

# Marathon

Justin Petersen

**26 Marathons** Meb Keflezighi, Scott Douglas, 2021-02-16 NEW YORK TIMES BESTSELLER • A world-class runner and four-time Olympian shares the life lessons he's learned from each of the twenty-six marathons he's run in his storied career. "An athlete whose wisdom and lessons aren't just for runners."—The Washington Post When Meb Keflezighi—the first person in history to win both the Boston and New York City marathons as well as an Olympic marathon medal—ran his final marathon in New York City on November 5, 2017, it marked the end of an extraordinary distance-running career. Meb's last marathon was also his twenty-sixth, and each of those marathons has come with its own unique challenges, rewards, and outcomes. In *26 Marathons*, Meb takes readers on those legendary races, along every hill, bend, and unexpected turn of events that made each marathon an exceptional learning experience, and a fascinating story. *26 Marathons* offers the wisdom Meb has gleaned about life, family, identity, and faith in addition to tips about running, training, and nutrition. He shows runners of all levels how to apply the lessons he's learned to their own running and lives. Equal parts inspiration and practical advice, *26 Marathons* provides an inside look at the life and success of one of the greatest runners living today. Praise for *26 Marathons* "26 Marathons is a swift read, guaranteed to be popular with student athletes plus hard-core and recreational runners, who will undoubtedly agree that Meb is an American treasure and running ambassador who never fails to inspire."—Booklist (starred review) "26 Marathons gives great insight about the ups and downs in marathon running and how to cope with them. As Meb shows, dealing with these marathon experiences help us become better in our lives."—Eliud Kipchoge, Marathon World Record Holder and 2016 Olympic Gold Medalist "Meb's 26 Marathons is like opening a treasure chest full of inspiring stories that give behind-the-scenes glimpse into the mental and physical joys and obstacles that elite-level racing can bring. His advice on training, overcoming injuries, and adversity is for everyone. It's pure gold!"—Shalane Flanagan, 2017 TCS NYC Marathon Champion

*The Olympic Marathon* David E. Martin, Roger W. H. Gynn, 2000 No Olympic event can rival the rich history and grand spectacle of the marathon. Created for the first modern Olympic Games in Athens in 1896 as a commemoration of the legendary run by the Greek messenger Philippides, the race has endured like no other, producing a century of awe-inspiring competition and unforgettable stories. *The Olympic Marathon* brings the high drama and rich details of the past 24 Olympic marathon races to life in a way no other book ever has. This definitive resource, written by world-renowned Olympic marathon experts David Martin and Roger Gynn, goes beyond statistics to offer readers a vivid chronicle of the athletes and their memorable marathon performances. Fans will relive the compelling moments that have made the Olympic marathon legendary: Spiridon Louis winning the first modern Olympic marathon in Athens in 1896, Emil Zatopek's dramatic triple-gold performance in 1952, Ethiopian Abebe Bikila winning a gold medal while running barefoot, Joan Benoit Samuelson earning her place in history as winner of the first Olympic women's marathon in 1984, and many other fascinating stories. For each race, *The Olympic Marathon* provides the following: -A summary of the geographical setting and political climate surrounding the Olympic Movement -A course map and detailed street description -A step-by-step narrative of how the race was run -Biographical sketches of the top three finishers -A Looking Ahead section, which summarizes marathon highlights leading up to the next Olympic marathon Generously illustrated, often with rare and never-before-published photos, a pictorial glimpse is provided into the contemporary atmosphere and dynamics of each race. Plus, for readers who want complete statistics on each race, the book provides a comprehensive appendix. Included are chronological and alphabetical race results for all men and women who participated in the event and listings of the fastest men's and women's Olympic marathon performances. *The Olympic Marathon* is the authoritative book on the race that has captured the imagination of the world. It's a one-of-a-kind resource that every fan of running and the Olympics will treasure.

