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The Inner Game of Tennis

In 1928 two extraordinary Englishmen competed in an unprecedented event - a transcontinental road race across America that required them to run an average of 40 miles for 80 consecutive days. Despite being separated by class, education and age, Peter Gavuzzi and Arthur Newton became close friends and formed a successful business partnership as endurance athletes. They raced in 500-mile relays, in 24-hour events, in snowshoes and against horses; and they became the stars of a craze for endurance events that swept across depression-era North America and the most famous long-distance runners in the world. However, history has forgotten these two men, and in *Running for Their Lives* - in a story peopled with remarkable characters, unimaginable feats and tragic twists of fate - they only now receive the recognition they so richly deserve.

Maniac Magee

In 2007, after collapsing on a practice field at the Nike campus, champion marathoner Alberto Salazar's heart stopped beating for 14 minutes. Over the crucial moments that followed, rescuers administered CPR to feed oxygen to his brain and EMTs shocked his heart eight times with defibrillator paddles. He was clinically dead. But miraculously, Salazar was back at the Nike campus coaching his runners just nine days later. Salazar had faced death before, but he survived that and numerous other harrowing episodes thanks to his raw physical talent, maniacal training habits, and sheer will, as well as--he strongly believes--divine grace. In *14 Minutes*, Salazar chronicles in spellbinding detail how a shy, skinny Cuban-American kid from the suburbs of Boston was transformed into the greatest marathon runner of his era. For the first time, he reveals his tempestuous relationship with his father, a former ally of Fidel Castro; his early running life in high school with the Greater Boston Track Club; his unhealthy obsession to train through pain; the dramatic wins in New York, Boston, and South Africa; and how surviving 14 minutes of death taught him to live again.

Cleveland Clinic Quarterly

For many researchers, Python is a first-class tool mainly because of its libraries for storing, manipulating, and gaining insight from data. Several resources exist for individual pieces of this data science stack, but only with the Python Data Science Handbook do you get them all—IPython, NumPy, Pandas, Matplotlib, Scikit-Learn, and other related tools. Working scientists and data crunchers familiar with reading and writing Python code will find this comprehensive desk reference ideal for tackling day-to-day issues: manipulating, transforming, and cleaning data; visualizing different types of data; and using data to build statistical or machine learning models. Quite simply, this is the must-have reference for scientific computing in Python. With this handbook, you'll learn how to use: IPython and Jupyter: provide computational environments for data scientists using Python NumPy: includes the ndarray for efficient storage and manipulation of dense data arrays in Python Pandas: features the DataFrame for efficient storage and manipulation of labeled/columnar data in Python Matplotlib: includes capabilities for a flexible range of data visualizations in Python Scikit-Learn: for efficient and clean Python implementations of the most important and established machine learning algorithms

Feet, Don't Fail Me Now

The former marathon runner details his unlikely victory in the 1975 Boston Marathon, his rise to the top of the racing world, and his role in sparking the modern running boom that exists today.

Bowker's Directory of Audiocassettes for Children

A "lively, informative history" of distance running's 1970s heyday—including the famous Falmouth Road Race—written "with a true fan's contagious enthusiasm" (Newsweek). It was 1978. Jimmy Carter was president; gas prices were soaring; and Americans were hunkering down to weather the economic crisis. But Jim Fixx's *The Complete Book of Running* was a bestseller. Frank Shorter's gold medal in the 1972 Olympic marathon had put distance running on the minds of many Americans. The odd activity of "jogging" became "running," and America was in love. That summer, a junior from the University of Oregon named Alberto Salazar went up against Shorter and Boston Marathon champion Bill Rodgers at the Falmouth Road Race. Though he lost to Rodgers's record-setting 32:21, the competition set the stage for an epic rivalry among the three greats. Each pushed the others to succeed and, in turn, inspired a nation of couch potatoes to put down the remote and lace up their sneakers. "[A] lively, informative history." — Newsweek/The Daily Beast "Essential reading for runners both competitive and casual." —Kirkus Reviews "Kings of the Road is about marathon legends. It's about running Fast. It's about Will. It's about the Real. It's about drama of the finest kind." —Bernd Heinrich, author of *Why We Run* and *Racing the Antelope* "A rollicking, informed account of . . . how distance running helped define a generation." —John Brant, author of *Duel in the Sun* and coauthor with Alberto Salazar of *14 Minutes*

