges, overcome debilitating setbacks, and find deep fulfillment in something greater than achievement** Watch a Video

**When you're running for local office for the first time, there are plenty of mistakes you can make. The good thing is that you're not the first person ever to face the challenges of running for office - even though sometimes it might seem like it. In this book, Craig W. Turner collects stories, advice, warnings and best practices from local candidates from around the country who have been there and done that. They've already seen what you're about to see, and they've generously shared their experiences for the benefit of you and other first-time candidates for local office. This is no poli-sci class. This is "in the trenches" life experience. Everyone interviewed for this book as part of The Campaign Coach Podcast, has run and won at least one election. Some are now retired, some have moved on to higher office, and some are still serving in the capacity we discussed in their interview. In these pages, you will find insights that no guidebook or online course can give you - they will inspire you, and scare you, and motivate you and smack you in the face with a reality check. But, they will also make you a stronger candidate. Whether it's talking with voters, fundraising, understanding local government policy, promoting your candidacy or even knowing how to best serve your community, learning from these people's experiences - and avoiding mistakes that they've**

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already made for you - will give you a leg up on any opponent.

**In 1975, Robert “Raven” Kraft made a New Year’s Resolution to run eight miles on Miami’s South Beach each evening. Over 125,000 miles and seven hurricanes later, he has not missed one sunset—and he has changed the lives of thousands who have run with him. From all fifty states and over 85 countries, across all age groups and backgrounds, people come to run with Raven. In the process they find friendship, inspiration—and a nickname. Among them is author Laura Lee “White Lightning” Huttenbach, who has logged over a thousand miles of Raven Runs. Here she explores the stories of dozens of others about why they started running with Raven—and why they keep coming back. Raven is a legend of the running world, and his story is an invaluable reminder that the journey means little without the connections forged along the way. “Raven left an indelible impression upon me, as he has countless others. Raven, long may you run.” —Dean Karnazes, New York Times bestselling author of Ultramarathon Man “An inspiring tale of unbreakable discipline and one-of-a-kind endurance.” —Gerald Posner, New York Times bestselling author of Miami Babylon “Raven’s tale of perseverance, understanding, and courage will inspire anyone.” —Publishers Weekly**

**A Gritty Contemporary YA/Teen Novel**

**Running, Winning, Serving**

**A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen**

**Lose Weight, Get Fit, and Have Fun**

**Training for Ultra**

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**Running the Good Race**

**Running Toward Danger**

***With this newly translated version of The Running Boy, the fiction of Megumu Sagisawa makes its long-overdue first appearance in English. Lovingly rendered with a critical introduction by the translator, this collection of three stories, written in 1989, sits on the thinnest part of Japan's economic bubble and provides a cautionary glimpse into the malaise of its impending collapse. From the aging regulars of a shabby snack bar in "Galactic City" to the mental breakdowns of "A Slender Back," and the family secrets lurking within the title story between them, Sagisawa offers a trilogy of laser-focused character studies. Exploring dichotomies of past versus present, young versus old, life versus death, and countless shades of meaning beyond, she elicits vibrant commonalities of the human condition from some of its most ennui-laden examples. A curious form of affirmation awaits her readers, who may just come out of her monochromatic word paintings with more colorful realizations about themselves and the world at large. Such insight is rare in a writer so young, and this book is a fitting testament to her premature death, the legacy of which is sure to inspire a new generation of readers in the post-truth era.***

***Running Times magazine explores training, from the perspective of top athletes, coaches and scientists; rates and profiles elite runners; and provides stories and***

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*commentary reflecting the dedicated runner's worldview.*

*Justin had made a mistake. A big, life-changing mistake. He already failed June once. He wasn't there when she needed him, and because of him, their lives will never be the same. June is everything to Justin, and he must be everything to her. He must protect June at all costs. Justin is prepared spend the rest of his life keeping her from getting hurt again. But it seems they are always falling behind, barely keeping one step ahead of the nightmares. There is always one more hazard, just around the corner. -A heartbreaking and intense story of the journey of two children to find themselves and happiness. -Is it possible to rise above your circumstances when you already have two strikes against you? That is the question facing June and Justin, children thrust into circumstances that would defeat many adults. Can they ever hope to live happy, normal lives? Keywords: Young adult books, Between the Cracks series, teen books, juvenile delinquent, parole, drugs, choices, depression, anxiety, addiction, gangs, violence, mental health literature, mental illness, middle school, high school, foster care, homelessness, suicide, in the margins, marginalized, diverse, poverty, streets, custody, friendship, substance abuse, incest, sexual abuse, murder*

