

"Few people write better about athletic endeavor than John Jerome."  
—*The Washington Post Book World*

# the elements of effort



REFLECTIONS ON THE ART AND  
SCIENCE OF RUNNING

J O H N J E R O M E

# Elements Of Effort Reflections On The Art And Science Of Running

**A Loxley**



## **Elements Of Effort Reflections On The Art And Science Of Running:**

The Elements of Effort John Jerome,1998-10 Author and athlete John Jerome offers basic guidelines for beginning joggers as well as those preparing for marathons *Running—The Sacred Art* Dr. Warren A. Kay,2011-05-03 Lace up your running shoes and discover how your daily run can enrich your spiritual life We run for exercise relaxation and sometimes to indulge our competitive spirit Now Warren A Kay takes you on an exploration of an often overlooked facet of the sport running as an intentional spiritual practice Kay s approach is more than just blissing out on a run He combines penetrating reflections on God creation and the role of Spirit in our lives with practical concise tips for starting your own spiritual running journal He helps turn your ordinary runs into extraordinary opportunities for spiritual growth Whether you ve logged thousands of miles or are new to the sport you ll find the guidance and inspiration you need in this unique book Experience your daily runs as Sanctuary running time is sacred time Prayer open yourself to conversation with God Meditation reach inside yourself to find spiritual comfort Sacrament experience the Divine in the physicality of running Pilgrimage a run is the journey and the destination **What Makes Olga Run?** Bruce Grierson,2014-01-14 A fascinating look at the way we age today and the extent to which we can shape the process In What Makes Olga Run Bruce Grierson explores what the wild success of a ninety four year old track star can tell us about how our bodies and minds age Olga Kotenko is not your average ninety four year old She not only looks and acts like a much younger woman she holds over twenty three world records in track and field seventeen in her current ninety to ninety five category Convinced that this remarkable woman could help unlock many of the mysteries of aging Grierson set out to uncover what it is that s driving Olga He considers every piece of the puzzle from her diet and sleep habits to how she scores on various personality traits from what she does in her spare time to her family history Olga participates in tests administered by some of the world s leading scientists and offers her DNA to groundbreaking research trials What emerges is not only a tremendously uplifting personal story but a look at the extent to which our health and longevity are determined by the DNA we inherit at birth and the extent to which we can shape that inheritance It examines the sum of our genes opportunities and choices and the factors that forge the course of any life especially during our golden years The Pigskin Rabbi Willard Manus,2000-10 Paperback release of the hilarious outrageous novel about a young rabbi who becomes an NFL superstar *No Need for Speed* John Bingham,2002-03-20 You don t have to run fast to be a real runner John Bingham the patron saint of the back of the pack commands The Penguin Brigade those thousands of dedicated runners who have learned that the greatest joy in their sport comes not from how fast they go or how thin they become but from simply having the courage to take the first step Now Bingham shares the wisdom that took him from couch potato to columnist for Runner s World magazine No Need for Speed explores both the why and the how of running for the rest of us With information both practical how to find the right running shoes for you when to enter a race what to eat before a run and inspirational focus on where you are instead of where you want to be accepting the body

you have the beauty of being realistic about goals Bingham extends a trusted hand and expert advice to beginners and veterans alike

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*How Running Changed My Life* Garth Battista, 2014-06-11 THE POWER OF RUNNING Every runner knows this and marvels at it and finds it hard to wholly describe Running will change your life These four dozen essays capture the power of running to change and shape our existence to elevate us to inspire and strengthen us in all our pursuits They were selected for the fine quality of their writing the emotional strength of the stories and for their narrative drama Collectively they are motivational inspirational and instructive thus making a fascinating book for dewy beginners and grizzled veterans alike In this book are personal tales of running to quit drinking or drugs to escape a bad marriage to lose weight running out grief developing self esteem running for the sheer joy of it A daughter finally bonds with her distant father when she wins a local race A man diagnosed with a tumor in his lung runs his way back to health A teenage girl living in a crack infested neighborhood of the Bronx takes up running and finds her strength and a good side of life One man viciously attacked on a remote beach in Africa and bleeding profusely runs miles to safety saving his own life One woman's story tells us Everything I need to know I learned from cross country running A Pakistani man as an orphaned child was introduced to running by a kind teacher and went on to become a national caliber marathoner They are all here every type of runner and running in all its physical and spiritual glory This is a book to inspire anyone to go run and love every miserable glorious second of it Garth Battista is the editor of The Runner's Literary Companion

**Books Out Loud**, 2007 *Becoming an Ironman* Kara Douglass Thom, 2001 An inspirational unforgettable informative collection of personal stories about the experience of competing in one's first ironman distance triathlon This is the ultimate test of endurance a 2.4 mile swim a 112 mile bike ride and a 26.2 mile run all raced end to end in one grueling day and these stories tell it straight what to expect how to prepare what was rewarding what was miserable how 140.6 miles will change your life

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