

Download File PDF Marathon  
Woman

# Marathon Woman

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long

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distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

Set against the backdrop of the 2000 Boston Marathon,

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the millennial marathon, this fictional novel attempts to solve the mystery of the "Runner in Red."

The ultimate roadmap for female distance runners, from two-time Olympian

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Molly Huddle and two-time NCAA champion Sara Slattery—featuring 50 candid interviews with women who've made it The road from a high school track to an Olympic starting

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line is long and sometimes shadowy. Obstacles like chronic injuries, under-fueled nutrition, and coercive coaching can threaten to derail careers before they've even begun.

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Frustrated by seeing young talent burn out before reaching their potential, professional distance runner Molly Huddle and college coach Sara Slattery have teamed up with trailblazing

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running legends and sports medicine professionals to create an essential guide to reach your running potential. This is How She Did It—an instructional and inspirational collection of

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stories and advice for female runners. The book begins with key information from the professionals who help make athletic excellence possible: trainers, physicians, nutritionists, and



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sports psychologists. Then, you'll hear the first-person accounts of fifty women who've done it themselves. From the pioneers who fought tirelessly for women's inclusion in the

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sport to the names splashed  
across headlines today,  
featured athletes include:  
Joan Benoit Samuelson •  
Patti Catalano Dillon •  
Madeline Manning Mims •  
Paula Radcliffe • Deena

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Kastor • Brenda Martinez •  
Shalane Flanagan • Emma  
Coburn • Raevyn Rogers •  
Molly Seidel • and more  
With Molly and Sara guiding  
the way, these athletes  
share their empowering

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stories, biggest regrets, funniest moments, and hard-won advice. Collectively, these voices are the embodiment of strength, meant to educate, inspire, and motivate you to see how

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far—and how fast—you can go.

"Preston the mouse has always dreamed of running in the New York City Marathon and even when his family says he cannot do it,

## Download File PDF Marathon Woman

Preston refuses to let go of his dream"--

How to Match Your Food  
and Fitness to Your Unique  
Female Physiology for  
Optimum Performance,  
Great Health, and a Strong,

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Lean Body for Life  
Distance Racing and Civic  
Culture  
Running for Women 101  
The Olympic Marathon  
All the Technique and Gear  
You Need to Get Started

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What Women Runners Can  
Teach Us All About Living  
Younger, Longer  
First Ladies of Running  
**Provides a guide to  
running a marathon,  
including equipment,**



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**training, diet, and  
injury prevention.  
In 1967, Kathrine  
Switzer was the first  
woman to officially run  
what was then the  
all-male Boston**

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**Marathon, infuriating  
one of the event's  
directors who attempted  
to violently eject her.  
In one of the most  
iconic sports moments,  
Switzer escaped and**

## Download File PDF Marathon Woman

**finished the race. She made history—and is poised to do it again on the fiftieth anniversary of that initial race, when she will run the 2017 Boston Marathon at**

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**age 70. Now a  
spokesperson for Reebok,  
Switzer is also the  
founder of 261 Fearless,  
a foundation dedicated  
to creating  
opportunities for women**

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**on all fronts, as this groundbreaking sports hero has done throughout her life. "Kathrine Switzer is the Susan B. Anthony of women's marathoning."—Joan**

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**Benoit Samuelson, first  
Olympic gold medalist in  
the women's marathon  
"Running for Women 101"  
is a complete handbook  
for women who run. It  
provides an overview of**

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**the unique aspects of  
women's running and  
contains research-backed  
training advice for  
races of all distances.  
This how-to guide will  
teach women how to reach**

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**all of their running goals, and it touches on the following topics:**

- The History of Women's Involvement in Running**
- Challenges and Benefits of Running for Women**



## Download File PDF Marathon Woman

**Training for a 5K by  
Building Speed and  
Endurance • Increasing  
Distance to Run a 10K •  
Mastering the Half  
Marathon • Committing to  
Training for a Full**

## Download File PDF Marathon Woman

**Marathon • Optimizing  
Performance with  
Nutrition, Sleep, and  
Weight Training •  
Running Amidst Life's  
Challenges Intermediate-  
level female runners who**

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**have been consistently  
running at least three  
days per week will find  
this book to be useful  
in their training. It  
includes specific  
training advice for 5k,**

