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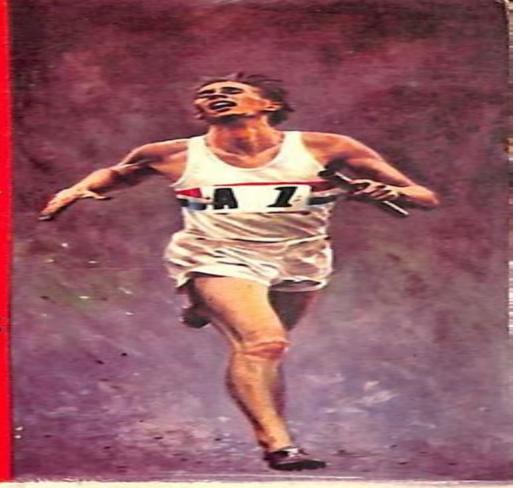
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McDougall's national bestseller Born to Run I started the Boston Marathon as a 20 year old girl and came out the other end a grown woman Kathrine Switzer It has been said that the love of the chase is an inherent delight in man a relic of an instinctive passion Charles Darwin A lot of people run a race to see who s the fastest I run to see who has the most guts Steve Prefontaine Don t worry everyone slows over time Bill Rodgers There s nary an animal alive that can outrun a greased Scotsman Groundskeeper Willy from The Simpsons Speed is sex distance is love David Blaike Canadian ultrarunner Gazelles run when they re pregnant Why should it be any different for women Joan Ullyot M D I m afraid the reason so many new runners guit is because they never get past the point of feeling like they have to run John Bingham Run softly by imagining a helium balloon attached to your head Lieutenant Colonel Dr Dan Kuland U S Air Force Chief of Health Promotion Motivation is what gets you started Habit is what keeps you going Jim Ryun They were the lightest shoes I could find Ron Hill elite British long distance runner on why he ran barefoot People say to me after a race I get so many blisters from shoes if I run barefoot it's going to be worse And I say Well that s why I stopped wearing shoes because I got tired of getting blisters Ken Bob Saxton aka Barefoot Ken Bob has run 76 marathons 75 of them shoeless since 1997 The mile has all the elements of drama Roger Bannister Anything worth doing is going to be difficult Fauja Singh 100 years old after finishing the 2011 Toronto Marathon in 8 25 One cannot run away from his behind African proverb The Perfect Mile Neal Bascomb, 2004 **Publisher Description** One More Step The 638 Best Quotes for the Runner Randy L. Thurman, 2012-06-29 Check these quotes out 1 The miracle isn t that I finished The miracle is that I had the courage to start John Bingham 68 There are clubs you can t belong to neighborhoods you can t live in schools you can t get into but the roads are always open Nike ad 224 No matter how slow I run I m still faster than my couch Anonymous 606 Success isn t how far you got but the distance you traveled from where you started Steve Prefontaine and so many more check them out When Running Made History Roger Robinson, 2018-05-17 Robinson takes readers on a globe trotting tour that combines a historian s in sight with vivid personal memories going back to just after World War II From experiencing the 1948 Austerity Olympics in London as a young spectator to working as a journalist in the Boston Marathon media center at the moment of the 2013 bombings Robinson offers a fascinating first person account of the tragic and triumphant moments that impacted the world and shaped the modern sport He chronicles the beginnings of the American running boom the emergence of women s running the end of the old amateur rules and the redefinition of aging for athletes and amateurs With an intimate perspective and insightful reporting Robinson captures major historical events through the lens of running He recounts running in Berlin at the time of German reunification in 1990 organizing a replacement track meet in New Zealand after the disastrous 2011 earthquake and the tri umph of Ethiopian athlete Abebe Bikila in the 1960 Olympics in Rome As an avid runner journalist and fan Robinson brings these global events to life and reveals the intimate and powerful ways in which running has intersected with recent history From Sidelines to Centre Field Murray Phillips, 2000 Phillips history and sociology of sport U of South Australia

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