



The Marathon Race

Andrew Kastor



The Marathon Race:

The Olympic Marathon David E. Martin, Roger W. H. Gynn, 2000 No Olympic event can rival the rich history and grand spectacle of the marathon Created for the first modern Olympic Games in Athens in 1896 as a commemoration of the legendary run by the Greek messenger Philippides the race has endured like no other producing a century of awe inspiring competition and unforgettable stories The Olympic Marathon brings the high drama and rich details of the past 24 Olympic marathon races to life in a way no other book ever has This definitive resource written by world renowned Olympic marathon experts David Martin and Roger Gynn goes beyond statistics to offer readers a vivid chronicle of the athletes and their memorable marathon performances Fans will relive the compelling moments that have made the Olympic marathon legendary Spiridon Louis winning the first modern Olympic marathon in Athens in 1896 Emil Z topek s dramatic triple gold performance in 1952 Ethiopian Abebe Bikila winning a gold medal while running barefoot Joan Benoit Samuelson earning her place in history as winner of the first Olympic women s marathon in 1984 and many other fascinating stories For each race The Olympic Marathon provides the following A summary of the geographical setting and political climate surrounding the Olympic Movement A course map and detailed street description A step by step narrative of how the race was run Biographical sketches of the top three finishers A Looking Ahead section which summarizes marathon highlights leading up to the next Olympic marathon Generously illustrated often with rare and never before published photos a pictorial glimpse is provided into the contemporary atmosphere and dynamics of each race Plus for readers who want complete statistics on each race the book provides a comprehensive appendix Included are chronological and alphabetical race results for all men and women who participated in the event and listings of the fastest men s and women s Olympic marathon performances The Olympic Marathon is the authoritative book on the race that has captured the imagination of the world It s a one of a kind resource that every fan of running and the Olympics will treasure The Never-Ending Run Lorenzo Maria dell'Uva, Massini Fulvio, 2021-09-01 Extreme race city festival global phenomenon the New York Marathon is much more than a never ending run On top of the 50 000 plus participants who actually run the race it s an event that involves millions of people when you include the thousands of volunteers the hundreds of thousands of supporters lining the streets of the metropolis par excellence and the global TV audience watching at home The Never Ending Run aims to give a 360 explanation and tell the story of one of the most famous marathons in the world starting with a mile by mile description of the race including first hand experiences On the back of the story of the race there follows a guide to New York specially dedicated to runners and all their shopping and tourism needs along with scores of interesting facts and stats The Never Ending Run recounts the history of the New York City Marathon provides intriguing insights and explains how to participate and properly prepare for the race all without overlooking essential tips and suggestions for enjoying life and your break in the Big Apple Part one The Race illustrates the history and route of the most famous race in the world including race strategies by coach Fulvio Massini

as well as accounts from other famous athletes such as Peter Ciaccia Orlando Pizzolato Franca Fiacconi George Hirsch German Silva and Alex Zanardi Part two New York is given over to the needs of the runner in town for the race how to get around where to go shopping for running gear advice on what to do and not do in the days leading up to the race and the best places to watch the race for spectators

The American Marathon Pamela Cooper, 1998-04-01 Boston established a footrace but New York City created a marathon culture that annually draws tens of thousands of runners to each of the major American events The American Marathon is the first in depth study of the marathon as a cultural performance that has as much power to unite communities across lines of race ethnicity class and gender as it does to empower individuals This book encompasses more than a century from the fledgling days of the footrace in the 1890s to the popular contemporary marathons that have become corporate sponsored institutions Run in New York City in 1896 and continued in Boston for the next ten years the marathon quickly became the event of the working class athletes particularly Irish Americans Other urban ethnic groups Italians Jews and African Americans who were unwelcome into the elite WASP athletic clubs formed their own running organizations Once emblematic of the immigrant experience the marathon evolved to express middle class nationalism as these immigrants were being assimilated During the 1930s the Great Depression restricted footracing and anti-Semitism left important coaches and runners without access to team support The New York Pioneer Club begun in 1936 as an African American team brought the tremendous energy of post World War II Harlem to the American marathon of the 1950s Besides examining the ethnic influence on marathoning Cooper also explores the impact of the Cold War on this sport when fitness and endurance became matters of national pride She shows how the Road Runners Club of America first brought women and large numbers of participant runners into long distance footraces and finally how corporate sponsorship and direct payments to athletes profoundly changed the nature of this once amateur sport

