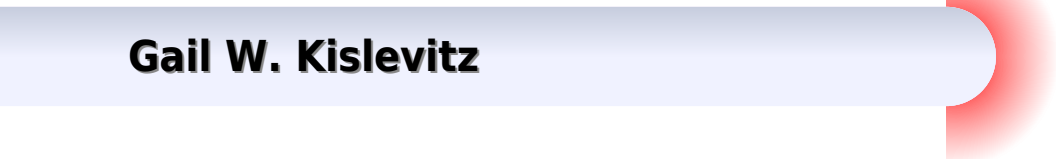




Gasheerstede In Marathon

Gail W. Kislevitz



Gasheerstede In Marathon:

138,336 Feet to Pure Bliss: What I Learned about Life, Women (and Running) in My 1st 100 Marathons, Our Life on the Run Marlin Keesler, 2005-10 Marlin Keesler entered his first marathon never imagining that it would become the first leg of a six and a half year race across America that he and his family would embark on one in which the benefits of travel would do far more for his two children afflicted with a rare learning disorder than any classroom could offer *Overthinking the Marathon* Ray Charbonneau, 2013 *Overthinking the Marathon* is an intimate look at one man's preparation for his 21st marathon Reading *Overthinking the Marathon* is like having Ray as your partner for a season of training 17 weeks that culminate in the 2012 Cape Cod Marathon Some days Ray talks about the nitty gritty details other days it's about the things that make running interesting and fun even no especially when it hurts Training for his marathon is important to Ray but he leavens his obsessiveness with a dry humor that acknowledges that one mid packer's race isn't going to change the world Ray Charbonneau insists he hasn't written a marathon guide and he's right Instead he's loaning himself out as a thoughtful veteran and funny training partner You couldn't find a better one as you get ready for your next 26.2 miler Amby Burfoot 1968 Boston Marathon winner and Editor At Large Runner's World Marathon running is the easy part It's the thinking that's the challenging part for the long distance runner Ray shares his internal dialogue with us as he readies himself for one more attempt at 26.2 Dave Goodrich the Marathon Maine iac Marathon Maniac 238 Ray is the opposite of me he's speedy understands math and cares about the weather I have instructed his cat to keep him awake until he agrees to pace me Vanessa Rodriguez author of *The Summit Seeker Memoirs of a Trail Running Nomad* *First Marathons* Gail W. Kislevitz, 1999-07-01 Introduction by Gail Waesche Kislevitz If you have the passion you have the power I had already been pounding pavement for twenty four years when I made the decision to run my first marathon Growing up in the late sixties when women's sports was called cheerleading I had no formal training in running techniques I just ran pure and simple I ran for the joy of it the thrill of it the escape of it During college I played lacrosse because there wasn't a women's track team and it seemed like the next best thing to do But I still remained faithful to my daily run I ran through the bitter cold winters of Michigan during graduate school through two pregnancies and countless other miles that seem to blend into one long life's run I don't know when I made the transformation from running as a sport to running as part of my life I can't separate the two When I run my mind and body fuse together creating an energy source that empowers me It is my private time my therapy my religion Ultimately I had to test myself to see just how far I could go I wanted to train correctly so I bought running books filled with important information training routines nutrition guides stretching techniques injury prevention speed work pace and performance guidelines Everything I needed to know about the technical aspects of running a marathon except the most important thing to me its soul No book took on the task of describing the feeling the heart the core of a marathon What would it be like What would I feel out there Would I hit the mythical wall Could the last six miles be so

difficult This was the information I craved I spoke with friends and strangers who had run marathons They answered my questions with such passion such fever and excitement for the event that I was mesmerized I inhaled their stories as they captured every moment of the race the lows of utter despair and pain the highs of inner strength They became my role models That was the beginning of this book I am going to let runners speak for themselves famous runners unknowns fast and slow old and young Through their experiences you will feel the pain and the glory of running the marathon Their lives h

Marathon Hal Higdon, 2006 Whether you're planning to run your first marathon or determined to slice a few minutes off your best time this is the book to read Hal Higdon senior writer at Runner's World has been running and writing about marathons for over forty years Use his informative and detailed book to tap into his vast personal expertise plus that of dozens of coaches exercise physiologists marathon runners and other top running authorities Full of sound training advice for runners of all levels this is a must read for anyone who wants to maximise his or her performance **Hal Higdon's Half**

Marathon Training Hal Higdon, 2016 Hal Higdon's name is synonymous with running As contributing editor of Runner's World and best selling author he has helped countless runners achieve their distance goals Now he's created the definitive guide on today's most popular distance the 13.1 mile half marathon Hal Higdon's Half Marathon Training is everything you wanted to know about running the half marathon including where to begin what to focus on how to pace yourself how to avoid injury how to track your progress how to stay the course and how to improve Whether this is your first or fiftieth half marathon there is a plan for you Inside you'll find more than 15 customizable programs ranging from novice to advanced you'll even find a walking only plan as well as proven strategies race day tips and motivation from half marathoners around the globe From day 1 to mile 13.1 Hal will guide encourage and pace you to your goal Other guides might help you complete the half but only one will introduce you to the joys of running Hal Higdon's Half Marathon Training is a book you'll return to for guidance and inspiration for a lifetime of running

Discover tales of courage and bravery in is empowering ebook, **Gasheerstede In Marathon** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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