

Run to Your Library!

Selected Titles about Running in the Marin County Free Library

April 2009

Kick Asphalt!

[ChiRunning: A Revolutionary Approach to Effortless, Injury-Free Running](#) by Danny Dreyer (2004) •

796.42 Dreyer

Dreyer, a nationally ranked ultra-marathoner, presents a training program that utilizes principles from other disciplines such as yoga, t'ai chi, and Pilates to enable runners to run faster and farther without getting hurt.



[Daniels' Running Formula](#) by Jack Daniels (2nd ed/2005) • 796.42 Daniels

Daniels, noted track and cross-country coach and advisor to Olympic and other world-class athletes, provides different programs for better running performance in distances ranging from 800 meters to the marathon.

[The Elements of Effort: Reflections on the Art and Science of Running](#) by John Jerome (1997) • 796.42

Jerome, a published author and seasoned runner, addresses all aspects of running with wit and passion and a nod to the classic writer's reference, *The Elements of Style*, by Strunk and White.

[Fun on Foot in America's Cities](#) by Warwick Ford (2006) • 917.304 Ford

Going out of town? That's no reason not to run, particularly if the destination is one of the 14 major cities included in Warwick's book with descriptions of 50 running routes and such information as local history, points of interest, and public transit. Sixty-four maps and 125 photographs supplement the book.

[Healthy Runner's Handbook](#) by Lyle J. Micheli (1996) • 796.42 Micheli

A sports doctor with over 20 years of experience treating injured runners, Micheli describes the diagnosis of, and rehabilitation from, 31 individual overuse injuries. He also discusses nutrition, injury prevention, and issues specific to female runners.

[Joan Samuelson's Running for Women](#) by Joan Benoit Samuelson (1995)

796.42 Samuelson

Among Samuelson's many racing accomplishments are victories at the Boston Marathon in 1979 and 1983, and winning the first Olympic women's marathon in 1984. Since retiring, she coaches women's cross-country and long-distance runners and works as a sports commentator and motivational speaker. In 2006, she assisted in pacing cycling great, Lance Armstrong, in his run of the New York City Marathon. In this book, Samuelson offers advice on all aspects of women's running. And besides, how can advice be ignored coming from an athlete who took Boston in '79 wearing a Red Sox cap?

[Marathon and Half Marathon: The Beginner's Guide](#) by Marnie Caron (2006)

796.42 Caron

Caron, writing in conjunction with the Sport Medicine Council of British Columbia, aims her 26-week training program for first-timers preparing to enter a full or half marathon with the goal of crossing the finish line without targeting a specific finishing time.

[Marathon Running: The Complete Training Guide](#) by Richard Nerurkar (2000)

796.42 Nerurkar

World-class runner with victories in international cross-country and marathon events, Nerurkar provides tips, techniques, and training programs for all levels of marathoners.

[Marathoning A to Z: 500 Ways to Run Better, Faster, and Smarter](#) by Hal Higdon (2002) • 796.425 Higdon

For over 50 years, Higdon served as Senior Editor at *Runner's World* magazine and he continues to dispense running advice from his Virtual Training website. His many years of marathon-running knowledge and wisdom are condensed into this volume organized alphabetically by topic and often dispensed with tongue-in-cheek humor. Take a look at his treatment of the topic, "crying."

[Marathoning for Mortals: A Regular Person's Guide to the Joy of Running or Walking a Half-Marathon or Marathon](#) by John Bingham and Jenny Hadfield

(2003) • 796.42 Bingham

A former couch potato and smoker, Bingham began running when he was 43 and has completed 40 marathons and hundreds of 5Ks and 10Ks. In his *Runner's World* magazine column, No Need for Speed, Bingham inspires readers to run, and in this book, he and coach Hadfield provide advice, guidance, and training programs for successful running.

[No Need for Speed: A Beginner's Guide to the Joy of Running](#) by John Bingham

(2002) • 796.42 Bingham

Bingham emphasizes running for the pleasure of it, not for the pursuit of faster finishing times. He offers practical information and inspirational encouragement. Anyone who wants to be a runner can be a runner.