Olympic Marathon Charles Lovett, 1997-04-30 This is the first complete history of the Games most storied race From ancient Greece to Atlanta 1996 the book chronicles the race's development the heroes the controversies and the stories that emerged from the ultimate Olympic challenge For the first time the complete history of the most famous race in the Olympic Games has been presented in *Olympic Marathon A Centennial History of the Games Most Storied Race* Beginning with the legends of ancient Greece this book traces the process of reviving the Olympic movement including the establishment of the marathon the only event specifically created for the 1896 Olympics Following heroes such as Dorando Pietri Emil Zatopek Abebe Bikila and Frank Shorter the book includes a complete analysis of every Olympic marathon as well as tales from the lives of the runners The stories of John Hayes who won the race with the help of strychnine 1936 winner Sohn Kee Chung a South Korean forced to compete for Japan and Mamo Wolde who won the marathon with an infected toe only to end up as a political prisoner in Ethiopia make this book much more than a sports history The story of the long struggle to establish a women's marathon begins with a lonely female who ran the marathon course in 1896 and ends with the dramatic victory of American Joan Benoit

in the first women's Olympic marathon in 1984. Completely up to date, the book concludes with chapters on the races in Atlanta in 1996, including the closest finish in Olympic marathon history. An appendix of photographs and an index complete this history. An invaluable resource for all interested in the Olympics and marathon running. **The Boston Marathon** Tom Derderian, 2014-04-01. Offering an inside look at the most famous marathon in the world, this exploration traces the Boston Marathon's 26.2-mile route from the starting line on narrow Main Street in Hopkinton to the Boylston Street finish line in downtown Boston, bringing to life the history, personalities, pivotal moments, and individual character of each city the race traverses. The Boston Marathon includes well-researched briefs on topics including Metcalf's Mill at Ashland, the unmarked starting point of the first race in 1897, the infamous 1967 battle over Kathrine Switzer's attempt to compete five years before women were allowed, and other vital race-day elements. The book also includes a tribute to the victims of the tragic 2013 bombing near the finish line. This is a supremely entertaining glimpse at the history of the greatest running event in the world, from wacky entrants to hard-fisted managers, tortured disappointments, and glorious triumph. **Life Is a Marathon** Matt Fitzgerald, 2019-03-26. An endurance athlete and coach reveals how the marathon transforms the lives of everyone who attempts it and how it has helped his own family cope with serious adversity. Step after step for 26.2 miles, hundreds of thousands of people run marathons. But why? What compels people past pain, lost toenails, 5:30 a.m. start times? The Wall Street Journal sports writer Matt Fitzgerald set out to run eight marathons in eight weeks across the country to answer that question. At each race, he meets an array of runners, from first timers to dad-daughter teams and spouses to people who'd been running for decades, and asks them what keeps them running. But there is another, deeply personal part to Matt's journey: his own relationship to the sport and how it helped him overcome his own struggles and cope with his wife Nataki's severe bipolar disorder. A combination of Matt's own *How Bad Do You Want It?* and *What I Talk About When I Talk About Running*, *Life Is a Marathon* captures the magic of those 26.2 miles. At the end of the day, and at the end of the race, the pursuit of a marathon finish line is not unlike the pursuit of happiness. You will pick up the book for a powerful personal story about what running does for the people for whom it does the most. You will put it down with a greater understanding of what it means to be alive in this world.