The Sixth and Seventh Books of Moses

Tennessee football is hundreds of victories, the giant stadium, passionate fans, sensational statistics, unforgettable plays, unbelievable stories--Jack Reynolds hacksawing his Jeep in half, Richmond Flowers racing a quarter-horse, Peyton Manning dropping his drawers. Tennessee football is the checkerboard end zone and the Pride of the Southland band and nicknames like Bad News and Wild Bull and Swamp Rat. It is that 1928 con job and the stunning triumph over Alabama. It is the series of miracles that produced the national championship of 1998. Tennessee football is long runs and long passes and long punts and 161 extra points in a row. It is a million memories of pancake blocks, knockout tackles, impossible interceptions, missed calls and fumbles lost and found. Tennessee football is fantastic comebacks and horrendous upsets and the wonderful, awful difference in winning and losing. What is Tennessee football? It's really the men who put on the pads, pull on the jersey and fasten the chin strap. Their names are carved in marble on the Tennessee wall of fame. They are unforgettable. A chosen few are bigger than life. They are the legends. It's easier to be a Tennessee legend if you could get your hands on the football--Johnny Majors, Hank Lauricella, Willie Gault. If you didn't run with it or throw it or catch it, next best thing was to chase it--Doug Atkins, Steve Kiner, Reggie White. The deck is stacked against offensive linemen. To qualify, they must be extra legendary. Generally speaking, legends, like good wine and cheese, need a little age. It is often said that the best football players get better and better at Tennessee, beginning about 10 years after eligibility expires. That said, three are in this book as young legends, so ordained without benefit of gray beards or rocking chairs. There hasn't been and may never be a more memorable quarterback than Peyton Manning. Al Wilson was the heart and soul of the national championship team of 1998. John Henderson was America's best defensive lineman in 2000. Three cheers for the legendary Volunteers, hip, hip, hooray

Two Hours

My Marathon: Reflections on a Gold Medal Life is a revealing memoir by Frank Shorter, the father of American distance running. After winning the 1969 NCAA title in the 10,000-meters title during his senior year at Yale, Shorter went on to win a staggering 24 national titles on track, road, and cross country courses, but it was in the marathon that Shorter achieved his greatest fame and recognition. At the 1972 Munich Games, Shorter won the Olympic marathon finishing more than 2 minutes ahead of the second-place finisher. Four years later, he finished a controversial second in the Olympic marathon in Montreal. The controversy, still unresolved to this day, revolved around the East German "winner" being a possible drug cheat. Shorter later founded the United States Anti-Doping Agency. Written with noted sportswriter John Brant, My Marathon details these inspiring events, as well as the physical and emotional abuse Shorter suffered as a child. This inspiring memoir is a testament to the resiliency of the human spirit and the transformative power of sports.

Pre

Offers the truth about a variety of urban legends that have been circulated on the Internet, by the media, and around offices.

AMA Manual of Style: A Guide for Authors and Editors

The second edition of a bestselling textbook, *Using R for Introductory Statistics* guides students through the basics of R, helping them overcome the sometimes steep learning curve. The author does this by breaking the material down into small, task-oriented steps. The second edition maintains the features that made the first edition so popular, while updating data, examples, and changes to R in line with the current version. See *What's New in the Second Edition*: Increased emphasis on more idiomatic R provides a grounding in the functionality of base R. Discussions of the use of RStudio helps new R users avoid as many pitfalls as possible. Use of knitr package makes code easier to read and therefore easier to reason about. Additional information on computer-intensive approaches motivates the traditional approach. Updated examples and data make the information current and topical. The book has an accompanying package, *UsingR*, available from CRAN, R's repository of user-contributed packages. The package contains the data sets mentioned in the text (`data(package="UsingR")`), answers to selected problems (`answers()`), a few demonstrations (`demo()`), the errata (`errata()`), and sample code from the text. The topics of this text line up closely with traditional teaching progression; however, the book also highlights computer-intensive approaches to motivate the more traditional approach. The authors emphasize realistic data and examples and rely on visualization techniques to gather insight. They introduce statistics and R seamlessly, giving students the tools they need to use R and the information they need to navigate the sometimes complex world of statistical computing.

