

Run Club

Martinus Evans

Slow AF Run Club Martinus Evans,2023-06-06 A practical guide and a celebration of running for runners of all sizes and athletic ability, from the founder of the Slow AF Run Club. Ten years ago, Martinus Evans got some stern advice from his doctor: “Lose weight or die.” First defensive, but then defiant, Evans vowed that day to run a marathon, though his doctor thought he was crazy. Since then, Evans has run eight marathons and hundreds of other distances in his 300-something pound body, created his own devoted running community, and has been featured on the cover of Runner’s World. This book is a blueprint for those who may not fit the image of a “traditional” runner—that is, someone who is larger in size, less athletic, out of shape, or dealing with any kind of health issue that slows them down—to feel empowered to lace up their shoes and embrace the body they have right now. As Evans says, the incredible benefits of running—better sleep, strong muscles and bones, better cardiovascular and mental health, and a sense of community—can and should be available to all of us. This practical handbook contains specialized advice to make getting started less intimidating, covering everything from gear and nutrition to training schedules, recovery tips, races (it’s okay to come in DFL! [i.e., dead f*cking last]), and finding a running group. Full of essential advice and humor from a former newbie who fell off a treadmill on his first run (literally), The Slow AF Run Club is for anyone who wants to pick up running for the sheer joy of it.

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.

The End of the World Running Club Adrian J. Walker,2017-09-05 The #1 International Bestseller! A Science Fiction & Fantasy Book to Keep on Your Radar by io9 and Gizmodo A powerful post-apocalyptic thriller, perfect for fans of The Martian. When the sky begins to fall, one man finds himself separated from his family, his best hope is to run—or risk losing what he loves forever. When the world ends and you find yourself stranded on the wrong side of the country, every second counts. No one knows this more than Edgar Hill: over five hundred miles of devastated wasteland stretch between him and his family. To get back to them, he must push himself to the very limit—or risk losing them forever. His best option is to run. But what if his best isn't good enough? End of the World Running Club is an otherworldly yet extremely human story of hope, love, and the endurance of both body and spirit. Praise for The End of the World Running Club: Harrowing and heartrending, this is a novel that is almost impossible to put down. —Library Journal, STARRED REVIEW Walker's ability to imagine a post-apocalyptic world in crisp detail is on full display in the early pages of The End of World Running Club. — Maximum Shelf ...a beautifully written postapocalyptic tale of a flawed man's struggle for survival and redemption. — Booklist A fresh and frighteningly real take on what the end might be...quite an exciting and nerve-wracking 'run', with characters

The 600 Home Run Club Mickey Strunak,2013-09 This book is about the 600 Home Run Club, an exclusive club of major league baseball players that reached 600 lifetime regular season home runs. Included in the book are HR leader-Barry Bonds, Hank Aaron, Babe Ruth, Willie Mays, Ken Griffey, Jr., Alex Rodriguez, Sammy Sosa, and last years - new member-Jim Thome. The book discusses each player's career and accomplishments. Also, included are statistics of some players' fathers-Bobby Bonds and Ken Griffey, Sr. Also, Tommy Aaron's, Hank's brother - career stats are also, included. I also, showed a special player - Roger Connor, who was the baseball's home run king before Babe Ruth became a national icon. He played in the late 1880's. There is also a section on comparing the player's career statistics and a special formula for determining each player's true run scoring index, or indicator.

The New York Road Runners Club Complete Book of Running and Fitness Fred Lebow,Gloria Averbuch,New York Road Runners Club,1998 This the complete guide to running for everyone from the casual jogger to the ultra marathoner. The latest on training, nutrition and motivation is included here with race calendars, 26-week training programs and lists of contact names.