**Marathon Woman** Kathrine Switzer, 2017-04-04 In 1967, Kathrine Switzer was the first woman to officially run what was then the all male Boston Marathon, infuriating one of the event's directors

who attempted to violently eject her. In what would become an iconic sports image, Switzer escaped and finished the race. This was a watershed moment for the sport, as well as a significant event in women's history. Including updates from the 2008 Summer Olympics, the paperback edition of *Marathon Woman* details the life of an incredible, pioneering athlete, and the lasting effect she's had on women's sports. Switzer's energy and drive permeate the pages of this warm, witty memoir as she describes everything from the childhood events that inspired her to succeed to her big win in the 1974 New York City Marathon, and beyond.

**Marathon Man** Bill Rodgers, Matthew Shepatin, 2013-04-02 The legendary long-distance runner details his historic victory in the 1975 Boston Marathon that launched the modern running boom. Within a span of two hours and nine minutes, Bill Rodgers went from obscurity to legend, from Bill Rodgers to Boston Billy. In doing so, he instantly became the people's champ and the poster boy for the soulful 1970s distance runner. Having won the Boston Marathon and New York Marathon four times each, he remains the only marathoner to have appeared on the cover of *Sports Illustrated* twice. Winning the Holy Grail of marathons in an unthinkable record time changed Bill's life forever. But his dramatic breakthrough in Boston also changed the lives of countless others, instilling in other American runners the belief that they could follow in his footsteps, and inspiring thousands of regular people to lace up their shoes and chase down their own dreams. In the year before Rodger's victory at the 1975 Boston Marathon, 20,000 people had completed a marathon in the United States. By 2009, participants reached nearly half a million. Thirty-seven years later Bill Rodgers still possesses the same warm, endearing, and whimsical spirit that turned him into one of America's most beloved athletes. In *Marathon Man* he details for the first time this historic race and the events that led him there.

**Marathon** Hal Higdon, 2011-09-27 A training guide for beginners, first-time marathoners, and women runners counsels readers on how to build speed and distance while maximizing one's performance and building on defensive running skills, in an updated edition by a senior writer for *Runner's World* magazine. Original.

**The World Marathon Book** Wild Bunch Media, Christina Neal, 2018-09-06 Includes in-depth historical profiles and statistical information for each of the world's greatest marathons, as well as spectacular photographs sure to get any runner's feet twitching.

**The Runner's World Big Book of Marathon and Half-Marathon Training** Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, Editors of *Runner's World* Maga, 2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at *Runner's World*. *Runner's World Big Book of Marathon and Half-Marathon Training* gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of *Runner's World* know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. *Runner's World Big Book of Marathon and Half-Marathon Training* is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

**1:59** Philip Maffetone, 2014-08-05 What will it take to run a marathon in less than two hours? The world's fastest times for the marathon have been dropping since the distance of 26.2 miles was made official nearly one hundred years ago. But after a noticeable decline that occurred for a half century, the times, while still edging lower, have stalled several minutes north of two hours for the past decade. For the first time, *1:59* examines what it will take for an elite distance runner to go sub-two hours. It will require more than raw talent, optimal body size, and great athletic genes. In order to become marathon's Roger Bannister and smash this elusive record, this runner must follow a healthy diet and an individualized training regimen that takes advantage of specific environmental factors ("live high, train low"). Because precious seconds count over each mile run, other critical considerations include improved running form and economy, sharpened mental focus, and wearing the right type of racing flats (or even going barefoot). The athlete who finally breaks distance

running's most tantalizing barrier will become a worldwide celebrity overnight. Will the runner be a Kenyan, an Ethiopian, an American, or a marathoner from another country? And how soon will it happen? By providing a unique window into the highly competitive world of elite marathon running, this book also allows running enthusiasts to have a thorough understanding of the true potential of endurance athletes. And in turn, they can apply the same training and racing principles discussed in 1:59 to their own running, whether it's a 10K, half marathon, marathon, or ultramarathon.

