

# **Marathon Running Sharing The Passion For Marathon And Half Marathon Running**

**Brendan Leonard**

**I Hate Running and You Can Too** Brendan Leonard, 2021-03-16 BRENDAN LEONARD HATES RUNNING. He hates it so much that he once logged fifty-two marathon-length runs in fifty-two weeks. Now he's sharing everything he's learned about the sport so that you can hate it too. Packed with wisdom, humor, attitude, tips, and quotes—and more than sixty illuminating charts—I Hate Running and You Can Too delivers a powerful message of motivation from a truly relatable mentor. Leonard nails the love-hate relationship most runners have with the sport. He knows the difficulty of getting off the couch, teaches us to get comfortable with being uncomfortable, embraces the mix of running with walking. And he shares all that he's learned—celebrating the mantra of “Easy, light, smooth, and fast,” observing that any body that runs is a runner's body. Plus Leonard knows all the practical stuff, from training methods to advice for when you hit a setback or get injured. Even the answer to that big question a lot of runners occasionally ask: Why? Easy: Running helps us understand commitment, develop patience, discover self-discipline, find mental toughness, and prove to ourselves that we can do something demanding. And, of course, burn off that extra serving of nachos.

**My Best Race** Chris Cooper, 2013-09-03 Fifty runners—from the world's elite to passionate amateurs—share the races they'll never forget in this “fascinating and fresh look at competitive running” (Jon Sinclair, former USA cross country and 10K champion, RRCA Hall of Famer). Every runner that enters a race has a unique motivation behind competing: racing for the challenge, for the achievement, for the health benefits, or for more personal reasons. But whether they are twenty-mile-a-day elite marathoners or twenty-mile-a-week recreational runners, each of them can invariably point to a singular performance as “the best race I ever ran.” My Best Race is a collection of those singular performances. In this inspirational collection, fifty runners, from Olympians and world champions, to courageous disabled athletes and middle-of-the-packers, share their personal accounts of what they consider the best race they ever ran—and why. Contributors include a top marathoner who sacrifices his place on the Olympic team to pace his friend to the final qualifying spot at the Olympic Trials; “The Central Park Jogger” who finishes a race she founded to benefit disabled athletes, fourteen years after being left for dead from a brutal attack that gripped the nation; an unheralded high school runner who beats a previously undefeated state champion—and who goes on to become a two-time Olympian; the woman race organizers tried to physically remove from the male-only Boston Marathon in 1967; and forty-six other runners. “Such wonderful and inspiring stories by a diverse group of runners—bravo!” —Ryan Lamppa, media director of Running USA “What a fascinating concept! . . . A very unique and inspiring collection that gives great insight into the minds of runners.” —Keith Brantly, member of the 1996 US Olympic marathon team

*Putting Life on the Finish Line* Joe Sinclair, 2013-09-06 A guide for those interested in staying physically active, and written by a long distance endurance athlete with a passion for running. When author Joe Sinclair turned sixty-two years old, he began his quest to run as many marathons as possible. Less than five years later, he has logged more than four thousand miles, participating in more than 150 marathons. In his memoir, *Putting Life on the Finish Line*, he tells his life story from his early years through his late sixties and details how he achieved his running goals. Sinclair shares running's rewards and challenges—crossing the finish line at the toughest marathon in America run entirely on asphalt; completing three marathons in three days in the hot July weather; fighting off attacks by vicious dogs during a lonely, rural, mountain marathon; and helping a struggling young marathoner achieve his very first marathon finish. Offering personal secrets for success, tips and tricks, nutritional and fitness plans, pre-race plans, and inspiring stories, *Putting Life on the Finish Line* provides encouragement for those who

believe they are too old to accomplish a dream. It shows that personal health and fitness is attainable at any age.

**Life Is a Marathon** Matt Fitzgerald, 2019-03-26 An endurance athlete and coach reveals how the marathon transforms the lives of everyone who attempts it--and how it has helped his own family cope with serious adversity Step after step for 26.2 miles, hundreds of thousands of people run marathons. But why--what compels people past pain, lost toenails, 5.30 am start times, The Wall? Sports writer Matt Fitzgerald set out to run eight marathons in eight weeks across the country to answer that question. At each race, he meets an array of runners, from first timers, to dad-daughter teams and spouses, to people who'd been running for decades, and asks them what keeps them running. But there is another deeply personal part to Matt's journey: his own relationship to the sport--and how it helped him overcome his own struggles and cope with his wife Nataki's severe bipolar disorder. A combination of Matt's own *How Bad Do You Want It?* and *What I Talk About When I Talk About Running*, *Life Is a Marathon* captures the magic of those 26.2 miles. At the end of the day--and at the end of the race--the pursuit of a marathon finish line is not unlike the pursuit of happiness. You will pick up the book for a powerful personal story about what running does for the people for whom it does the most. You will put it down with a greater understanding of what it means to be alive in this world.