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**10k, half marathon, and  
marathon races and  
provides concrete  
examples of workouts  
that are beneficial for  
women who are training  
for races of each**

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**distance. The book also contains support from groundbreaking scientific studies that have proven the effectiveness of various training methods, so you**

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can be sure the  
recommendations in this  
book are based on sound  
evidence. About the  
Expert: Jennifer  
Jacobsen is a wife and  
mother living in a small

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**town in Northcentral  
Ohio, and she also  
happens to be a runner.  
She works fulltime for a  
public school but  
maintains a strong  
interest in running and**

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**physical fitness. She competes in local races throughout Ohio, and while she will run just about any distance, she specializes in the half marathon. Jennifer has**



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won dozens of awards for being the top female finisher in local races, and she manages to keep up with her training while also balancing the demands of being a wife,

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**mother, and professional. She has a passion for health and enjoys sharing her knowledge to help other women live up to their potential. HowExpert**

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**publishes quick 'how to'  
guides on all topics  
from A to Z by everyday  
experts.**

**Dawn Dais hated running.  
And it didn't like her  
much, either. Her**

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**fitness routine  
consisted of avoiding  
the stairs in her own  
house, because who  
really has the energy to  
climb stairs? It was  
with this exercise**

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**philosophy firmly in  
place that she set off  
to complete a marathon.  
The Nonrunner's Marathon  
Guide for Women is a fun  
training manual for  
women who don't believe**

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**that running is their  
biological destiny but  
who dream of crossing  
the finish line  
nonetheless. Dais's  
audiobook features a  
realistic training**

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**schedule and is chock-  
full of how-to's and  
funny observations,  
which she felt were  
lacking in the guides  
she had consulted. She  
also integrates entries**

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**from her journal,  
sharing everything would-  
be marathoners need to  
know about the gear, the  
blisters, the early  
morning workouts, the  
late-night carb binges,**



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**and most important of  
all, the amazing  
rewards. Anyone can do a  
marathon. This audiobook  
just makes the  
experience a little more  
bearable and a lot more**

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**fun.**

**A Woman's Quick Guide on  
How to Run Your Fastest  
5K, 10K, Half Marathon,  
Marathon, and Achieve  
New Personal Records!**

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Woman

**Stories, Advice, and  
Secrets to Success from  
Fifty Legendary Distance  
Runners  
A Complete Guide for  
Women  
Half Marathon**

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**ROAR**

**Runner in Red**

“A must-have for any woman targeting the distance.” —*Runner’s World* A no-nonsense, interactive guide that empowers all women at all levels to run their strongest, best marathon ever As

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recently as 1966, women were forbidden to run in the marathon. Professionals—including doctors—believed it was physically impossible and dangerous for women to run more than a mile and a half. But as with many other barriers women have faced over time, we fought our

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way in. Today, women make up almost half of the marathoning population. Yet most marathon training manuals are written by men. And while these men are experts when it comes to how men can and should train, women need training programs tailored to our bodies—to our unique strengths and

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weaknesses—so that we can avoid injuries and run at our peak. The programming in this book was created by a woman, specifically for women. Master the Marathon is a comprehensive guide to marathon training for women at all levels of running—beginner, intermediate, and

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advanced. The book takes you through everything you need to know to be prepared for the 26.2 miles of the marathon, including detailed training plans, strength training programs, building your mental awareness of your physical body, nutrition, guidance on finding the best marathon for you,



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identifying and avoiding potential injuries, inspirational advice, and other unexpected pieces of wisdom. Both incredibly practical and deeply motivating, Master the Marathon will help you unlock the strength and determination inside you to embark on the spectacular journey that is the

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marathon.

Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based

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nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition

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scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery.

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Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire

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chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

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Offering an inside look at the most famous marathon in the world, this exploration traces the Boston Marathon's 26.2-mile route from the starting line on narrow Main Street in Hopkinton to the Boylston Street finish line in downtown Boston, bringing to life the history, personalities, pivotal

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moments, and individual character of each city the race traverses. The Boston Marathon includes well-researched briefs on topics including Metcalf's Mill at Ashland, the unmarked starting point of the first race in 1897, the infamous 1967 battle over Kathrine Switzer's attempt to compete five years



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before women were allowed, and other vital race-day elements. The book also includes a tribute to the victims of the tragic 2013 bombing near the finish line. This is a supremely entertaining glimpse at the history of the greatest running event in the world—from wacky entrants to hard-fisted managers,

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tortured disappointments, and glorious triumph.