Marathon Running Richard Nerurkar, 2012-08-30. Written by Richard Nerurkar, Britain's most successful marathon runner of the 1990s, the fourth edition of this classic, invaluable guide will help you get the most from your distance training. From the complete beginner enchanted by the challenge of the London Marathon to the experienced runner wishing to improve on racing strategy, its authoritative pages reveal a wealth of information on structuring an effective build-up and taper, training harder without doing too much, improving your endurance and pace judgement, producing your best on race day. This new edition has been fully updated to take account of the latest developments in running science and programme design. Also included are tips on how to choose a good marathon and the pitfalls of bad ones, as well as more insights from Richard and other leading runners. **How to Run a Marathon: The Go-to Guide for Anyone and Everyone** Vassos

Alexander,2021-01-07 Ever been tempted to try a marathon Maybe you ve just started running perhaps you re gaining confidence or are you already well on your way to conquering the iconic distance Whatever stage you re at on your journey join marathon man Vassos Alexander as he shows us why we shouldn t be afraid of the big 26 2 **Running a Marathon For Dummies** Jason Karp,2012-10-18 Get ready to run the race of your life Marathons in the U S have seen record increases in participation during the past few years Running a Marathon For Dummies helps aspiring marathon runners prepare to successfully complete their first race and shows experienced runners how to take their game to the next level Running a Marathon For Dummies gives you exercises programs and tips to improve your running stamina speed and overall health It takes you from sitting on the couch through running your first 26 2 mile marathon and beyond For seasoned runners Running a Marathon For Dummies offers tips and advice for how to continue improving performance through drills exercises and other techniques Provides a timed training promise for runners of all skill levels from non runners first marathoners and mid race runners to more experienced runners Includes information on how running increases heart strength keeps illnesses away keeps arteries clear and improves a person s mood Gives you drills exercises and techniques to improve your endurance Whether you re a couch potato or a regularly hit the asphalt Running a Marathon For Dummies gives you everything you need to run the race of your life *Running Your First Marathon* Andrew Kastor,2018-01-09 Andrew Kastor has taken the tried and true principles that all us pros follow and made them available and applicable for everyone Just as Andrew has helped me on my journey he is sure to help you on yours Ryan Hall US Olympic Marathoner holder of the US record in the half marathon and marathon training expert As a marathon training coach for world class runners and Olympic medalists Andrew Kastor knows what it takes to get to the finish line Whether you are planning to run a full or half marathon Coach Kastor s marathon training program conditions you to set achievable goals get in shape and stay motivated With an easy to follow 20 week marathon training schedule for building strength and endurance plus expert advice from record holding runners on what to expect Running Your First Marathon is the only coaching you ll need to go the distance Running Your First Marathon lays out a goal oriented marathon training program with A 20 Week Marathon Training Program detailed day by day marathon training schedules and space to track your progress Marathon Training 101 advice and tips from world class marathoners on marathon training fueling your body avoiding injury and race day preparation Motivational Marathon Training Boosts from Coach Kastor and other famous runners to help you stay on track during marathon training Running Your First Marathon will not only inspire you but also help train your mind and body to unlock hidden potential Shalane Flanagan Olympic Silver Medalist NYC Marathon champion American record holder and marathon training pro

Master the Marathon Ali Nolan,2021-09-14 A must have for any woman targeting the distance Runner s World A no nonsense interactive guide that empowers all women at all levels to run their strongest best marathon ever As recently as 1966 women were forbidden to run in the marathon Professionals including doctors believed it was physically impossible and

dangerous for women to run more than a mile and a half But as with many other barriers women have faced over time we fought our way in Today women make up almost half of the marathoning population Yet most marathon training manuals are written by men And while these men are experts when it comes to how men can and should train women need training programs tailored to our bodies to our unique strengths and weaknesses so that we can avoid injuries and run at our peak The programming in this book was created by a woman specifically for women Master the Marathon is a comprehensive guide to marathon training for women at all levels of running beginner intermediate and advanced The book takes you through everything you need to know to be prepared for the 26.2 miles of the marathon including detailed training plans strength training programs building your mental awareness of your physical body nutrition guidance on finding the best marathon for you identifying and avoiding potential injuries inspirational advice and other unexpected pieces of wisdom Both incredibly practical and deeply motivating Master the Marathon will help you unlock the strength and determination inside you to embark on the spectacular journey that is the marathon

