



Why I will always be
a **BEST FRIEND** to
my children

Some Of My Best Friends Are Runners

Ryan Regnier, Jennifer Regnier



Some Of My Best Friends Are Runners:

Some of My Best Friends are Runners Anne Croswell, John Pearson, 1979-01-01 **Top Distance Runners of the Century** Seppo Luhtala, 2002 In this work the greatest stars of distance running reveal their vast experience for the young generation The volume seeks to be a valuable addition to the ordinary training manuals by bringing a human substance to the mechanical part of training There are no external comments whatsoever in the book s pages all the comments come from the athletes who reveal their attitudes towards training and racing **Running Past Fifty** Gail Waesche Kislevitz, 2018-10-09

Running brings joy and health benefits to all participants especially those of the baby boomer generation But when legs get sore joints feel achy and old age creeps up sometimes senior runners need a little extra motivation to get out of the door and on the road In *Running Past Fifty* lifelong runner Gail Waesche Kislevitz provides helpful tips and motivation from thirty six runners aged fifty or older Presenting time tested recommendations Kislevitz interviews some of the nation s greatest senior runners Included here are exclusive interviews with greats such as Ed Whitlock who at the age of eighty five set an age division world record of 3 56 in the marathon Bill Rodgers winner of four Boston Marathons and four New York City Marathons George Hirsch chairman of New York Road Runners Olympian and author Jeff Galloway world record holder Sid Howard and runner and women s pioneer runner and advocate Kathrine Switzer And legendary runners aren t the only ones running well into seniority Kislevitz also offers motivational stories from average runners who hit the pavement frequently and refuse to let their age stop them from competing regularly Baby boomer runners may be slower than they once were but they show no signs of slowing down Inspiring and insightful *Running Past Fifty* is the perfect read for every one of them

Running Naked Through the Streets Caramine White, 2008-12-24 *Running Naked Through the Streets* is an account of the year Dr Caramine White lived in the former Communist country Slovakia from August 2004 May 2005 When Dr White received a Fulbright Scholarship she and an American literature professor from a Slovak university exchanged jobs Dr White lived in Banska Bystrica a city of about 84 000 in central Slovakia Although her students spoke English very few of the townspeople did and the living conditions were much different from those enjoyed in America *Running Naked Through the Streets* which refers to the utter helplessness and vulnerability she often felt is neither an autobiography nor a travel book Although Dr White does include some interesting information for tourists the crux of the book is how being so alone and dependent can encourage and even accelerate personal growth It is told with a great deal of humor and honesty Interwoven throughout the text are humorous essays recounting some of her bizarre adventures during the year which range from belly dancing to marathon running from inadvertently taking part in a Polish Confirmation ceremony to becoming the object of affection for a mentally challenged homeless man **Another Book About Running: Random Thoughts, Stories and Advice From a Slightly Better Than Average Runner...** Ryan Regnier, Jennifer Regnier, 2016-08-15 Although this is just *Another Book About Running* it s unique in that it s from the viewpoint of a slightly better than average runner You will learn

what it took the author to run a 240 Marathon and win a 45 mile UltraMarathon In addition you will hear humorous stories of training and racing as well as be presented with the unique perspective of his wife You will quickly discover that this is NOT just another book about running as it is packed full of useful tips and advice to further your own running career

Putting One Foot in Front of the Other - Lessons Learned in 30 Years of Running Dan Moriarity,2012-04-18 Putting One Foot in Front of the Other Lessons Learned in 30 Years of Running is a compilation of time tested advice for getting the most of your running Inside you ll find tips on many soft skills of running that experienced runners learn over time but that many how to running books don t cover The book includes chapters on such topics as how to build your confidence as a runner how to recover properly from your workouts race tactics and how to avoid and treat common running injuries You ll also find sections on the most common training tools that runners use such as how to design and interval workout how to include hill training one of the secrets of the top African runners into your program and the answer to the common question of How fast should I go on my daily runs Whether you re a new intermediate or advanced runner Putting One Foot in Front of the Other offers tips that will help you get the most out of your running

The Healing Power of Running Jennifer Bonn,2024-01-23 In her book The Healing Power of Running Jennifer Bonn describes how running saved her mentally physically and spiritually and she has put together stories of other runners as a testament to how running heals Jennifer also wants readers to realize how accessible running is and that everyone can adjust it to fit different goals and needs Running can make you feel powerful peaceful and hopeful and the running community makes everyone feel accepted The book also includes instructions on how to start a healing journey through running The Healing Power of Running is a book of realistic and actual events that can occur in anyone s life at any given point It explains ways that running has helped others strive and be successful in healing whether it is physically or mentally I found myself laughing crying and thinking Hmm I need to do this It s empow ering and makes you want to RUN like there is no tomorrow The best part is it makes you want to create a bond with strangers who become family Read the book and you too will want to heal by running Kim Turner Aircraft mechanic III gen mods Jennifer Bonn writes an extremely helpful energetic and therapeutic book on the challenges and rewards of running The stories and examples shared by the runners with perfect notes about their journeys will help both beginners and seasoned runners Bonn s own running experiences alone are worth the read She finds easy ways to explain how running can become addictive and life changing I ll become a healthier person and possibly a better runner just by reading it The tips guidance and instructions are what most of us could use in life and it can be applied anywhere Hal Cottingham Director of operations Global Technology Services

Complete Running Back Horton, Tim,2016-05-13 Whether you re a power back who muscles the ball across the goal line or an ankle breaking open field specialist making defenders miss you ll improve your game with Tim Horton running backs coach at Auburn University Featuring 81 of the most effective drills Complete Running Back is the ideal resource for players and coaches

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