**A Passion for Running** Scott Ludwig, 2009-10 In his autobiography *Running through My Mind: Confessions of an Every Day Runner*, author and runner Scott Ludwig states he would like to write a book about the superheroes he's grown to know throughout his running lifetime. Ludwig's second book, *A Passion for Running: Portraits of the Everyday Runner* tells the amazing stories of 18 runners he has grown to respect and admire in his 31 years as a runner. Inside you will meet: Anne, an admitted couch potato at 40 and accomplished 100-mile runner at 56. Bobbi, the first woman to run the Boston Marathon during a time when women 'weren't capable of running more than 1 1/2 miles.' Elizabeth, who ran through the dark to complete her first 100-mile run despite having no vision at night..and 97% vision loss during the day. Sarah, the only finisher--male or female--of a bitterly cold race which just happened to be 135 miles long. Lloyd, a beginning runner at 59 and holder of various age group records once he reached the ages of 70, 75, 80 and now 85. Bob, winner of countless races in his 30's and 40's who can't seem to slow down in his 50's. Jerry, who ran an official marathon course 200 times in the year 2000 because...well, just because. Al, who has run a sub-five minute mile, sub-three hour marathon, and 100 miles in less than 24 hours at age 60 yet still imagines what the future holds at the age of 64. All have their own unique story to tell, and Ludwig is proud to be the one to tell them. You'll find all of their stories fascinating: how running became a part of their lives; their approach to the physical, psychological and emotional demands of running; and their special advice and insight into the sport. You'll also hear their personal accounts of the most memorable running event in each of their lives, from the Boston Marathon to the Comrades Marathon to the Western States Endurance Run to the blistering Badwater Ultramarathon to the frigid Arrowhead 135 Their stories will be sure to inspire and motivate you for a lifetime.

**Personal Record** Rachel Toor, 2008-01-01 Rachel Toor was a bookish egghead who ran only to catch a bus. How such an unlikely athlete became a runner of ultramarathons is the story of *Personal Record*, an exhilarating meditation on the making, and the minutiae, of a runner's life. The food, the clothes, the races, the injuries, the watch (and Toor loves her watch) are all essential to the runner, as readers discover here, and discover why. A chronicle of Toor's relationship with the sport of running, from her early incarnation as an Oreos-eating couch potato to her emergence as a hard-bodied marathoner, this book explores the sport of running, the community it brings into being, and the personal satisfaction of pursuing it to its limit. Alternating with Toor's account of

becoming a runner are the stories meditations, examinations, celebrations of how runners become a pack. An homage to running, a literary take on how an activity can turn into a passion, and how a passion can become a way of life, this book runs all the way from individual achievement a personal record to the world of friendship and belonging, the community that runners inevitably find.

Run to the Finish Amanda Brooks, 2020-03-03 Inspiration and practical tips for runners 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); 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 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, Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

*Mile Markers* Kristin Armstrong, 2011-03-01 In *Mile Markers*, Runner's World contributing editor Kristin Armstrong captures the ineffable and timeless beauty of running, the importance of nurturing relationships with those we love, and the significance of reflecting on our experiences. This collection considers the most important reasons women run, celebrating the inspiring passion runners have for their sport and illustrating how running fosters a vitally powerful community. With unique wit, refreshing candor, and disarming vulnerability, Armstrong shares her conviction that running is the perfect parallel for marking the milestones of life. From describing running a hardfought race with her tightly-knit group of sweat sisters, to watching her children participate in the sport for the very first time, Armstrong infuses her experiences with a perspective of hope that every moment is a chance to become a stronger, wiser, more peaceful woman. Running threads these touching stories together, and through each of them we are shown the universal undercurrents of inspiration, growth, grace, family, empowerment, and endurance.

*Run Strong, Stay Hungry* Jonathan Beverly, 2017-11-21 In *Run Strong, Stay Hungry*, running journalist Jonathan Beverly reveals the secrets of veteran racers who are still racing fast and loving the sport decades after they got their start. Beverly collects the habits and mindsets of more than 50 runners including Bill Rodgers, Joan Benoit Samuelson, Deena Kastor, Benji Durden, Colleen De Reuck, Dave Dunham, Kathrine Switzer, and Roger Robinson. *Run Strong, Stay Hungry* shares 9 keys from these veteran racers that let them keep running strong and staying hungry for competition. Are they biomechanically gifted? Stubborn? Simply lucky to have avoided injury? Turns out, there's a lot more to it. In his comprehensive research, Beverly discovers that these runners all share specific perspectives and habits that allow them to adapt to changing life circumstances, accept declining abilities, and rebound from setbacks. These keys not only keep them on their feet, but also allow them to continue to draw the same enjoyment from the sport whether they are winning championships or finishing in the middle of the pack, cranking out 100-mile weeks and doing blazing speed work on the track, or squeezing in just enough miles into a busy schedule to simply feel fit and fast and occasionally test that fitness in a race. Beverly interviews over 50 runners including Bill Rodgers, Joan Benoit Samuelson, Deena Kastor, Benji Durden, Colleen De Reuck, Dave Dunham, Kathrine Switzer, and Roger Robinson. From training methods to mental attitudes to finding