But Not Alone

The second book in Marie Lu's New York Times bestselling *LEGEND* trilogy—perfect for fans of *THE HUNGER GAMES* and *DIVERGENT!* June and Day arrive in Vegas just as the unthinkable happens: the Elector Primo dies, and his son Anden takes his place. With the Republic edging closer to chaos, the two join a group of Patriot rebels eager to help Day rescue his brother and offer passage to the Colonies. They have only one request—June and Day must assassinate the new Elector. It's their chance to change the nation, to give voice to a people silenced for too long. But as June realizes this Elector is nothing like his father, she's haunted by the choice ahead. What if Anden is a new beginning? What if revolution must be more than loss and vengeance, anger and blood—what if the Patriots are wrong? In this highly-anticipated sequel to the New York Times bestseller *Legend*, Lu delivers a breathtaking thriller with high stakes and cinematic action. "Masterful." —The Los Angeles Times "Lu's action-packed series is the real deal." —Entertainment Weekly From the Trade Paperback edition.

What I Talk About When I Talk About Running

Undefeated and undisputed the two most appropriate words to describe the greatest season in Utah football history. An undefeated regular season and the

outright Mountain West championship are just the beginning of the memories provided by the 2004 Utah Utes football team as they prepare for a run at the national championship. The eye-popping new book, *Urban's Legends: Utah's 2004 Championship Season*, is packed with full-color photos and will take Utah fans on a game-by-game journey through the Utes' triumphant 2004 season and their first trip to a BCS bowl game. It is filled with stories, game wraps, features, and stats first found in the pages of *The Salt Lake Tribune*, Utah's largest and most highly respected daily newspaper. Also included in the book are profiles of the Utes' biggest stars, like Steve Savoy, Marty Johnson, Steve Fifita, Alex Smith, and, of course, coach Urban Meyer. *Urban's Legends: Utah's 2004 Championship Season* will prove to be a cherished keepsake and a truly special way for Utah football fans to remember a remarkable season. It will be available only 10 days after Utah's win over BYU that clinched both the undefeated season and the Mountain West Championship.

Let Your Mind Run

The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.

Kings of the Road

A guide to preparing for a marathon offers advice on training as well as on such topics as nutrition and hydration, selecting shoes, pacing, form, preventing injuries, and staying motivated.

14 Minutes

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of "relaxed concentration" that allows you

to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. "Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program."—from the Foreword by Pete Carroll

Using R for Introductory Statistics

Presents biographies of twenty-one legendary runners, and includes details on training techniques, coaching, motives, and more

Legends of the Tennessee Vols

Today We Die a Little!

From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and—even more important—on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in distance running.

Python Data Science Handbook

On Cassette

Over 21 million copies sold worldwide

British Marathon Running Legends of the 1980s

With more than 200 practical recipes, this book helps you perform data analysis

with R quickly and efficiently. The R language provides everything you need to do statistical work, but its structure can be difficult to master. This collection of concise, task-oriented recipes makes you productive with R immediately, with solutions ranging from basic tasks to input and output, general statistics, graphics, and linear regression. Each recipe addresses a specific problem, with a discussion that explains the solution and offers insight into how it works. If you're a beginner, R Cookbook will help get you started. If you're an experienced data programmer, it will jog your memory and expand your horizons. You'll get the job done faster and learn more about R in the process. Create vectors, handle variables, and perform other basic functions Input and output data Tackle data structures such as matrices, lists, factors, and data frames Work with probability, probability distributions, and random variables Calculate statistics and confidence intervals, and perform statistical tests Create a variety of graphic displays Build statistical models with linear regressions and analysis of variance (ANOVA) Explore advanced statistical techniques, such as finding clusters in your data "Wonderfully readable, R Cookbook serves not only as a solutions manual of sorts, but as a truly enjoyable way to explore the R language—one practical example at a time."—Jeffrey Ryan, software consultant and R package author