*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.*

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*The Runner's World Big Book of Running for Beginners*

*Slide Job*

*Reset*

*Stories of Extraordinary Runners from Around the World*

*Running the Books*

*Running the World*

*An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America*

**Whether you want to get moving, or keep moving, you need inspiration. Novice walkers and seasoned runners alike will find that inspiration, and so much more, in these stories written by those who know that the toughest step to take in any walk or run is the first. Beginning an athletic pursuit like running or walking for fitness takes a good deal of motivation, determination, and inspiration, all of which can be found in these 101 real-life stories. Written by people who took that all-important, and elusive, first step, these stories will not only help readers get off the couch and get moving, but they'll inspire even the most seasoned of athletes to keep moving. Coauthored by the famous ultramarathoner Dean Karnazes, who brings his own advice to readers, as well as stories**

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**from some of the best-known runners in the world.**

**Every day, people are reaching their get-up-or-give-up moments and resolving to change. And they're realizing that running is the simplest, cheapest, and most effective way to lose weight, gain confidence, and relieve stress. For newcomers, the obstacles are fierce. There are fears of pain and embarrassment. There are schedules jam-packed with stressful jobs, long commutes, endless meetings, and sticky-fingered toddlers. The Runner's World Big Book of Running for Beginners provides all the information neophytes need to take their first steps, as well as inspiration for staying motivated. The book presents readers with tips for smart nutrition and injury prevention that enable beginning runners to achieve gradual progress (by gearing up for a 30-minute run, a 5-K, or even a 5-miler). Above all, it shows newbies just how fun and rewarding the sport can be, thanks to the help of several "real runner" testimonials.**

**You're unlikely to have heard of Britain's greatest long-distance runner. Despite being a world-class athlete, Peter Gavuzzi was consigned to obscurity. His heyday was in 1929, when he took part in the most extraordinary race ever held u a transcontinental run**

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**across America. He covered an improbable 3,500 miles in just 78 days.**

**Learn how to Run Successfully and Lose Weight Are you looking to lose weight? Then you're in the right place, because running is one of the most simple and effective forms of exercise. When you start your running program and stick to it, you will lose weight, have more energy, and feel much fitter and healthier. No matter, what your current fitness level is, this guidebook will teach you everything you need to know to successfully lose weight running. It includes an 8-Week Training Plan that will guide you through your running training. By reading this book, you will learn: The benefits of running How to choose the right running shoes How often to train Common mistakes How to prevent injuries The right food for running And much, much more... Are you ready to change your life?**

**- Click the "Buy" Button above!**

**Running Is Totally for Me**

**Off the Grid Without a Paddle**

**The Amazing Story of One Man, His Passion, and the Community He Inspired**

**Ultra Running Stories from the Middle of the Pack**

## **The Case of the Running Bag**

### **Running for Our Lives**

### **Talking Running**

It's winter in San Francisco and Jonas Watcher is waking up on a floating dock under a pier of the Wharf next to the bay. He is beyond hangovers and the DT's and has no memory of how he ended up on the dock. Climbing up a ladder he is suddenly hit with a large object that carries him back down, not onto the wooden dock, but into the Bay. He struggles to stay alive using adrenalin and his reflexes. After he recovers from being thrown into the Bay, Jonas finds he is the recipient of a substantial sum of money, a change of clothes, and a colt forty-four. He finds a temporary place to sleep for the night only to wake up entangled in a mystery of with a femme fatale, a missing man, and a dead private detective. He tries to extricate himself but only becomes more entrenched dealing with the very rich where he uncovers blackmail, kidnapping, and even murder. He has one dubious ally in the guise of an intelligent San Francisco police detective who has an agenda of his own. It's the nineteen thirties and Jonas Watcher must solve the Case of the Running Bag if he wants to stay alive.

This book has a single purpose - to inspire you to run! Through sharing a detailed account of my first three years of pursuing running from the middle to back of the

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pack, it will hopefully show you you are capable of much more than you may think. After my father almost died of a heart attack, it was time for me to change everything. Little did I know how much I would learn after taking on some physical exercise. It's not clear to me why I chose running ultra marathons of all forms of exercise, since I was unable to run beyond one mile just a few years prior. But since that fateful day, I've never looked back.