community among their fellow runners, there are specific keys that help these masters runners to adapt, accept, and rebound from the hurdles that life and aging put in their path. By adopting the practices of these lifetime competitors, you too can enjoy a lifelong, healthy running career as well as boost your enjoyment of running and your racing performance.

26.2 ? A Marathon of Christian Devotions Chris Meikel, 2014-11-21 I am a runner. I am a Christian 26.2 is a familiar number for virtually every runner. And whether you're a seasoned marathoner or you hope to run a marathon someday, you will enjoy 26.2 - A Marathon of Christian Devotions. Author Chris Meikel shares his love for running and for God's word through a series of just over twenty-six devotionals. They include stories of runners, as well as his own personal experiences and adventures, which span more than forty years. You'll see the parallels he draws between your walk with Christ and your daily training. He points out how the simplicity of God's word can help us to deal with the complexities of life. And just as running has brought change to your physical body, a Spirit-filled life can bring about great change in you now and for eternity.

*Me, You & 26.2* Denise Sauriol, 2018-08-28 Don't think you can run a marathon? This book is for YOU! Through her own experience completing over 100 marathons and from transforming hundreds of first-timers into many-time marathoners, Coach Denise Sauriol, a.k.a., the Marathon Whisperer, equates training for a marathon to taking a class. When you sign up for a class, you get a syllabus (training plan), you do your homework (training runs) and then you take your final (run the marathon), right? Training for a marathon is as methodical as taking a class. You just have to add heart! Signed up for a marathon and feeling SCITED (Scared + Excited)? This book is also for YOU! This book is all you need for running your first marathon. The chapters are laid out into 26 miles and kick off with a personal story of inspiration from a first-timer that Denise has coached. She has coached runners from 18 to 82 years old and she can help you too! Within each mile, she shares her tips, tricks and lessons learned from competing in over 250 races across 6 continents. Following these insightful and inspirational miles, you will find your syllabus for Marathonning 101. When was the last time you did something that you were SCITED about?! YOU too, can do 26.2!

*Why I Run* Mark Sutcliffe, 2013-02 Entertaining and inspirational, *Why I Run* is the new book from the founder of iRun magazine, Mark Sutcliffe. Drawing on more than five years of writing about running in newspaper columns, magazine features and blog postings, the 13-time marathon runner chronicles a journey that begins with a guy looking for a bit of exercise and evolves into running as a way of life. At once analytical, self-deprecating, enthusiastic and inspiring, *Why I Run* provides a fresh and rousing perspective on the rapidly growing sport that has allowed thousands of individuals to overcome challenges and fulfill their dreams, literally one step at a time. In sharing his own experiences and those of other runners who have inspired him, Sutcliffe narrates his love affair with the sport. And in the many stories ranging from stumbling through his first trail run to tumbling at the finish line of a marathon to cheering his training partner to a qualifying time for the famed Boston Marathon, every runner will find both entertainment and motivation.

*Running for Women 101* HowExpert, Jenni Jacobsen, 2018-03-06 "Running for Women 101" is a complete handbook for women who run. It provides an overview of 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 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 • 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 Marathon • Optimizing Performance with Nutrition,

Sleep, and Weight Training • Running Amidst Life's Challenges Intermediate-level female runners who 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, 10k, half marathon, and marathon races and provides concrete examples of workouts that are beneficial for women who are training for races of each distance. The book also contains support from groundbreaking scientific studies that have proven the effectiveness of various training methods, so you 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 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 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 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, mother, and professional. She has a passion for health and enjoys sharing her knowledge to help other women live up to their potential. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

