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physiology of running all aspects of training and recognizing avoiding and treating injuries 133 illustrations **Endurance Running** William Bridel,Pirkko Markula,Jim Denison,2015-10-05 Running is a fundamental human activity and holds an important place in popular culture In recent decades it has exploded in popularity as a leisure pursuit with marathons and endurance challenges exerting a strong fascination Endurance Running is the first collection of original qualitative research to examine distance running through a socio cultural lens with a general objective of understanding the concept and meaning of endurance historically and in contemporary times Adopting diverse theoretical and methodological approaches to explore topics such as historical conceptualizations of endurance lived experiences of endurance running and the meaning of endurance in individual lives the book reveals how the biological historical psychological and sociological converge to form contextually specific ideas about endurance running and runners Endurance Running is an essential book for anybody researching across the entire spectrum of endurance sports and fascinating reading for anybody working in the sociology of sport or the body cultural studies or behavioural science *The Gigantic Book of Running Quotations* Hal Higdon,2011-02-15 With over 3 000 pieces of wit and wisdom from runners famous and humble here is an important running resource and a great gift for any runner George Sheehan a celebrated running writer philosopher and physician once wrote The more I run the more certain I am that I am heading for my real goal to become the person I am Today many runners whether they are training for the Olympics or whether they fit runs into their lunch hours would agree that for them the sport is much more than a way to stay in shape Their running defines who they are and leads them to achieve goals that they might never have thought possible This tremendous collection of wisdom captures the spirit and passion of those who run in over 3 000 entries covering topics such as training gear running philosophy and running in youth and old age The Gigantic Book of Running Wisdom will inspire everyone from seasoned marathoners to running novices It includes thoughts from famous athletes writers politicians and more including Percy Cerutti Carl Lewis Tom Brokaw David Letterman William Shakespeare Farrah Fawcett Emil Z topek Bill Rodgers Friedrich Nietzsche Sebastian Coe Bill Clinton Grete Waitz Roger Bannister and hundreds of others The one thing they all have in common is their understanding that as Amby Burfoot put it As we run we become 16 b w illustrations You have to forget your last marathon before you try another Your mind can t know what s coming Frank Shorter I love the feeling of freedom in running the fresh air the feeling that the only person I m competing

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Sport in Australasian Society J A Mangan, John Nauright, 2013-01-11 As Sydney prepares to host the 2000 Olympic games this study assesses the cultural impact of sport on the Australasian countries Here as in other parts of the world sport is taken as an assertion of both individual and group identity a demonstration of modernity and a source of personal local and regional esteem This collection explores the political social and aesthetic influence of modern sport attitudes to the body and the evolution of specific Australasian visions of sport

The Race of the Century: The Battle to Break the Four-Minute Mile (Scholastic Focus) Neal Bascomb, 2022-04-05 Highly acclaimed author Neal Bascomb brings his peerless research and fast paced narrative style to a young adult adaptation of one of his most successful adult books of all time The Perfect Mile an inspiring and moving story of three men racing to achieve the impossible the perfect four minute mile Scholastic Focus is the premier home of thoroughly researched beautifully written and thoughtfully designed works of narrative nonfiction aimed at middle grade and young adult readers These books help readers learn about the world in which they live and develop their critical thinking skills so that they may become dynamic citizens who are able to analyze and understand our past participate in essential discussions about our present and work to grow and build our future There was a time when running the mile in four minutes was believed to be beyond the limits of human foot speed In 1952 after suffering defeat at the Helsinki Olympics three world class runners each set out to break this barrier Roger Bannister was a young English medical student who epitomized the ideal of the amateur John Landy the privileged son of a genteel Australian family and Wes Santee the swaggering American a Kansas farm boy and natural athlete Spanning three continents and defying the odds these athletes collective quest captivated the world Neal Bascomb s bestselling adult account adapted for young readers delivers a breathtaking story of unlikely heroes and leaves us with a lasting portrait of the twilight years of the golden age of sport

1,001 Pearls of Runners' Wisdom Bill Katovsky, 2012-06-01 Within these pages runners will find a wealth of knowledge expertise and even a little humor to encourage them in their sport But whether comical or serious the quotes contained here represent the finest writing and wisdom on running Geared towards everyone from the long distance enthusiast to the relative or friend of one the musings collected are poignant sentimental and amazing 1 001 Pearls of Runners Wisdom covers a wide swath of topics ranging from training to coaching to marathons to shoes to diet and even barefoot or natural running a new trend inspired by Christopher

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 Ulliot M.D I'm afraid the reason so many new runners quit 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 insight 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 triumph 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

explores the changing role and techniques of coaching in Australia from the 1850s to the 1990s Addresses such issues as ethics sportsmanship professionalism and amateurism and documents the initiation of coaching education in Australia Distributed by ISBS Annotation copyrighted by Book News Inc Portland OR **Modern Distance Running** Antony Ward,1964 *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office,1957 Includes Part 1 Number 1 2 Books and Pamphlets Including Serials and Contributions to Periodicals January December **Running Over 40, 50, 60, 70...** Bruce Tulloh,2015-10-19 The only book written specially for over forty runners including starting from scratch how to train properly how to avoid injuries diet and lifestyle advice graded training schedules for all standard distances Marathon and Half-Marathon Running Steve Trew,2014-06-30 Crowood Sports Guides provide sound practical advice that will make you into a better sportsperson whether you are learning the basic skills discovering more advanced techniques or reviewing the fundamentals of your sport Contents include the history of the marathon and the myths that have grown around it the big races and practical advice on how to enter deciding on what type of event is right for you correct shoes and clothing how to form a training schedule and train progressively building up mileage for your first event a discussion of tapering and race preparation and the correct nutrition and hydration for your race tips for achieving a positive mental attitude dealing with injury progression onwards from your first marathon or half marathon Aimed at beginner to intermediate runners and superbly illustrated with over 200 colour photographs Running Throughout Time Roger Robinson,2022-05-01 Every runner s story is part of a great tradition of running stories Running Throughout Time tells the best and most important of them From Atalanta the heroic woman runner of ancient Greece when goddesses advised on race tactics to the new legends of Billy Mills Joan Benoit Samuelson and Allison Roe the modern Atalanta this book brings the greatest runners back to life It s the perfect runner s bedside storybook Colorful dramatic alive with human insight and period detail these stories are also full of new discoveries Within these pages you will find the true story of Pheidippides and the Battle of Marathon you will read text from the world s first newspaper report of a footrace 1719 This book uncovers important evidence of the first road races the origins of cross country running and the earliest marathons telling the true story of the origins of the marathon and just why racers must run exactly 26 miles 385 yards 42 2 km New light is thrown on more modern stories like the first fourminute mile and the troublesome birth of the women s marathon All runners should read this book to really know whose footsteps they run in and why running is worthy of the effort they give to it

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