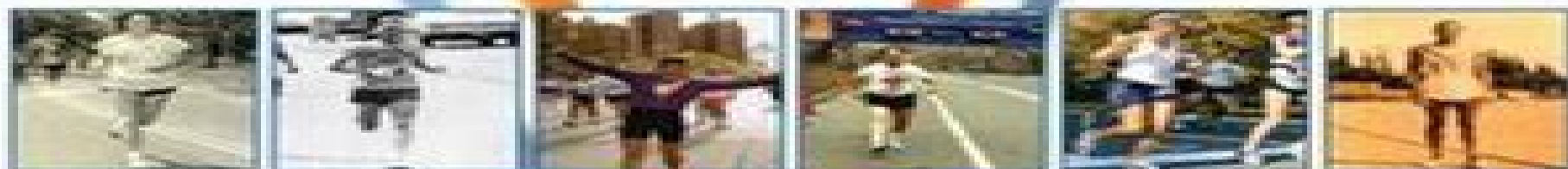


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First Marathons Gail W. Kislevitz, 1999-07-01 Introduction by Gail Waesche Kislevitz If you have the passion you have the power I had already been pounding pavement for twenty four years when I made the decision to run my first marathon Growing up in the late sixties when women's sports was called cheerleading I had no formal training in running techniques I just ran pure and simple I ran for the joy of it the thrill of it the escape of it During college I played lacrosse because there wasn't a women's track team and it seemed like the next best thing to do But I still remained faithful to my daily run I ran through the bitter cold winters of Michigan during graduate school through two pregnancies and countless other miles that seem to blend into one long life's run I don't know when I made the transformation from running as a sport to running as part of my life I can't separate the two When I run my mind and body fuse together creating an energy source that empowers me It is my private time my therapy my religion Ultimately I had to test myself to see just how far I could go I wanted to train correctly so I bought running books filled with important information training routines nutrition guides stretching techniques injury prevention speed work pace and performance guidelines Everything I needed to know about the technical aspects of running a marathon except the most important thing to me its soul No book took on the task of describing the feeling the heart the core of a marathon What would it be like What would I feel out there Would I hit the mythical wall Could the last six miles be so difficult This was the information I craved I spoke with friends and strangers who had run marathons They answered my questions with such passion such fever and excitement for the event that I was mesmerized I inhaled their stories as they captured every moment of the race the lows of utter despair and pain the highs of inner strength They became my role models That was the beginning of this book I am going to let runners speak for themselves famous runners unknowns fast and slow old and young Through their experiences you will feel the pain and the glory of running the marathon Their lives h

26.2 Marathon Stories Kathrine Switzer, Roger Robinson, 2006 Traces the history of this solitary endurance feat and its place in contemporary popular culture

in twenty six informative and entertaining chapters

26. 2 Miles to Grace Rick Hightower, 2020-07-27 What does running over 25 marathons and being married for over 22 years have in common? Apparently a lot. Whether you are running your first marathon or thinking about getting married, Rick has weaved together an awe-inspiring story of hard work and perseverance throughout his life. With bumps and bruises along the way, he tells a story with focus, charm, and spiritual guidance. This is a story of preparation, inspiration, and perspiration. Running a marathon is hard, and some say and many more believe marriage is hard too, but with proper preparation, determination, and guidance, success is in your future. 26 2 miles to Grace leads you every step of the way to train for a marathon as well as preparation on navigating a fulfilling marriage. This book is not the authority on marathons or marriage; it is one man's attempt to make sense of both. One key ingredient is the presence of grace. The story leads you through the weeks of training while he coaches you along his journey of 26 2 miles and 22 years. You will be beset with surprises and lessons you will learn, and maybe you will encounter a few miracles in the mix. Written in a straightforward yet motivational tone, 26 2 miles to Grace helps you navigate the questions about running marathons, marriage, and much more. You will take a satisfying journey without running the miles or without buying the ring yet.

The Top Books of the Year First Marathons Personal Encounters With The 262mile Monster The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. First Marathons Personal Encounters With The 262mile Monster : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. First Marathons Personal Encounters With The 262mile Monster : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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