**Galloway's Marathon FAQ** Jeff Galloway, 2009 Running a marathon can be one of the most rewarding experiences of your life, but whether you are an experienced runner or going the distance for the very first time, there are always a whole host of questions you wish you had the answer to. Now, one of the most respected names in running - Jeff Galloway - answers 100 of the most frequently asked questions about training for and running a marathon. Packed with practical, proven information based on Galloway's more than 35 years in coaching, this superb volume covers everything you could think of - from nutrition and motivation to race-day preparation and staying injury free, and much more.

**The Honolulu Marathon** Mark Hazard Osmun, 2006-05-01 The Honolulu Marathon. The third-largest marathon in the world. Over 30,000 runners in a single year. Over \$100,000 paid to leading racers. But it didn't start out that way. In The Honolulu Marathon, Mark Hazard Osmun, recounts the origins of this amazing event and the motivations of the people who made it happen. From recording the promotional showmanship of the zealous Dr. Jack Scaff, to kidnapping world-class runners, to running in the race itself, Osmun became the principal chronicler of the marathon--an event that became the bellwether for the nation's subsequent Running Boom. Originally published in 1979, and told in a fast-paced, engaging, and sometimes irreverent style, The Honolulu Marathon placed the event on the international stage and now gives us perspective on the colossus it has become. Now with new material, an author preface, and an annually updated Race Statistics section, The Honolulu Marathon is a must-read for everyone who has--or will--run the race.

*Strides* Benjamin Cheever, 2007-09-18 Acclaimed novelist Benjamin Cheever--author of The Plagiarist, Famous After Death, and The Good Nanny--brings his buoyant literary style to this impassioned memoir about the sport that changed his life. From Pheidippides, who ran the first marathon in 490 BC--bringing news to Athens of the Greek victory on the plains of Marathon--to our own soldiers in Iraq today, running is an integral part of human culture and legend. In Strides, heralded author Benjamin Cheever explores the role of running in human history while interspersing this account with revelations of his own decades-long devotion to the sport. Cheever has traveled the world writing features for Runner's World magazine, and he draws from this rich experience on every page. His adventures have taken him to Kenya in search of the secrets of the world's fastest long-distance runners and to a 10-K race with American soldiers in Baghdad. Cheever celebrates the quotidian personal satisfaction of a morning run and the more exotic pleasures of the Medoc Marathon in Bordeaux, where fine wines are served at water stations and the first prize is the winner's weight in grand crus. He shares vivid moments from the New York Marathon and waxes rhapsodic about the granddaddy of American distance events--the Boston Marathon. But what truly distinguishes Strides as a memorable read is the unique lens through which this sparkling writer explores our deep bond to running, an experience he likens to that of being able to fly.

**The Boston Marathon** Richard A. Johnson, Robert Hamilton Johnson, 2009-04-01 Since 1897, Patriots Day in Massachusetts has been celebrated with the running of the world's most-honored road race, the Boston MarathonAA(R). The hilly course challenges runners with well-known landmarks such as Heartbreak Hill and the deceptively inviting downhill treks at both the start and finish of the 26.2-mile journey. The Boston Marathon captures the colorful spirit of America's greatest race through more than 200 photographs.

*Hal Higdon's Half Marathon Training* Higdon, Hal, 2016-03-01 Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

Chicago Marathon Raymond Britt, 2009 On Saturday, September 23, 1905, fifteen determined runners bolted at the sound of the starter's gun to begin an amazing journey of distance and endurance: the first Chicago Marathon. Huge crowds witnessed a thrilling race that had it all: action, disaster, suspense, a fallen favorite, and a cliff-hanger ending. It was epic, defining a new chapter in Chicago's athletic history. More than a century later, each year Chicago welcomes nearly 40,000 inspiring runners—from the world's best to complete novices—who will start, discover, battle, and ultimately finish something they once thought impossible, even ridiculous: the Chicago Marathon, all 26 miles, 385 yards. This book takes the reader into the marathon experience, including the sights, sounds, emotions, challenges, and achievements.

