



# Some Of My Best Friends Are Runners

**Gail Waesche Kislevitz**



## **Some Of My Best Friends Are Runners:**

Some of My Best Friends are Runners Anne Crosswell, John Pearson, 1979-01-01      *Some of My Best Friends are Books* Judith Wynn Halsted, 2009 Recommends books for gifted readers that provide insights and coping skills for issues they may face from preschool through high school featuring more than three hundred titles with brief summaries organized by reading levels and includes an index arranged by theme      **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      *Healing the Heartbreak of Grief* Peter James Flammang, 2010-09-01 Free yourself from the threads of grief that grip your heart In an irreversible moment your life changes forever Your life is upside down and your heart is inside out Life goes on for others but yours came to a screaming halt With comfort and assurance Dr Flammang points ahead to tomorrows that will become a little easier than today From years of pastoral experience and the heartbreak of losing his own son the author knows that grief is anything but a tidy predictable progression Written in short easy chapters with practical helps this book can be your companion as you struggle to pick up the pieces and go on Contents When Grief Breaks In What Do I Do Now Unpredictable Emotions of Grief Decide Who to Talk To When One Day at a Time is Too Much Find Your Releasing Activities Strength from Beyond Yourself Sometimes Faith Needs Healing Turning Points and Beginning Again      **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 is unique in that it is from the viewpoint of a slightly better than average runner You will learn what it took the author to run a 2 40 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

**Complete Running Back** Horton, Tim, 2016-05-13 Whether you are a power back who muscled the ball across the goal line or an ankle breaking open field specialist making defenders miss you will 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

**Some of My Best Friends Are Losers** Rock Anthony, 2002-03 Segments of comedy humor and pathos

Running On Air Simon Hazlitt, 2015-03-17 This is a book about the importance of information to the modern business and the right way to manage it Done properly Direct Computing will slash its technology costs and transform its ability to keep up in this virtual world

**Beyond Fast** Sean Brosnan, Chris Lear, Andrew Greif, 2025-09-02 The true story of a high school cross country team that went from obscurity to becoming the fastest squad the country and perhaps the world has ever seen called inspiring and entertaining Jerry Schumacher and a deliciously rich tale Neal Bascomb When Sean Brosnan arrived at Newbury Park High School in 2016 their cross country team hadn't so much as qualified for a California state championship in twenty five years Brosnan himself had never coached high schoolers though he was no stranger to the sport A collegiate All American he had spent years trying to chase his ambitions of becoming a professional runner along the way learning from some of the most successful coaches in the country From day one at Newbury Park Brosnan made a promise Give me your total commitment and I will give you a state championship in four years He did them one better Brosnan's runners would take an unprecedented three consecutive national championships smashing records winning Division I scholarships and representing their country in the Olympics With expert insights and a deep love for the sport Sean Brosnan's Beyond Fast offers a riveting chronicle of that