The Never-Ending Run, 2023-08 Extreme race city festival global phenomenon the New York Marathon is much more than a never ending run On top of the 50 000 plus participants who actually run the race it s an event that involves millions of people when you include the thousands of volunteers the hundreds of thousands of supporters lining the streets of the metropolis par excellence and the global TV audience watching at home The Never Ending Run aims to give a 360 explanation and tell the story of one of the most famous marathons in the world starting with a mile by mile description of the race including first hand experiences On the back of the story of the race there follows a guide to New York specially dedicated to runners and all their shopping and tourism needs along with scores of interesting facts and stats The Never Ending Run recounts the history of the New York City Marathon provides intriguing insights and explains how to participate and properly prepare for the race all without overlooking essential tips and suggestions for enjoying life and your break in the Big Apple Part one The Race illustrates the history and route of the most famous race in the world including race strategies by coach Fulvio Massini as well as accounts from other famous athletes such as Peter Ciaccia Orlando Pizzolato Franca Fiacconi George Hirsch German Silva and Alex Zanardi Part two New York is given over to the needs of the runner in town for the race how to get around where to go shopping for running gear advice on what to do and not do in the days leading up to the race and the best places to watch the race for spectators Part three Run and the City is devoted to running in New York and can also be used by runners who aren t taking part in the marathon If you re on holiday in the Big Apple and are looking for the right places to train in Central Park or perhaps take part in some races locally to add a few medals to your collection then this section is for you Second Edition TABLE OF CONTENTS Prologue How to use this guide Start Part One The Race The Course Map Mile by Mile The history of the NYC Marathon How to take part Race Week Before the Race Race Day After the Race Race Strategy Walking the whole NYC Marathon How and where to watch the race Spectators guide Step by step along the route One last piece of advice Marathon Voices Peter Ciaccia Franca

Fiacconi Runar Gundersen George Hirsch Stefano Lavori Orlando Pizzolato Francesca Porcellato S bastien Samson Germ n Silva Alex Zanardi A story told through bibs The marathon and disabled athletes A medal like no other Volunteers Part Two New York Welcome to New York The essentials Getting around the city Essential info Being a New Yorker Travel tips Where to sleep before the marathon City itineraries Out and about in New York before the marathon Around New York after the marathon The East Village The Most Rock n Roll Neighborhood in Town Shopping just for runners Part Three Run and the City Running in New York Central Park Reservoir Loop North Loop NYRR 4 Miles South Loop Complete Loop Running Teams Finish Appendices Race Day a photo book Additional resources Bibliography Movies Podcasts Websites Social Feeds Medal table Race Day Temperatures

Marathon Running Richard Nerurkar,2000-01-01 Intended for everyone from the complete beginner to the experienced runner wishing to improve on racing strategy this book gives information on structuring an effective build up training harder without doing too much improving your pace judgement and producing your best on race day

Hansons First Marathon Luke Humphrey,Keith Hanson,Kevin Hanson,2024-01-11 The results have been proven at every level from the beginner to the elite the Hanson s training system works Desiree Davila Olympic marathonerWith the right training ANYONE can finish a marathon Hansons First Marathon from one of America s most successful marathon training groups offers a smart friendly guide to preparing for your first marathon With their proven method the coaches of the Hansons Brooks Distance Project will show you how to break down the 26 2 miles into achievable daily workouts By race day you ll feel strong and confident of a race experience you ll be proud of The Hansons Brooks Distance Project has an amazing track record of turning normal runners into marathoners through their acclaimed Hansons Marathon Method Now they have made the marathon not just something to check off your bucket list but also an enjoyable inspiring and life changing experience Hansons First Marathon is for anyone who has decided to step up to the marathon Whether you re a totally new runner who has never run a race a recreational runner who enjoys occasional races or even a competitive runner who is ready to go all the way you ll find the right marathon training schedule for you in Hansons First Marathon Author and coach Luke Humphrey starts you off on the right foot with a simple survey about your running experience race goals and your natural strengths and weaknesses Then he guides you to the right plan to prepare you for the miles ahead Hansons First Marathon covers everything you need to know Finding your foot type and a good shoe for marathon trainingThe types of workouts and how and why to do themChoosing your race wiselyTraining around travel illness and navigating injuriesHow to stretch and strength train for marathonWays to recover from daily runs and after your raceScience based nutrition and hydration guidelines for workouts and race dayWhat to do differently during the crucial final 6 weeks before your raceHow to get to the start line feeling confident stress free and readySetting an ideal marathon race strategy that puts you in controlMarathons are an exciting rewarding challenge for runners of all abilities but how you get to the start line matters as much as how you finish Choose Hansons First Marathon to start your marathon adventure and you ll