Hopelessly in a funk with no apparent way out, mortgage industry veteran, Mark Stiles, grasped desperately to the only thing that could help: CHANGE. For the past few years, Mark has been stuck in a life of mediocrity - unfulfilled and simply getting by..... Slowly, but surely, both his personal and professional lives have derailed and are on a one-way track to disaster. Now, after a chance encounter with an old friend and colleague in the business, Mark is presented with a challenging opportunity that can radically change his life. A change that could not only allow him to achieve his dreams and provide an abundant life for his family, but a change that could inject long-forgotten purpose, meaning and fulfillment back into his career and very soul. Whether you're a mortgage veteran or a newbie to the residential mortgage scene, this book is possibly the answer to your problems! It not only provides solutions to the issues you've faced with loan files, but it outlines a proven, strategic framework for re-structuring your life to

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reach all the goals you've set for yourself and achieve unlimited success. The only question is: are you prepared to hit the Reset button and change?

Two people driven to win. Only one can claim the prize. She's a sprint car racer driven by secrets. He's the man who must uncover them on national TV. Slide Job: A dirty move in which a race driver skids his/her car sideways in front of another car to steal a position. Sprint car driver Morgan Blade is willing to do anything to help save her critically ill father, even become a contestant on a new TV racing reality show. But once the cameras start rolling, she realizes the cost of the prize money. If the show's sexy producer has his way, her most heartbreaking secrets will be revealed to a worldwide audience. Secrets are Tyler Dalton's business. Forced to produce one more reality show to fulfill his contract, he can't wait to get it over with and move on with his life. However, part of who he is means giving it his best. In reality TV, controversy drives ratings. So despite a combustible attraction to his star, Tyler must unveil the secrets beneath Morgan's fiery faade. But when she becomes more than just another contestant ... will he go for the slide job, even if it means losing her?

Mighty Moe

Running on Empty

The Story Formula

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365 stories from the world of running

**The Adventures of an Accidental Prison Librarian**

**Running the Race to Revolutionize Women's Sports**

*Never before in the history of mankind have so few people had so much power over so many. The people at the top of the American national security establishment, the President and his principal advisors, the core team at the helm of the National Security Council, are without question the most powerful committee in the history of the world. Yet, in many respects, they are among the least understood. A former senior official in the Clinton Administration himself, David Rothkopf served with and knows personally many of the NSC's key players of the past twenty-five years. In Running the World he pulls back the curtain on this shadowy world to explore its inner workings, its people, their relationships, their contributions and the occasions when they have gone wrong. He traces the group's evolution from the final days of the Second World War to the post-Cold War realities of global terror -- exploring its triumphs, its human dramas and most recently, what many consider to be its breakdown at a time*

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*when we needed it most. Drawing on an extraordinary series of insider interviews with policy makers including Condoleezza Rice, Colin Powell, Henry Kissinger, senior officials of the Bush Administration, and over 130 others, the book offers unprecedented insights into what must change if America is to maintain its unprecedented worldwide leadership in the decades ahead.*

*Explains the practical aspects of exercise physiology and modern coaching, including energy systems, the aerobic and anaerobic thresholds, VO2 max, running economy, muscle fibers, and more. In addition, it covers how these ideas should inform both your day-to-day workouts and the underlying philosophy that forms the foundation of your training program.*

*In 1848, William and Ellen Craft hatched a daring plan to escape from slavery; Ellen would pose as a white man, with her husband playing the part of his slave. Within eight days of hatching the plan, they were free! Here is the exciting story of their planning and escape from slavery, knowing every step of the way that to be caught would mean death. They finally reach the northern states, only to find that they are still not safe! THIS*

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*VERSION IS EDITED FOR CHILDREN. Text is taken from the autobiography of William Craft: "Running 1,000 Miles for Freedom". The words are his own, though some edits have been made to shorten the story to a length suitable for children and to make the story more easily understood by children. Additionally, some text has been slightly altered to update words, and words which may be considered extremely offensive to many people have been altered slightly.*

*A jaunt through running's greatest moments, gripping endurance feats, inspired solo pursuits and a whole host of heroes, helions and legend-makers. From Paula Radcliffe's record-breaking marathon win to the birth of the gruelling Ultra-Trail du Mont-Blanc, Kilian Jornet's tequila stop on his way to winning the Hardrock 100 to the Bangkok half-marathon U-turn that set runners on a much longer journey than expected, the Galloping Granny to Marathon Monks, running historian Damian Hall brings together some of the most incredible, iconic, and at times highly unusual moments from the world of running. With over 80 striking and unique illustrations by artist Daniel Seex, each inspired by the stories told, A Race Through the Greatest*

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*Running Stories is a sporting treasure trove of human virtue, vice and running trivia.*

*Chicken Soup for the Soul: Running for Good*

*101 Stories for Runners & Walkers to Get You Moving*

*Educational Version*

*Cameron Motorsports Book One*

*June & Justin*

*A Story of Faith, Ford and Fishing*

*A Year on the Run*

This work explores the causes and impact of the collapse of ENRON, and details Klicker's search for employment and therapeutic use of marathon running.