A fun, easy, and economical route to fitness and health” “This book will give women everywhere the guidance they need” (Grete Waitz, 9-time winner of the New York City Marathon). Women’s fitness pioneer Kathrine Switzer has

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been on her feet for 53 years. She knows how running or walking is the fastest, easiest, and least expensive road to fitness for women of any age. For women over forty in particular, it's vital to fit an exercise regimen into their busy lives, and ensure they can stay active and healthy for many years to

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come. No matter how inexperienced or old you are, Switzer will guide and ease you into a new exercise schedule, making the time you give yourself the best part of your day—and your future life. Recommendations for shoes, clothing, injury prevention, nutrition, motivation and finding the time in your

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life will keep you exercising safely and comfortably. For women over forty, Kathrine Switzer's expert running and walking programs are specifically designed for you, enabling you to keep healthy and enjoy life to the fullest for decades to come. "For many over-forty women, this book will be a passport to

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the best years of their lives.” —Joan Benoit Samuelson, Olympic Gold Medalist and US marathon record holder

The Ultimate Training Guide for  
Women

Her Fearless Run

The Runner in Red

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Older, Faster, Stronger

The Boston Marathon

Kathrine Switzer's Historic Boston  
Marathon

The Ultimate Training Guide: Advice,  
Plans, and Programs for Half and Full  
Marathons

*Inspiration and practical tips for runners*

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*who prioritize enjoyment over pace and embrace their place as an "average" runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston);*



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*they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without*

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*comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as "Favorite hilarious marathon signs" and "Weird Thoughts We all Have at the Start Line,"*

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*Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.*

*One part personal quest to discover running greatness after age 50, one part investigation into what the women's running boom can teach athletes about becoming fitter, stronger, and faster as we*

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*age, Older, Faster, Stronger is an engrossing narrative sure to inspire women of all ages. A former overweight smoker turned marathoner, Margaret Webb runs with elite older women, follows a high-performance training plan devised by experts, and examines research that shows how endurance training can stall*

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*aging. She then tests herself against the world's best older runners at the world masters games in Torino, Italy. Millions of women have taken up running in recent decades—the first generation of women to train in great numbers. Women are qualifying for the Olympic marathon in their 50s, running 100-mile ultra*

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*marathons in their 60s, completing Ironmans in their 80s, competing for world masters records in their 90s. What are the secrets of these ageless wonders? How do they get stronger and faster long after their "athletic prime"? Is there an evolutionary reason women can maintain endurance into advanced years? Webb*

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*immerses herself in these questions as she as she trains to see just how fast she can get after 50.*

*Marathon Woman Running the Race to Revolutionize Women's Sports Da Capo Press*

*Rachel Swaby and Kit Fox present Mighty Moe, the untold true story of runner*

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*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*



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*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*

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*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*

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*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*

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*Linden, the first-place finisher of the 11,628 women who raced the 2018 Boston Marathon.*

*Empowering Women and Girls in Afghanistan Through Sport*

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

26.2

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*The Secret Marathon*

*All You Need to Strive, Thrive, and Run  
Your Best*

*A Celebration of the World's Premier  
Race*

*Girls Running*

**In 1967, Kathrine Switzer  
was the first woman to**

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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

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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

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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



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the childhood events that inspired her to succeed to her big win in the 1974 New York City Marathon, and beyond.

Today, millions of women and girls around the world enjoy running and entering races.

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It wasn't always so: • In 1961, when Julia Chase edged to the start of a Connecticut 5-miler, officials tried to push her off the road. • At the 1966 Boston Marathon, Roberta Gibb hid behind a forsythia

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bush, worried that police might arrest her. • The next year at Boston, Kathrine Switzer was assaulted mid-race by a furious race organizer. • In the mid-60s, Indianapolis high schooler Cheryl Bridges was told not

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to run anywhere near the boys' track team because she might "distract" them. • When Charlotte Lettis signed up for the University of Massachusetts cross-country team in the fall of 1971, she was told to use the

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men's locker room. • A few years later in coastal Maine, young Joan Benoit would stop her workouts to pretend she was picking roadside flowers, embarrassed that her neighbors might spot her

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running. First Ladies of Running tells the inspiring stories of these and other fiercely independent runners who refused to give up despite the cultural and sports barriers they faced. Legends such as Doris Brown,

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Francie Larrieu, Mary Decker, Jackie Hansen, Miki Gorman, and Grete Waitz are chronicled by Runner's World editor Amby Burfoot. Burfoot even runs the 1994 Marine Corps Marathon with Oprah Winfrey, whose successful

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finish opened the floodgates for other women runners. First Ladies of Running is a beautiful and long-overdue tribute to the pioneers of women's running, and a gift of empowerment for female runners everywhere.