set yourself up for success Four Months to a Four-Hour Marathon Dave Kuehls,2006-06-27 Let Four Months to a Four Hour Marathon be your personal trainer Whether you re a competitive veteran or a recreational beginner this essential guide will tell you exactly what to eat what to wear what to expect and how to train When race day arrives author Dave Kuehls contributing editor at Runner s World and a marathoner himself will have you in the best shape of your life physically and mentally All you have to do is take the first step Four Months to a Four Hour Marathon includes Day by day training schedules for 4 hour and 5 hour marathoners Detailed diet plans The marathoner s mind set Right and wrong things to wear How to pick the right sneakers Pain vs performance how far to go Common pitfalls to avoid in training and during the race A list of the 36 marathons in North America where you can run the fastest times **The Science of the Marathon and the Art of Variable Pace Running** Veronique Billat,Johnathan Edwards,2020-08-31 The Science of the Marathon and the Art of Variable Pace Running encourages you to rediscover running by gradually slowing down running at your own pace and learning to accelerate This book is about Veronique Billat s 30 years of research and practical experience This research takes place in real life and extreme racing situations it does not take place on treadmills rather in marathon races and the high mountains It s about adapting new technologies to the needs of training and understanding the possibilities for the improvement of human energy The key to long term success without injury or overtraining is to train with quality and not quantity It is no longer necessary to train by running long distances in preparation for specific types of running races Performance is not just about a result but rather a road to happiness We invite you to discover this new way of running as it is a realistic minimalist based training using your running mind body feelings sensations and your lifestyle The practice of marathon running is an endeavor for anyone 10 to 100 years old that will let you dream immense possibilities I thought I knew everything I needed to know about marathon pacing before I read The Science of the Marathon Whether your goal is to complete a marathon with a smile on your face or set a new personal best Dr Billat and Edwards fascinating and persuasive book will help you prepare with greater purpose and race with more confidence Matt Fitzgerald author of 80 20 Running This amazing book covering 30 years of exercise science and human experience from Dr Billat is designed for the coach scientist or running enthusiast who desires to understand the physiology and variability of individual runners I have never used GPS watch and run by feel so it is nice to hear that is not crazy At age 53 this book keeps me honest to do my strength training and sprints every day Dr Mark Cucuzzella West Virginia University School of Medicine author of Run For Your Life

Marathon Training For Dummies Tere Stouffer Drenth,2011-05-04 In today s modern world there s no need for anyone to run twenty five miles to deliver a message as Pheidippides did from Marathon to Athens around 500 B C However hundreds of runners each year run 26.2 miles at hundreds of marathons worldwide To conquer this mountainous challenge you must know how to properly eat stretch identify and treat injuries and develop a running program that hones your mind and body into a running machine Marathon Training For Dummies is for everyone who has always thought about running a marathon

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of Family Medicine West Virginia University School of Medicine author of Run For Your Life 2008 Drs Billat and Edwards have put together a book that combines the best of sports science and in the field research It s refreshing to see a book on running that connects the dots delves deep into the science but still bases its recommendations on how we should run as nature intended Barry Murray M Sci Faculty at Munster Technological University CEO of Optimum Nutrition For Sport Irish National endurance runner Veronique Billat is one of the most innovative and important researchers currently active in determining the science of optimum training I have found her work to be useful for boosting the performances of runners not only in the marathon but all the way down to the 800 any distance at which aerobic capability matters My runners swear by it Richard A Lovett Coach Team Red Lizard Portland Oregon and Co author of Alberto Salazar s Guide to Road Racing Drs Billat and Edwards did an excellent job writing this book Dr Edwards has been a huge help getting Brenda back to top running form You don t have to be an elite runner to train like one Brenda has benefited from the 30 30 workouts described in the book I would recommend this amazing book to anyone looking to take their fitness to the next level Carlos Handler Coach Brenda Martinez USA Olympic Track Field Runner **The Marathon Runner** Jan Weeks, 2006 After months of being chased by his new school s biggest bully fifth grader Sam is ready to run a marathon during an athletics competition

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