A Beautiful Work in Progress Mirna Valerio,2017 Runners' vocabulary is full of acronyms like DNS for Did Not Start and DNF for Did Not Finish, but when Mirna Valerio stepped up to the starting line, she needed a new one: DNQ for Did Not Quit. Valerio has tied on her running shoes all across the country, from the dusty back roads of central New Jersey to the busy Route 222 corridor in Pennsylvania to the sweltering deserts of Arizona. When you meet her on the trail, you might be surprised to see she doesn't quite fit the typical image of a long-distance runner. She's neither skinny nor white, and she's here to show just how misguided these stereotypes can be. In this prejudice-busting, body-positive memoir told with raw honesty, an adventurous spirit, and a sharp sense of humor, Valerio takes readers along on her journey from first-time racer to ultramarathoner and proves that anyone can become a successful athlete.

What Do You Think of When You Run? Francis S. Pierce,2004-03-01 A book about the pleasures of running--the sights and sounds of the journey, and the folks one runs with. It was writtens by members of one of the country's largest running clubs, the Montgomery County Road Runners Club in

Maryland.

The New York Road Runners Club Complete Book of Running Fred Lebow, Gloria Averbuch, 1992 Guide to running with detailed information on cross training, marathon training, and new trends in the field.

The Hacienda Peter Hook, 2009-10-01 Legendary musician Peter Hook tells the whole story - the fun, the music, the vast loss of money, the legacy - of Manchester's most iconic nightclub Peter Hook, as co-founder of Joy Division and New Order, has been shaping the course of popular music for thirty years. He provided the propulsive bass guitar melodies of 'Love Will Tear Us Apart' and the bestselling 12-inch single ever, 'Blue Monday' among many other songs. As co-owner of Manchester's Hacienda club, Hook propelled the rise of acid house in the late 1980s, then suffered through its violent fall in the 1990s as gangs, drugs, greed and a hostile police force destroyed everything he and his friends had created. This is his memory of that era and 'it's far sadder, funnier, scarier and stranger' than anyone has imagined. As young and naive musicians, the members of New Order were thrilled when their record label Factory opened a club. Yet as their career escalated, they toured the world and had top ten hits, their royalties were being ploughed into the Hacienda and they were only being paid £20 per week. Peter Hook looked back at that exciting and hilarious time to write HACIENDA. All the main characters appear - Tony Wilson, Barney, Shaun Ryder - and Hook tells it like it was - a rollercoaster of success, money, confusion and true faith.

New York Road Runners Club Complete Book of Running Fred Lebow, Gloria Averbuch, 1994 The definitive guide to running, from the premier organization in the sport, is now available in an affordable, updated paperback edition. All runners, from weekend joggers to elite athletes, will enjoy and profit from this authoritative book from the world's largest running club. Includes advice, tips and training programs.

Slow AF Run Club Martinus Evans, 2023-06-06 A practical guide and a celebration of running for runners of all sizes and athletic ability, from the founder of the Slow AF Run Club. Ten years ago, Martinus Evans got some stern advice from his doctor: "Lose weight or die." First defensive, but then defiant, Evans vowed that day to run a marathon, though his doctor thought he was crazy. Since then, Evans has run eight marathons and hundreds of other distances in his 300-something pound body, created his own devoted running community, and has been featured on the cover of Runner's World. This book is a blueprint for those who may not fit the image of a "traditional" runner—that is, someone who is larger in size, less athletic, out of shape, or dealing with any kind of health issue that slows them down—to feel empowered to lace up their shoes and embrace the body they have right now. As Evans says, the incredible benefits of running—better sleep, strong muscles and bones, better cardiovascular and mental health, and a sense of community—can and should be available to all of us. This practical handbook contains specialized advice to make getting started less intimidating, covering everything from gear and nutrition to training schedules, recovery tips, races (it's okay to come in DFL! [i.e., dead f*cking last]), and finding a running group. Full of essential advice and humor from a former newbie who fell off a treadmill on his first run (literally), The Slow AF Run Club is for anyone who wants to pick up running for the sheer joy of it.