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A guide to preparing for a marathon offers advice on training as well as on such topics as nutrition and hydration, selecting shoes, pacing, form, preventing injuries, and staying motivated.

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Fuel up like 2017 New York City Marathon Champion Shalane Flanagan. From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook—and New

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York Times bestseller—that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories,

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obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-blowing nutritional wisdom, and inspiring stories from two fitness-

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crazed women that became fast friends over 15 years ago, Run Fast. Eat Slow. has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-quenching drinks, and wholesome

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treats—all made without refined sugar and flour. Fan favorites include Can't Beet Me Smoothie, Arugula Cashew Pesto, High-Altitude Bison Meatballs, Superhero Muffins, Kale Radicchio Salad with Farro, and Double

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Chocolate Teff Cookies.

Run Fast. Eat Slow.

A Profile of the Average  
Woman Marathon Runner and  
Guidelines for Organizing a  
Marathon

Becoming Boston Strong

Mighty Moe

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A Long Time Coming  
Marathon Running:  
Physiology, Psychology,  
Nutrition and Training  
Aspects  
Get Off Your Butt and On  
with Your Training

*This history aims to capture the*

*Page 96/177*



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*excitement and drama from the past century of marathon races since its inception at the 1896 Olympics in Athens. The authors offer details of how each race was run, biographical details of the top finishers and a map with descriptions of the actual course.*

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*Named One of the "Best Nonfiction Books to Read in 2019" by Woman's Day It's 2004 and twentysomething Amy Noelle Roe is living by herself in Portland, Oregon, with few friends, little money, and no job. It's not her year. With lots of free time on her hands, she*

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*remembers watching the Boston Marathon years ago and, inspired by that memory, decides to join a marathon training group, hoping that running 26.2 miles will give her something show for an otherwise entirely unproductive time in her life. A few months later, she*

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*crosses the finish line but is far from a Boston qualifying-time. But Amy has caught the marathon bug, and is determined to qualify for Boston, even if it's just as a squeaker, a runner who just manages a BQ time. Eleven marathons later, and Amy finally squeaks by,*

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*signing up for the 2011 Boston Marathon. She completes it, qualifying again for the following year, and then again for 2013, the fated year of the Boston Marathon Bombing. Due to an injury, Amy crosses the 2013 finish line in a little over four hours, minutes*

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*before the bombs goes off. Her world is forever changed as she is shaken to her core. Becoming Boston Strong is Amy's journey of falling in love with the Boston Marathon and its community, for better or for worse. It chronicles the ups and downs of her training, delving into*

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*the mystical appeal of the greatest marathon in the world and how it attracts those who return to it year after year. Hilarious and heartfelt, Becoming Boston Strong is for every person who ever dreamed of belonging to something bigger than themselves.*

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*Half Marathon: A Complete Guide for Women is a must-have for adult women of any age at any fitness level who want to train for a half marathon. Using Jeff Galloway's proven Run Walk Run® method, this book offers a step-by-step program for women that will get them*



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*started with weekly training. The training plans follow the run-walk-run format, allowing the runner to increase her mileage while decreasing her time, safely and effectively. An added benefit of these training programs is that they can easily fit into any busy schedule*

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*because training needs to happen only three days a week. Along with the training programs, this book offers nutrition advice for women—what and when to eat and how to control weight while training. It offers advice on staying motivated and preventing injury*

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*while training as well. Also included is information on women-specific issues. Any woman looking to complete a half marathon will find all the information she needs to run-walk-run fast and finish her race strong.*

*A visual and narrative tour of marathon*

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*history throughout the world examines  
marathon popularity in social,  
philosophical, athletic, fashion, cultural,  
and scientific contexts, featuring  
photography by such top contributors as  
Helmut Newton and Susan Meiselas.  
25,000 first printing.*