BEYOND 90 MINUTES

The Kite Runner

R Cookbook

The story of America's greatest running legend. For five years, no American runner could beat him at any distance over a mile. But at the age of 24, with his best years still ahead, long-distance runner Steve Prefontaine finally lost. Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential, accomplished runners of our time. More than 20 years later, Pre continues to influence the running world. From his humble origins in Coos Bay, Oregon, Pre became the first person to win four NCAA titles in one event. Year after year, he was virtually unbeatable. Instead of becoming one of the new breed of professional track athletes, Pre chose to stay amateur and fight for the adequate funding he felt American amateur athletes deserved. A man of incredible desire and energy, Pre trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, "He ran every race as if it were his last." But Pre not only touched runners; his exciting technique as well as his maverick lifestyle made him a favorite of the fans. A race with Prefontaine in it was automatically an event. His brief but brilliant life—documented by author Tom Jordan—is the tale of a true American hero. This is his story. "Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative." —Steve Prefontaine *The e-book edition does not include photos

Words on Cassette 1999

When 39,195 competitors thunder over the Verrazano-Narrows Bridge to begin the thirty-eighth running of the famed New York City Marathon, they experience one of the most exhilarating moments in sports. But as they cross five towering bridges and five distinct boroughs, carried 26.2 miles by the cheers of two million fans and by their own indomitable wills, grueling challenges await them. New York Times sportswriter Liz Robbins brings race day to life in this gripping saga of the 2007 Marathon, weaving the unforgettable stories of runners into a vibrant mile-by-mile portrait of the world's largest marathon. The professionals pound out the suspense in two thrilling races. Paula Radcliffe, the women's world record holder from Great Britain, returns with new resolve after having given birth nine months earlier; Gete Wami, her longtime rival from Ethiopia, tries to win her second marathon in just five weeks; and Latvia's Jelena Prokopcuka desperately hopes for her third straight New York title. If the women's race plays out like a mesmerizing chess game, then the men's race quickly turns into a high-speed car chase. South Africa's Hendrick Ramaala, eager to recapture glory at age 35, surges to lead the pack as Kenya's Martin Lel and Morocco's Abderrahim Goumri stay within striking range. While the professionals offer insight into the intense, often painful experience of being an elite athlete, the amateurs provide timeless stories of courage and obsession that typify today's marathoner: Harrie Bakst, a cancer survivor at 22, who is a first-timer; Pam Rickard, a 45-year-old mother of three from Virginia, who is a recovering alcoholic; and 65-year-old Tucker Andersen, who has run the race every year since 1976. Enlivening the history of the New York City Marathon with stories of such legends as the late Fred Lebow, the race's charismatic founder, and nine-time champion Grete Waitz, *A Race Like No Other* provides a curbside seat to the drama of the first Sunday in November. Feel the anxiety at the start in Staten Island. Listen to gospel choirs in Brooklyn and the accordion in Queens. Bask in the delirious sound tunnel of Manhattan's Upper East Side. Hit The Wall in the Bronx. And overcome agony in the last hilly miles before arriving in Central Park—exhausted yet exhilarated—at the finish line.

Urban Legends

A Newbery Medal winning modern classic about a racially divided small town and a boy who runs. Jeffrey Lionel "Maniac" Magee might have lived a normal life if a freak accident hadn't made him an orphan. After living with his unhappy and uptight aunt and uncle for eight years, he decides to run--and not just run away, but run. This is where the myth of Maniac Magee begins, as he changes the lives of a racially divided small town with his amazing and legendary feats.