The Running Life Michael Dove, Donald Buraglio, 2010-05-12 Writers like Donald and Mike work at the grassroots level to promote and support our sport. Their love of running shines through every page of what they write. They have a unique perspective on The Running Life and make us smile and gain insight at the same time. Whether you are an experienced runner, a novice, or even a non-runner this compilation of articles will inspire. --Amby Burfoot, Editor at Large, Runners World Magazine and 1968 Boston Marathon winner As a resident of Pacific Grove, I'm just like all the other runners on the Central Coast. We eagerly await the Thursday edition of the Monterey Herald so we can see what Donald and Mike are thinking and saying about The Running Life. It's great that this book will allow a wider audience the opportunity of reading these great columns. --Blake Russell, 2008 Womens Olympic Marathon I'm out in Buraglio and Dove territory every year for the Big Sur Marathon. It's great to swap stories with Donald and Mike, run, and enjoy the magnificent Central Coast. They are both very knowledgeable and their articles cover every aspect of our sport. A fun read for sure. --Bart Yasso, Chief Runner, Runners World Magazine I've always been an instinctive runner. I love to run and feel the flow. Donald and Mike capture all I love about running in their articles. They know the spirit as well as the technical side of running. I recommend this series of articles for anyone. You will really capture and understand why we love The Running Life. --Nelly Wright, Pacific Grove, California, 1984 Womens Olympic Marathon

The Happy Runner Roche, David, Roche, Megan, 2018-11-15 Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then The Happy Runner is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

Long May You Run Chris Cooper, 2010-10-19 You are a runner. You know how hard it is to make time to run. So you go out at 5:30 a.m. . . . in the rain. You remember every strain, sprain, ache, and pain you've ever felt. You ran through it then. You'll run through it now. You have great runs. You have not-so-great runs. You run fast. You run slow. You race for a personal best. You race just for fun. This is your time. This is your run. This is your book. LONG MAY YOU RUN all things running. Learn how to win a race even when you finish last; the ten "destination" runs every runner should experience; what to do with your old running shoes; why listening to the right song may help you run faster; and how to run across the United States without leaving home. Featuring can't-miss races, must-

run places, tips, tricks, and words of advice and encouragement from some of the top runners today, including: Brian Sell, Bart Yasso, Colleen De Reuck, Nathan Brannen, Jeff Galloway, Suzy Favor Hamilton, Don Kardong, and many more!

**Running Tips from Podium Winners** Pris Chew, Ukiyoto Publishing, 2020-10-31 This is a compilation of the best interviews, running tips, advice and stories shared by many podium winners as well as inspiring runners in the running community, both in Singapore and internationally. Stories range from a blind runner in England who runs solo, to a marathon runner in Singapore who runs with a dog in a pram. Keen to know more about how a marathon course around the world is measured? Or how a Danish lady completed 366 marathons in 365 days? Read on. I hope that these stories will inspire and enrich you and add a spark to your running journey.

*Heading Toward the Final Finish Line* Rrrick Karampatsos, 2008-11 Rrrick's story tells how faith helps us approach many finish lines in life. He speaks of the effort, expense, and pain expended for marathons and goes the extra mile to compare that to preparing for the 'final finish line.' Chris Gillespie, Founder & Executive Director of TEAM 413 - GRACERUNNER Ministries: Rick Karampatsos loves to run. He loves to train for races. He loves the start of a race. He loves putting one foot in front of the other as he moves through each trial. He loves the exhilaration of finishing a race. However, Rick loves our Lord and Savior, Jesus Christ, above all else. His story is one that exemplifies the mercy, grace, love, and care of Christ in ALL things. As you read, listen to Rick's heart! You will be blessed by this hero of the faith. Richard Hopkins, President and Founder of ChristianRunners.org: There is such a parallel between Hebrews 12:1 and Rick's endurance that my heart fills with joy when I read and/or think about it! What a great example to us all in our run as believers, our run in every day life, and of course our run on the course! Rrrick Karampatsos is a Christian and a marathoner. He is a native of Massachusetts who now makes his home in Florida. He combines his love of Jesus with his love of running to uniquely encourage others. You will share his running adventures - almost feel his pain, see the beauty of America through his eyes, benefit from the lessons he learned, know that humor helps, and witness the faith that keeps feet moving when moving is the last thing you want to do. Doctors told him he would have trouble walking; running wasn't an option. But, Rrrick's faith gave him another story to tell.

**Marathon** Hal Higdon, 2005-09-03 Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated.

*My Running Club* Alan Anderson, 2009-11 More than 400,000 people complete a marathon in the United States each year. This book is about twelve of those runners. Why they run. What running has done for them-and to them. Their triumphs and their failures. My Running Club is not a how to run a marathon book. It is fiction, but it reveals the truth behind marathon training programs and the people who set the pace of their lives on the running trail. Alan Anderson has completed sixteen marathons, one ultra-marathon, and numerous half marathons, 10k races, and 5k races. He has coached marathon and half-marathon runners for a dozen years. He lives in Houston with his wife Betsy, who is also a long-distance runner.

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