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*Run to the Finish*

*Girl Running*

*Marathon Japan*

*How She Did It*

*Valuable Coaching From a National  
Class Marathoner on Getting Up For  
and Finishing*

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*Bobbi Gibb and the Boston Marathon  
Running & Walking For Women Over  
40*

Hal Higdon's Half Marathon  
Training offers prescriptive  
programming for all levels of  
runners. Not only will it help you

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learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

A training guide for beginners, first-time marathoners, and women

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runners counsels readers on how to build speed and distance while maximizing one's performance and building on defensive running skills, in an updated edition by a senior writer for Runner's World magazine. Original.



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Japanese have been fervid long-distance runners for many centuries. Today, on a per capita basis, at least as many Japanese residents complete marathons each year as in the United States or any other country. Marathon Japan is

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the first comprehensive English-language chronicle of the history of this important part of Japanese sports culture. It traces the development of distance racing beginning with the Stockholm Olympics of 1912, when the

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Japanese government used athletics, and above all the marathon, as a means to continue its late nineteenth-century project of winning the respect of Western countries and achieving parity with the world powers. The marathon

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soon became the first event in a Western-derived sport in which Japanese proved consistently superior to athletes from other countries. During the 1920s and 1930s, Japanese runners regularly produced the fastest times in the

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world, and twice in the period after World War Two—in the 1960s and late 1970s–1980s—Japanese men again dominated world marathoning. Japanese women likewise emerged as some of the world's fastest in the 1990s and

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early 2000s. Meanwhile the general public took up distance running with enthusiasm, starting in the 1960s and continuing unabated today, symbolized most recently by massive open-entry marathons in Tokyo, Osaka, and other Japanese

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cities comparable in scale and challenge to major world races in Boston, New York, Chicago, London, and Berlin. In this book, Thomas Havens analyzes the origins, development, and significance of Japan's century-long

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excellence in marathons and long-distance relays (ekiden), as well as the reasons for the explosive growth of distance racing among ordinary citizens in more recent decades. He reveals the key role of commercial media companies in



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promoting sports, especially marathons and ekidens, from the 1910s to today and explains how running became a consumer commodity beginning in the 1970s as Japanese society matured into an age of capitalist affluence. What

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comes to light as well are the relentlessly nationalistic goals underlying government policies toward sports—above all marathons, where Japanese have been so successful—throughout the modern era. The public craze for distance

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racing, both watching and running, has created a shared citizenship of civic participation among young and old, male and female, persons of every social background and level of education. The combination of speedy elite athletes and huge

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numbers of general-citizen runners means that Japan today is truly a marathon nation. Marathon Japan will appeal to Japan specialists interested in modern cultural and social history. It will engage recreational runners in Japan and

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abroad as well as anyone interested in the history of sports. Kathrine Switzer changed the world of running. This narrative biography follows Kathrine from running laps as a girl in her backyard to becoming the first woman to run the

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Boston Marathon with official race numbers in 1967. Her inspirational true story is for anyone willing to challenge the rules. The compelling collage art adds to the kinetic action of the story. With tension and heart, this biography has the influential

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power to get readers into running. An excellent choice for sports fans, New Englanders, young dreamers, and competitive girls and boys alike.

A Hidden Tribe, Superathletes, and the Greatest Race the World Has

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Never Seen

How to Train For and Run Your  
Best Marathon

22 Inspiring Profiles of the Rebels,  
Rule Breakers, and Visionaries

Who Changed the Sport Forever

The Everyday Runner's Guide to



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Avoiding Injury, Ignoring the Clock,  
and Loving the Run

Basic Marathon Training

History by the Mile

Bobbi Gibb, the First Woman to  
Run the Boston Marathon

***“Clerici brings the race to life***

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***through . . . stories about every statue, landmark and portion of the course from its start in 1897 to its current incarnation” (MetroWest Daily News). From Hopkinton to Boylston Street, the beloved 26.2 miles of the Boston***

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***Marathon mark historic moments and memories dating back to 1897. Town by town and step by step, follow author, journalist, and runner Paul C. Clerici as he goes deeper into each town and city along the route with***

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***firsthand descriptions of the course from the uphill climbs to the spirited sprints. Insightful anecdotes, from the naming of Heartbreak Hill to the incorporation of women runners, reveal meaningful racing***