My Marathon

The 1982 Boston Marathon was great theater: Two American runners, Alberto Salazar, a celebrated champion, and Dick Beardsley, a gutsy underdog, going at each other for just under 2 hours and 9 minutes. Neither man broke. The race merely came to a thrilling, shattering end, exacting such an enormous toll that neither man ever ran as well again. Beardsley, the most innocent of men, descended into felony drug addiction, and Salazar, the toughest of men, fell prey

to depression. Exquisitely written and rich with human drama, John Brant's *Duel in the Sun* brilliantly captures the mythic character of the most thrilling American marathon ever run—and the powerful forces of fate that drove these two athletes in the years afterward.

Marathon Man

In a dark future, when North America has split into two warring nations, fifteen-year-olds Day, a famous criminal, and prodigy June, the brilliant soldier hired to capture him, discover that they have a common enemy.

A Race Like No Other

Running with the Legends

The AMA Manual of Style is a must-have guide for those seeking to publish research findings and anyone involved in medical or scientific publishing. But more than just a style manual, it offers guidance on how to navigate the dilemmas that authors, researchers and their institutions, medical editors and publishers, and members of the news media who cover scientific research confront on a daily basis. Written by an expert committee of JAMA and Archives editors, this 10th edition thoroughly covers ethical and legal issues, authorship, conflicts of interest, scientific misconduct, and intellectual property, in addition to preparation of articles for publication, style, terminology, measurement, and quantification. Customers who purchase the Special Online Bundle Package receive the hardcover 10th edition, as well as a one-year subscription to the Online Edition.

Feet in the Clouds

Notre Dame: Its People and Its Legends

The day Deena Kastor became a truly elite runner was the day she realized that she had to ignore her talent—it had taken her so far, but only conquering the mental piece could unlock higher levels of achievement. In *Let Your Mind Run*, the vaunted Olympic medalist and marathon and half-marathon record holder reveals how she incorporated the benefits of positive psychology into her already-dedicated running practice, setting her on a course to conquer women's distance running. Blending both narrative running insights and deep-dive brain science, this memoir, written by perhaps the most famous American woman active in the competitive world of distance running, will appeal to the pragmatic athletic population, and jointly to fans of engaging sports narratives, inspirational memoirs, and uplifting biographies.

Urban's Legends

American Indian Reference and Resource Manual

Legend

Pele pointed to me and said, 'This man had prevented me from showing my skills to the audience of India,' with a broad grin on his face. Football God and Brazilian legend Pele's words on P.K.Banerjee after the later prevented Pele from beating his Mohan Bagan team in 1977. Beyond 90 Minutes is a candid heart wrenching autobiography of India's gifted son P.K.Banerjee, in which he bares it all about his illustrious career as a footballer and then as a coach spanning over six decades. It is a delightful reading for any football follower. The book describes the maestro's uphill journey in life and is told with all candidness and brutal clarity. It's an engrossing story of a dream journey for a little boy from pre-independent India who went on and was awarded the FIFA Order of Merit, the highest honor awarded by FIFA.

Running for Their Lives

For a decade after the Second World War, Emil Zátopek—"the Czech Locomotive"—redefined his sport, pushing back the frontiers of what was considered possible in terms of training, record-setting, and medal winning. He won five Olympic medals, set 18 world records, and went undefeated over 10,000 metres for six years. His dominance has never been equaled. And in the darkest days of the Cold War, he stood for a spirit of generous friendship that transcended nationality and politics. Zátopek was an energetic supporter of the Prague Spring in 1968, championing "socialism with a human face" in Czechoslovakia. But for this he paid a high price. After the uprising was crushed by Soviet tanks, the hardline Communists had their revenge. Zátopek was expelled from the army, stripped of his role in national sport, and condemned to years of hard and degrading manual labor: cleaning toilets in a uranium mine. Only the protests of the sporting world saved him from a worse fate. By the time he was rehabilitated in 1989, he was old and broken, a shadow of the man he had been. Based on interviews with people across the world who knew him, as well as his widow, fellow Olympian Dana Zátopková, journalist Richard Askwith breathes new life into the man and the myth and uncovers a glorious age of athletics and an epoch-defining time in world history.

