

1,001 PEARLS OF RUNNERS' WISDOM

Advice and Inspiration for the Open Road



EDITED AND INTRODUCED
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1,001 Pearls of Runners' Wisdom: Advice and Inspiration for the Open Road



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Within these webpages, runners will find a wealth of knowledge, expertise, and even just a little humor to encourage them in their sport. But whether comical or critical, the quotes contained right here represent the finest composing and wisdom on running. Habit is what keeps you going. 1,001 Pearls of Runners' Wisdom addresses a wide swath of topics, ranging from training to coaching to marathons to shoes to diet, and even barefoot or organic running, a new tendency influenced by Christopher McDougall. Jim Ryn "These were the lightest shoes I possibly could find." Kathrine Switzer "It's been said that the love of the chase can be an inherent delight in guy; a relic of an instinctive passion." "t worry, everyone slows over time." Air Push Chief of Health Advertising "Motivation is what gets you started. re pregnant. Charles Darwin "Many people run a competition to see who's the fastest." Costs Rodgers "There's nary an pet alive that may outrun a greased Scotsman." I started the Boston Marathon as a 20-year-old girl, and arrived the other end a grown female. Groundskeeper Willy, from The Simpsons "Acceleration is sex .. Ken Bob Saxton, aka " range is love. African proverb David Blaike, Canadian ultrarunner "Gazelles run when they" Steve Prefontaine "Don' Why should it end up being any different for ladies?" Joan Ulyot, M.D. "We'm scared the reason so many new runners quit is because they never see through the idea of feeling want they have to work." John Bingham "Work softly by imagining a helium balloon attached to your head. I run to see who has the most guts. Lieutenant Colonel (Dr.) Dan Kuland, U. " Intended for everyone from the long-distance enthusiast to the relative or friend of one, the musings collected are poignant, sentimental, and amazing." s national bestseller, Born to Run." Ron Hill, elite British long-distance runner, on why he ran barefoot "People [say to] me after a race, 'I get thus many blisters from sneakers, easily run barefoot, it's going to be worse.s why I stopped wearing shoes because I got sick and tired of getting blisters.' And I say, 'Well that'" Barefoot Ken Bob," has run 76 marathons, 75 of these shoeless, since 1997 "The mile has all of the components of drama." Roger Bannister "Anything worth doing will likely be difficult. S. Fauja Singh, 100 years aged, after finishing the 2011 Toronto Marathon in 8:25 "One cannot try to escape from his behind."



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Great gift This is an excellent gift for runners. There are sections with estimates on various things relating to operating so it is interesting. Estimates aren't as inspirational as I expected Two Stars It was OK, I guess you can find 2 books, I got the wrong among the 2. Some are funny, others are serious, some brief others lengthy. The beginning of each section is normally announced with a great full color picture and name page. As you can plainly see in the picture, each section is certainly beautifully laid out and easy to examine or scan. Included are over 300 pages within groups including, but not limited by, "Why We Run", "Why I Don't Operate", "Heading Barefoot", "Racing" and "The Pain Game". We mention this book about my own blog several times, since it really is a great coffee desk piece and I find I'm often grabbing it and thumbing through when I want a few quick snippets of exercise fun during my day. It isn't a similar thing over and over, it truly is a quality collection. A very important factor I enjoy is the variety of types of quotes. Great Coffee Table Piece The book is designed as "advice and inspiration for the open road". Sometimes when commercials are on I'll skim through it and it's handy for discussion starters or ice breakers within an organization.



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