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***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***

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***journey while doing it!  
The inspiring story of Bobbi  
Gibb, the first female to run the  
Boston Marathon in 1966, comes  
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Running Through the Women's***



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gearing up for and finishing  
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**Marathon legend. There has been a long-standing belief that a woman slipped into the 1951 Boston Marathon undetected and ran the race. If that could be proven it would make her the first**

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**woman to have run a marathon on American soil. She wore “red,” as claimed by a group of Canadian runners who say they tried to bring the matter to the attention of race Director**

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**Jock Semple and other race officials. But to no avail, their story was never corroborated, and so today the “Runner in Red” remains a mystery and an urban legend. A period piece set**

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**explores the history of women's running in page-turning fashion. "A great story of three amazing women."—Bill Rodgers, four-time winner of the Boston Marathon "Moves faster**

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**than a speeding bullet through the streets of Boston.”—Katherine Switzer, first registered woman runner of the Boston Marathon (1967) “An entertaining, fast-paced**

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**mystery thriller.”—Jack Fultz, winner of the 1976 Boston Marathon “A magical story!”—Uta Pippig, three-time Boston Marathon women’s champion (1993-1995)**

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**Martin Parnell's third book highlighting the power of sport to change lives takes the reader on an inspirational journey into Afghanistan, a country known for political chaos**

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**and female oppression. "The children were stoning us, the people said bad words like 'prostitutes, why don't you stay at home? You are destroying Islam.'" --Zainab, Afghanistan's first female**

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**marathon runner In 2016, Martin Parnell went on a journey that many believed was madness: running a marathon in Afghanistan in a quest to fight for women's rights and gender equality.**

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**Of course, this was not the first time he had been called crazy. In 2010 he had run 250 marathons in one year and in 2013 he had climbed Mount Kilimanjaro in 21 hours. These two**

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**endeavours were part of his "Quest for Kids" initiative, which raised \$1.3-million for the humanitarian organization Right To Play and had given the gift of hope to over 27,000 children**



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**around the world. It was while recovering from a life-threatening and rare blood clot on his brain that Martin had read about Zainab, the first woman to run a marathon in Afghanistan. He**

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**was so inspired by her story that he decided that if he was able to recover from his illness he would run with her at the next "Marathon of Afghanistan" in support of rights for girls and women.**

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**In The Secret Marathon,  
readers will be transported  
to a country of beauty,  
hardship and complexity,  
sharing in the despair,  
resilience and friendliness of  
the Afghan people as they**

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**strive for freedom and  
equality for themselves and  
their fellow citizens.**

**The book contains recent  
research about physiology,  
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level. The basic knowledge  
of marathon running with  
explanations of the  
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**induced by marathon  
training with the associated  
adaptations and subsequent  
improved physiological  
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**The Nonrunner's Marathon  
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The Girl who Ran  
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Sports  
Half-Marathon**

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**Marathon Mouse**  
**A Complete Training Guide**  
**for Women**  
**Nourishing Recipes for**  
**Athletes: A Cookbook**

Women had to travel a long,  
hard road to equality in long-

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distance running. The 26.2-mile distance was the least of this effort. In the 1960s, when Jacqueline Hansen began running, the longest Olympic women's race was 800 meters - less than half a mile. She grew

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up with the sport, running her first marathon in 1972, winning the Boston Marathon in 1973, then setting world records in 1974 (first sub-2:45 time for a woman) and 1975 (with the first sub-2:40). Her efforts for

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women's running rights were just beginning then. Hansen became a crusader for this cause, and her work with the International Runners Committee helped convince sports officials to add the

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marathon to the Olympic program in 1984. The inaugural marathon champion, Joan Benoit Samuelson, writes in the Foreword: "How fitting it was that the first Olympic Marathon for women was run in

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Jacqueline's hometown of Los Angeles. Her book tells the story of a true pioneer, who has lived the history of our sport and has helped make possible all that we runners do today."

"In 1966, the world believed it

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was impossible for a woman to run the Boston Marathon. Bobbi Gibb was determined to prove them wrong"-- Jacket.

A Search for the First Woman  
to Run a Marathon in America  
Women's Running



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Feet, Don't Fail Me Now  
One Woman's Race to Run and  
Conquer the World's Greatest  
Marathon  
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