A collection of running stories from Canada and around the world. A book for runners, marathoners, trail runners, joggers, ultramarathoners - written by a runner about runners. Profiles and interesting stories to inspire, motivate about everyone from middle-of-the-pack runners, Olympians, elites and just plain interesting people who lace up. The stories are peppered up with quotes from the running world and spiced up with a few photos. Often running is simply an excuse to get to the story behind the runner, the reason the run. A great book for those who love running, the marathon, the pain of the ultramarathon, the quiet of the

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trails, the exactness of the track and those who like to read about the people behind the times.

In 1967, Kathrine Switzer was the first woman to officially run what was then the all male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In what would become an iconic sports image, Switzer escaped and finished the race. This was a watershed moment for the sport, as well as a significant event in women's history. Including updates from the 2008 Summer Olympics, the paperback edition of *Marathon Woman* details the life of an incredible, pioneering athlete, and the lasting effect she's had on women's sports. Switzer's energy and drive permeate the pages of this warm, witty memoir as she describes everything from the childhood events that inspired her to succeed to her big win in the 1974 New York City Marathon, and beyond.

*A Year on the Run* takes every day of the year and tells a single running story from it. With striking and beautiful illustrations inspired by the stories told, the world of running is brought to life like never before. Entries recount historic wins, infamous incidents and incredible feats of endurance. From Paula Radcliffe's record-breaking marathon win to the birth of the gruelling Ultra-Trail du Mont-Blanc and even bizarre moments from the sport, such as Kilian Jornet's tequila stop on his way to winning the Hardrock 100 and the Bangkok half-marathon U-

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turn that set runners on a much longer journey than expected. Running writer Damian Hall brings together the most important, memorable and intriguing moments of this wide and varied sport. With stunning illustrations by artist Daniel Seex, each inspired by the stories told, *A Year on the Run* is a sporting treasure trove of human virtue, vice and running trivia.

A Jonas Watcher Detective Adventure

Running

Stories of everyday runners overcoming extraordinary adversity

Stories Behind the Breaking News of 9/11

Running 1,000 Miles for Freedom: The Story of William and Ellen Craft

Marathon Woman

A Band of Misfits and the Guru Who Unlocked the Secrets of Speed

In *Running the Good Race*, Dennis Blue, a man guided in his actions by his Christian faith, reveals how he and his wife Dorothy, survived the tragic loss of her parents and how he flew as a pilot in the Amazon bringing supplies to missionaries and Indians alike. Consequently, he helped discover a stone-age tribe in the dense jungles of the Amazonia. While in Venezuela, Dennis negotiated a peaceful outcome to a violent labor strike against his employer, the Ford Motor Company. Later, he assisted in the establishment of Ford operations in the Asia-Pacific region. Eventually, he worked at senior executive level to help change the direction of the Ford Motor Company. In all of this activity, he was always guided by his personal relationship with Jesus.

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An ultra marathoner and running coach captures the energy and joy of running in this illustrated full-color motivational interactive fitness guide and journal that will inspire every type of runner—from beginner to experienced marathoner—to shut up and run. Running isn't just a sport; it's a lifestyle that connects runners with the world around them, whether they're pounding the pavement of crowded big city streets or traversing trails through quiet woods and fields. Full of excitement, color, and focus of the running experience, Shut Up and Run offers tips, tricks, and visual motivation to help every runner cultivate miles of sweat, laughter, swagger, and friendship. Combining a fitness manual, training program, and self-help advice book in one, this gorgeous full-color book—filled with anecdotes and stunning action imagery, and supported by graphic illustrations and quotes—contains essential training tips for every level, including meditation and visualization techniques, that address a runner's body and mind. Robin Arzon offers unique style tips and gear recommendations to help you show off your best stuff mile after mile, and tells you everything you need to know, from how to pick the best running shoes to how to get off that sofa and start running. No detail is left to chance; Shut Up and Run is loaded with information on every aspect of the running world, from gear and music to training for a half marathon and post-race recovery tips. Robin also includes space at the end of each chapter to track your progress as you build up to your first marathon or other running goals. Designed to help readers find the information quickly and easily, and loaded with practical advice, style, and attitude, this practical guide—written by a runner for runners—makes it clear that to succeed, all you need to do is shut up and run!

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