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

By Bill Katovsky

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, 1,001 Pearls of Runners' Wisdom: Advice and Inspiration for the Open Road, Bill Katovsky, Within these pages, runners will find a wealth of knowledge, expertise, and even a little humor to encourage them in their sport. But whether comical or serious, the quotes contained here represent the finest writing and wisdom on running. Geared towards everyone from the long-distance enthusiast to the relative or friend of one, the musings collected are poignant, sentimental, and amazing. 1,001 Pearls of Runners' Wisdom covers a wide swath of topics, ranging from training to coaching to marathons to shoes to diet, and even barefoot or natural running, a new trend inspired by Christopher McDougall's national bestseller, Born to Run. "I started the Boston Marathon as a 20-year-old girl, and came out the other end a grown woman." --Kathrine Switzer "It has been said that the love of the chase is an inherent delight in man--a relic of an instinctive passion." --Charles Darwin "A lot of people run a race to see who's the fastest. I run to see who has the most guts." --Steve Prefontaine "Don't worry, everyone slows over time." --Bill Rodgers "There's nary an...



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