Bricklayer Bill Patrick L. Kennedy, Lawrence W. Kennedy, 2018-06-29 Two weeks after the United States officially entered World War I, Irish American Bricklayer Bill Kennedy won the Boston Marathon wearing his stars-and-stripes bandana, rallying the crowd of patriotic spectators. Kennedy became an American hero and, with outrageous stories of his riding the rails and sleeping on pool tables, a racing legend whose name has since appeared in almost every book written on the Boston Marathon. When journalist Patrick Kennedy and historian Lawrence Kennedy unearthed their uncle's unpublished memoir, they discovered a colorful character who lived a tumultuous life, beyond his multiple marathons. The bricklayer survived typhoid fever, a five-story fall, auto and train accidents, World War action, Depression-era bankruptcy, decades of back-breaking work, and his own tendency to tittle. In many ways, Bill typified the colorful, newly emerging culture and working-class ethic of competitive long-distance running before it became a professionalized sport. Bricklayer Bill takes us back to another time, when bricklayers, plumbers, and printers could take the stage as star athletes.

My Marathon Frank Shorter, John Brant, 2016-07-05 My Marathon: Reflections on a Gold Medal Life is a revealing memoir by Frank Shorter, the father of American distance running. After winning the 1969 NCAA title in the 10,000 meters during his senior year at Yale, Shorter went on to win a staggering 24 national titles on track, road, and cross-country courses, but it was in the marathon that Shorter achieved his greatest fame and recognition. At the 1972 Munich Games, Shorter won the Olympic marathon finishing more than 2 minutes ahead of the second-place finisher. Four years later, he finished a controversial second in the marathon at the Olympic Games in Montreal. The controversy, still unresolved to this day, revolved around the East German “winner” being a possible drug cheat. Shorter later founded the United States Anti-Doping Agency. Written with noted sportswriter John Brant, My Marathon details these inspiring events, as well as the physical and emotional abuse Shorter suffered as a child. This inspiring memoir is a testament to the resiliency of the human spirit and the transformative power of sports.

The People's Race Inc. Michael S. K. N. Tsai, 2016-11-30 The Honolulu Marathon debuted in 1973 as the shared vision of a maverick cardiologist bent on proving the benefit of long-distance running for cardiac patients and an impetuous mayor eager to prove Honolulu the equal of the top cities in the country. Over a span of forty-plus years, the race matured into one of the largest marathons in the world, a \$100 million economic engine for its home state, and a launch pad for some of the most dominant long-distance runners in modern history. From its modest start as a community event for local amateurs, the race now regularly attracts 30,000 entrants—more than half from Japan—and boasts elite fields led by Kenyan and Ethiopian professional runners, each hoping to earn a share of a \$150,000 prize purse. The People's Race Inc. captures the personalities, politics, and power plays behind the burgeoning growth of the Honolulu Marathon and provides a unique lens for understanding the complex history of the sport itself. Drawn from revealing interviews with those closest to the event, as well as exhaustive research, journalist Michael Tsai presents an insider's account of how organizers forged lucrative partnerships with foreign investors, helped initiate the age of African dominance of the marathon, and weathered some of the most bizarre challenges imaginable. The book also exposes the ways in which the marathon's expansive growth mirrored the explosive, at times bewildering, development of post-statehood Hawai'i.

**Boston Marathon** Justin Petersen, 2015-01-01 Dash across the finish line with participants from

more than 90 countries at the Boston Marathon.