Stepping Forward HOWARD ELAKMAN, 2009-05-14 Howard Elakman did not begin running until he was thirty-eight, but now he has more than forty years of running experience. And that makes him an expert in the field. In 2002, he earned certification with the Road Runners Club of America, and he still takes continuing education courses with the group. In 2003, he received his level-one certification from USA Track and Field. Running has allowed him to eat almost as much as he wants, remain healthy and make new friends. In this book, you'll find out how to develop a running routine that will improve your health and your personal life, too. You'll learn: What to do before beginning a running program; How to prepare yourself mentally; Ways to stretch and enhance your muscles; Proper safety precautions; What to expect at marathons; And much more! Find the runner within you and choose a road that will lead to a healthier life and new friendships. Decide to get started now with *Stepping Forward: A Runners Guide to Moving for Life*.

The end of the World Running Club – Episode 3 Adrian J Walker, 2016-06-09 Plus personne n'attend rien de bon, ni rien de grand, d'Edgar Hill. À 35 ans, il est un père et un mari absent, et un homme éteint. Mais le désastre, souvent, nous révèle à nous-même. Séparé de sa femme et de ses enfants par plus de 800 kilomètres, Edgar n'a qu'une seule option pour les rejoindre. Courir. Courir jusqu'à l'épuisement. Dépasser ses limites. Se battre contre soi-même. Et contre les dangers qui, tout au long de sa traversée d'un Royaume-Uni dévasté par une catastrophe, menaceront jusqu'à sa survie même. S'il n'arrive pas à temps, il perdra sa famille. Pour toujours.

Running Club M.W. Layne, 2023-10-24 Dystopian Science Fiction Short Story In the near future, the Omega Pill solves everyone's health problems, if they can afford it. The Pill makes people disease free and thin, but it also leaves them physically weak and lazy. One man known only as Runner leads an underground group of athletes who train secretly at night to prepare for an upcoming race against a rival club—a contest that Runner is determined to win at any cost.

NY Road Runners Club Complete Book of Running Fred Lebow, 1996-03-01

Running with Sherman Christopher McDougall, 2020-07-28 From the bestselling author of *Born to Run*, a heartwarming story about training a rescue donkey to run one of the most challenging races in America, and, in the process, discovering the life-changing power of the human-animal connection. A

delight, full of heart and hijinks and humor. —John Grogan, author of *Marley & Me: Life and Love with the World's Worst Dog* When Christopher McDougall decided to adopt a donkey in dire straits, he had no idea what he was getting himself into. But with the help of his neighbors, Chris came up with a crazy idea. Burro racing, a unique type of competition in which humans and donkeys run side by side over mountains and through streams, would be exactly the challenge Sherman and Chris needed. In the course of Sherman's training, Chris would enlist Amish running clubs, high-spirited goats, the service animal community, and two Sarah Palin-loving long-distance female truckers. Sherman's heartwarming story of overcoming all odds to run one of the most unbelievable races in America shows the healing power of movement and the strength of the human-animal connection. Look for Christopher McDougall's new book, *Born to Run 2*, coming in December!

The American Marathon Pamela Cooper, 1998-04-01 Boston established a footrace but New York City created a marathon culture that annually draws tens of thousands of runners to each of the major American events. *The American Marathon* is the first in-depth study of the marathon as a cultural performance that has as much power to unite communities across lines of race, ethnicity, class, and gender as it does to empower individuals. This book encompasses more than a century, from the fledgling days of the footrace in the 1890s to the popular contemporary marathons that have become corporate-sponsored institutions. Run in New York City in 1896 and continued in Boston for the next ten years, the marathon quickly became the event of the working-class athletes, particularly Irish Americans. Other urban ethnic groups-Italians, Jews, and African Americans who were unwelcome into the elite WASP athletic clubs-formed their own running organizations. Once emblematic of the immigrant experience, the marathon evolved to express middle-class nationalism as these immigrants were being assimilated. During the 1930s the Great Depression restricted footracing, and anti-Semitism left important coaches and runners without access to team support. The New York Pioneer Club, begun in 1936 as an African-American team, brought the tremendous energy of post World War II Harlem to the American marathon of the 1950s. Besides examining the ethnic influence on marathoning, Cooper also explores the impact of the Cold War on this sport, when fitness and endurance became matters of national pride. She shows how the Road Runners Club of America first brought women and large numbers of participant runners into long-distance footraces and, finally, how corporate sponsorship and direct payments to athletes profoundly changed the nature of this once-amateur sport.