journey Tracing Newbury Park's early successes their heartbreaking missteps and the winding road that would lead them to running glory he tells a story of guts sacrifice and determination By turns heartbreaking and exhilarating it reminds you that the only limits that matter are the ones you set for yourself **Some of My Best Friends Are--** Yasmin Alibhai-Brown,2004 Whether launching an attack on asylum policy or deciding upon reflection that accepting her OBE was an offensive homage to the repressive British Empire Yasmin Alibhai Brown is never far from controversy **My Right Hand Foot: The Life of a Runner** Jack Armour,2014-10-14 Jack Armour was born in Jersey City New Jersey Feb 10 1961 and started to run track at Public School 14 He never looked back except to see if someone was closing in on him on the track He would run faster if that was the case Jack became the athlete he had dreamed of being since his early days of watching Jack Lalanne on television and training himself by copying the exercises he saw for more than once he represented the U S in world tournaments and became a hero Jersey City New Jersey his home city Full of insights into how Jack battled the many tremendous obstacles he faced both on and off the track this book puts you into Jack's running spikes and takes you through the highs and lows of Jack's life the life of a runner *Undeniable* Cameron Hanes,2025-05-06 THE INSTANT NATIONAL BESTSELLER You become the best you can be by learning from others That is how bowhunter and ultramarathoner Cameron Hanes approaches each day in his pursuit of greatness in this essential guide to finding success I like people who put themselves in a position to become undeniable at what they do You might not like me but you cannot deny the work I put in and the results to show for it You can say whatever the f k you want but I want to be undeniable and how it makes you feel is no factor Endure Cameron Hanes New York Times bestselling book demonstrated how to push beyond your physical limits to improve yourself In *Undeniable* Hanes brings together outliers of today men and women who are experts in their field to share their unique and motivating perspectives on reaching the pinnacle of success and remaining there From popular neuroscientist Andrew Huberman to ultramarathon runner Courtney Dauwalter you will hear how undeniable individuals have obtained their winning mindset Many books show how to pursue a dream and successfully make it happen but few spotlight what to do when you've reached the pinnacle After fighting so hard and reaching your goals how do you stay on top In his pursuit for greatness Cam has trained with and interviewed track athletes MMA fighters NFL Super Bowl champions and experts in other disciplines All of them legends who have earned their names What makes them tick How do they remain undeniable In *Undeniable* Cam reveals the lessons he has learned from truly exceptional people By examining their unique traits and abilities you will earn an edge from these greats and add tools on your own journey toward greatness 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

**Becoming a Sustainable Runner** Tina Muir,Zoë Rom,2023-08-01 Becoming a Sustainable Runner is not just another running guide on developing the physical attributes to run faster or longer What it will help you achieve is a newfound purpose that merges your passion for running with your concern for your health your community and the environment It weaves together concepts of internal and external sustainability in a way that will help you run think and act in a way that is in line with your values Divided into three parts the book begins by giving you the tools to find excitement and joy in your runs and sustain your running for the long term These include acknowledging stressors setting new challenges changing where you run and who you run with and prioritizing physical and mental rest to minimize the risk of injury illness and burnout Next discover ways to enrich your running through personal connections Learn about the importance of joining or forming a running community that fosters comradery with others who believe in the power of service and in giving back in meaningful and impactful ways Then tap into your passion to sustain our planet Know what it means to be an eco conscious traveler make environmentally friendly choices about where you run and the products you use and reduce your carbon footprint through the 3R s reducing reusing and recycling Throughout the book you ll enjoy stories from the authors about their personal challenges and triumphs as runners and stewards of the environment Quotes and insights from well known runners who are also climate change and environmental justice advocates underscore the breadth and depth of the issues facing us all As a runner you have the power to change the world for the better Becoming a Sustainable Runner provides actionable steps to help you do just that

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**Running Out of Time (B&W Interior)** Robert Prah, Jr.,2022-06-15 Running Out of Time Chasing Red White and Blue B W Interior By Robert Prah Jr Originally created for his daughter to detail his run for public office Running Out of Time Chasing Red White and Blue chronicles this pursuit by Robert Prah Jr during a very challenging time in a district that has been historically blue forever It details his personal story of running for the Pennsylvania state legislature and all of the challenges that he faced especially from previous relationships and social media It talks about being the underdog running against a lifelong Democrat turned Republican where according to many polls Prah was favored to win the special election The author also highlights how several committee members past candidates and elected officials have changed their political affiliation in recent years This story is interesting in the sense that Prah ran in three elections Special Election in March 2020 Primary in June 2020 General in November 2020 all during a global pandemic It shares the ups and

downs of running for office and how the pandemic and social media impacted the outcome of many races in November 2020  
The author hopes that readers take away that social media has had an impact on our lives both positive and negative and especially in politics and elections We tend to not look at candidates individually but rather as a D or an R We need to do a better job of evaluating candidates and asking questions rather than what we see on social media      *Some of My Best Friends are Animals* Terry Murphy, 1979

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