**The Boston Marathon** Paul C. Clerici,2020-03-02 Many things compose the Boston Marathon--Olympians, record holders, Greek gold-dipped wreaths, running hamburgers and fries, statues, snow, trailblazers, and Heartbreak Hill. Paul C. Clerici's Images of Modern America: The Boston Marathon tells the expansive story of the oldest continuously run marathon and showcases over 165 images that span the decades. From Clarence DeMar, both Johnny Kelleys, Roberta Bobbi Gibb, and John Hancock to Bill Rodgers, Joan Benoit Samuelson, Ibrahim Hussein, Bob Hall, and Ernst van Dyk; from Kathrine Switzer's literal run-in with Jock Semple to the 1970s running boom, the centennial celebration, and Meb Keflezighi's restoration victory, this global footrace and gathering of community is presented in a display of vibrant, historical, and exciting images, some of which from private collections rarely seen and some never-before published.

**How to Lose a Marathon** Joel Cohen,2017-04-04 A marathon runner and writer for The Simpsons offers sage advice for those who want to push their limits . . . even if they lag behind everyone else. In How to Lose a Marathon, Joel Cohen takes readers on a step-by-step journey from being a couch potato to becoming a couch potato who can finish a marathon. Through a hilarious combination of running tips, narrative, illustrations, and infographics, Cohen breaks down the misery that is forcing yourself to run. From the agony of chafing to the best times to run, explaining the phenomenon known as the "Oprah Line," and exposing the torture that is a premarathon expo, Cohen acts as your satirical guide to every aspect of the runner's experience. Offering both real advice and genuine commiseration with runners of all skill levels, How to Lose a Marathon lets you know that even if you believe that the "runner's high" is a complete myth, you can still survive all 26.2 miles of a marathon.

Whispering the Techniques of Language: An Emotional Journey through **Marathon**

In a digitally-driven world wherever monitors reign great and immediate interaction drowns out the subtleties of language, the profound techniques and mental nuances concealed within phrases usually get unheard. However, situated within the pages of **Marathon** a interesting fictional prize sporting with raw emotions, lies a fantastic journey waiting to be undertaken. Composed by a skilled wordsmith, this wonderful opus invites readers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the very cloth of each word. Within the emotional depths of this touching evaluation, we will embark upon a genuine exploration of the book is key subjects, dissect their fascinating writing type, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

**Table of Contents Marathon**

1. Understanding the eBook Marathon <ul style="list-style-type: none"><li>◦ The Rise of Digital Reading Marathon</li><li>◦ Advantages of eBooks Over Traditional Books</li></ul>	◦ Determining Your Reading Goals	Recommendations
2. Identifying Marathon <ul style="list-style-type: none"><li>◦ Exploring Different Genres</li><li>◦ Considering Fiction vs. Non-Fiction</li></ul>	3. Choosing the Right eBook Platform <ul style="list-style-type: none"><li>◦ Popular eBook Platforms</li><li>◦ Features to Look for in an Marathon</li><li>◦ User-Friendly Interface</li></ul>	◦ Marathon User Reviews and Ratings
	4. Exploring eBook Recommendations from Marathon <ul style="list-style-type: none"><li>◦ Personalized</li></ul>	◦ Marathon and Bestseller Lists
		5. Accessing Marathon Free and Paid eBooks <ul style="list-style-type: none"><li>◦ Marathon Public Domain eBooks</li><li>◦ Marathon eBook Subscription Services</li><li>◦ Marathon Budget-</li></ul>

- Friendly Options
- 6. Navigating Marathon eBook Formats
  - ePub, PDF, MOBI, and More
  - Marathon Compatibility with Devices
  - Marathon Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Marathon
  - Highlighting and Note-Taking Marathon
  - Interactive Elements Marathon
- 8. Staying Engaged with Marathon
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Marathon
- 9. Balancing eBooks and Physical Books Marathon
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Marathon
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Marathon
  - Setting Reading Goals Marathon
  - Carving Out

- Dedicated Reading Time
- 12. Sourcing Reliable Information of Marathon
  - Fact-Checking eBook Content of Marathon
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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