Girls Running Melody Fairchild, Elizabeth Carey, 2020-08-11 Running can shape a young athlete in healthy, positive ways for the rest of her life. *Girls Running* offers the guidance and tools girls need to thrive on their running journey, right from the start. With straight talk on training, physiology, menstruation, sports nutrition, a winning mindset, body image issues, gear, team-building, and competition, *Girls Running* educates and empowers young runners to achieve their potential and love running more. Inspired by high-school phenom Melody Fairchild's groundbreaking running journey, and with the coaching insight from Fairchild and coauthor Elizabeth Carey, *Girls Running* is a valuable toolkit for middle- and high-school runners. Backed by science, research, and over 100,000 miles of experience, this resource answers the most timely and sensitive questions that girls face when their bodies change and the miles increase. 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 journey while doing it!

In It for the Long Run Scott Ludwig, Vanessa Stroud, 2012-09 Multiple races of marathon distance or greater in a month...or perhaps in a weekend. Several unsupported runs of 50 and 100 miles through the mountains and forests several times a year. Have you ever considered running through a desert, across a frozen tundra or over multiple mountain ranges? Why not run for three days straight to see how many miles you can accrue? Welcome to a place where no locale is too inhospitable and no distance impossible. Welcome...to the Darkside. The Darkside Running Club, established in 2002 is a place where runners meet to express their love for distance running and camaraderie by spending countless hours and miles committed to doing what they enjoy most. They share a singular focus towards achieving goals far off in the distance, both literally and figuratively. With their dedication and commitment you may believe the Darksider to be a professional athlete, or perhaps an Olympian. But you would be wrong: they are simply ordinary people doing extraordinary things in the sport they love: running. Highly competitive while never taking themselves too seriously, they strive to shave off minutes or perhaps hours while adding a mile or two...or twenty while pushing their limits further and further. The impossible becomes possible; dreams become reality. They won't take 'no' for an answer as they persevere to move beyond physical and emotional discomfort to finish what they started. Excuses don't exist. Their passion is contagious. So reader be warned: they're in it for the long run.

Running Your First Marathon Andrew Kastor, 2018-01-09 "Andrew Kastor has taken the tried-and-true principles that all us pros follow and made them available and applicable for everyone. Just as Andrew has helped me on my journey, he is sure to help you on yours."—Ryan Hall, US Olympic Marathoner, holder of the US record in the half marathon, and marathon training expert As a marathon training coach for world-class runners and Olympic medalists, Andrew Kastor knows what it takes to get to the finish line. Whether you are planning to run a full or half marathon, Coach Kastor's marathon training program conditions you to set achievable goals, get in shape, and stay motivated. With an easy-to-follow 20-week marathon training schedule for building strength and endurance, plus expert advice from record-holding runners on what to expect, *Running Your First Marathon* is the only coaching you'll need to go the distance. *Running Your First Marathon* lays out a goal-oriented marathon training program with: A 20-Week

Marathon Training Program—detailed day-by-day marathon training schedules and space to track your progress Marathon Training 101—advice and tips from world-class marathoners on marathon training, fueling your body, avoiding injury, and race-day preparation Motivational Marathon Training Boosts—from Coach Kastor and other famous runners to help you stay on track during marathon training Running Your First Marathon will not only inspire you but also help train your mind and body to unlock hidden potential.—Shalane Flanagan, Olympic Silver Medalist, NYC Marathon champion, American record holder, and marathon training pro

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