Duel in the Sun

For more than three decades, not one American schoolboy had run a sub-4:00 mile. Then, in January 2001, Alan Webb clocked a 3:59.86 mile, the fastest indoor U.S. high school mile ever. Just a few months later, the young track star achieved legendary status: he ran a 3:53.46 mile—a full 2 seconds faster than former record holder Jim Ryun. Everywhere Webb was hailed as "America's Next Great Miler." In Sub 4:00, noted track writer Chris Lear follows Webb to college at the University of Michigan. As we witness Webb's freshman track season—watching him struggle with injuries, interpersonal conflicts, the politics of the collegiate track world, and his own aspirations to become the best miler ever—we get an unprecedented behind-the-scenes view of the life of one of the nation's most promising track athletes with a new chapter describing the latest developments in Webb's fascinating career.

Once a Runner

Nearly 10 years after its first publication, Aurum are re-issuing this classic running book which has defined a genre. It includes an introduction from bestselling author Robert Macfarlane and an epilogue from Richard Askwith. The concept of fell-running is simple: it's a sport that involves running over mountains – sometimes one, sometimes many. It's also immensely demanding. While running uphill is a stamina-sapping slog, running pell-mell down the other side requires the agility – and even recklessness – of a mountain goat. And there's the weather to contend with. It may make the sports pages only rarely, but in areas like the Lake District and Snowdonia fell-running is the basis of a whole culture – indeed, race organisers sometimes have to turn competitors away so that fragile mountain uplands are not irrevocably damaged by too many thundering feet. Fixtures like the annual Ben Nevis and Snowdon races attract runners from all over Britain, and beyond. Others, such as the Wasdale and Ennerdale fell runs in the Lakeland valleys – gruelling marathons of more than 20 miles – remain truly local events for which the whole community turns out, with many of the runners back on the same fells the next day tending sheep. Now, Richard Askwith explores the world of fell-running in the only legitimate way: by donning his Ron Hill vest and studded shoes to spend a season running as many of the great fell races as he can, from Borrowdale to Ben Nevis: an arduous schedule that tests the very limits of one's stamina and courage. Over the months he also meets the greats of fell-running – like the remarkable Joss Naylor, who to celebrate his fiftieth birthday ran all 214 major Lakeland fells in a single week; Billy Bland, the combative Borrowdale man whose astounding records still stand for many of the top races; and Bill Teasdale, a hero of the sport's earlier, professional days, whom he tracks down to his tiny cottage in the northern Lakes. And ultimately Askwith's obsession drives him to attempt the ultimate challenge: the Bob Graham Round – a non-stop circuit of 42 of the Lake District's highest peaks to be completed within 24 hours. This is a portrait of one of the few sports to have remained utterly true to its roots – in which the point is not fame or fortune but to run the ancient, wild landscape, and to be a hero, if at all, within one's own valley. *Feet in the Clouds* is a chronicle of a masochistic but admirable sporting obsession, an insight into one of the oldest extreme sports, and a lyrical tribute to Britain's mountains and the men and women who live among them.

Words on Cassette 2002

Prodigy

Sub 4:00

“Essential reading for every runner.” —Men's Fitness “Compelling...As becomes clear not long after its starting gun, this book transcends the search for a two-hour marathon.” —The Washington Post Two hours to cover twenty-six miles and 385 yards. It is running's Everest, a feat once seen as impossible for the human body. But now we can glimpse the mountaintop. The sub-two hour marathon will require an exceptional combination of speed, mental strength, and endurance. The pioneer

will have to endure more, live braver, plan better, and be luckier than anyone who has run before. So who will it be? In this spellbinding book, journalist Ed Caesar takes us into the world of elite marathoners: some of the greatest runners on earth. Through the stories of these rich characters, like Kenyan Geoffrey Mutai, around whom the narrative is built, Caesar traces the history of the marathon as well as the science, physiology, and psychology involved in running so fast for so long. And he shows us why this most democratic of races retains its brutal, enthralling appeal—and why we are drawn to test ourselves to the limit. *Two Hours* is a book about a beautiful sport few people understand. It takes us from big-money races in the United States and Europe to remote villages in Kenya. It's about talent, heroism, and refusing to accept defeat. It is a book about running that is about much more than running. It is a human drama like no other.

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