[The Nonrunner's Marathon Guide for Women: Get off Your Butt and on with Your Training](#) by Dawn Dais (2006) • 796.42082 Dais 2006

Dais is a self-professed couch potato and hardly a fan of exercise. Still, she decided to run the Honolulu Marathon as a fundraiser for the Stroke Association in 2003. She provides in this book a training program with practical advice delivered with much tongue-in-cheek wit and laugh-out-loud humorous entries from her running journal. Dais hopes aspiring marathoners will find this to be the guide that she didn't have when she was training.



[On the Run: Exercise and Fitness for Busy People](#) by Grete Waitz (1997) • 613.71
Nine-time New York Marathon winner and first woman ever to finish a marathon in under 2:30, Waitz describes how to fit a running regimen into a hectic lifestyle covering such topics as how to make time to how to make the best use of time, training while traveling, incorporating the family into fitness, and more.

[Programmed to Run](#) by Thomas S. Miller (2002) • 796.42 Miller
Miller holds a PhD in exercise and sport science, has completed over 100 marathons, and has coached world-class athletes in cycling, marathoning, and triathloning. His book describes integrating mind (focus and mental coping) and body (stride mechanics and proper breathing) for improved running performance.

[Run for It: A Woman's Guide to Running for Emotional and Physical Health](#) by Karen Bridson (2002) • 796.42 Bridson
Bridson, a marathoner and certified personal trainer, whose running contributed to her losing over 30 pound and helped her cope with severe depression advises readers that running can change women's lives by reducing stress, anxiety, and depression; promoting relaxation; decreasing symptoms of PMS; and improving cardiovascular and mental states during pregnancy.

[Run Your First Marathon: Everything You Need to Know to Make It to the Finish Line](#) by Grete Waitz (2007) • 796.425 Waitz
Waitz, nine-time winner of the New York Marathon, presents a 16-week program for a successful marathon finish. She includes discussion of such specific issues as cross-training and runners over the age of 40 looking to conquer 26.2 miles for the first time.

[Runner's World](#) (magazine)
Currently published by Rodale Press, *Runner's World* has been the powerhouse magazine of the sport since 1966 when it began as *Distance Running News*. The magazine covers all aspects of running: product reviews including the biannual shoe buyer's guide, nutrition and training advice, injury-prevention and motivational tips, racing reports, feature stories that appeal to casual joggers and front-of-the-pack speedsters, and more.

[Runner's World Complete Book of Running](#) edited by Amby Burfoot (2004)
796.42 Complete
In this revised edition of the title first published in 1997, *Runner's World* magazine executive editor Burfoot consolidates updated information covering all aspects of running, from buying that first pair of running shoes to improving performance for that racer's edge.

[Runner's World Complete Book of Women's Running](#) by Dagny Scott Barrios (2007) • 613.7172 Barrios
Dagny revises and updates the 2000 edition of this title to discuss running and training with a focus on such issues as nutrition, weight loss, safety, pregnancy, and menopause.



[Runner's World Complete Guide to Trail Running](#) by Dagny Scott Barrios (2003)

796.42 Barrios

Departing the asphalt to run trails opens up a whole new running experience. Barrios discusses equipment, training and racing, and injury prevention unique to the trail environment.

[Running and Being: The Total Experience](#) by George Sheehan (1998)

796.42 Sheehan

Sheehan was a cardiologist who enthusiastically embraced recreational running when he was 44; when he was 50, he set an age-group world record for running the mile. Spilling his passion for running into writing, his authorship earned him the reputation as the philosophical guru of running during the running boom in the late seventies. This is the 20th-anniversary reprint of his New York Times bestseller, a classic in the genre of running non-fiction.

[Running for Dummies](#) by Florence Griffith Joyner (1999) • 796.42 Griffith Joyner

When it came to running, world-record holder and three-time Olympic gold (and one-time silver) medalist Griffith Joyner was no dummy. Published soon after her pre-mature death in 1998, this book is both a practical and inspirational guide to all aspects of running as well as a tribute to Griffith Joyner, one of the most vibrant, powerful, and popular track stars of our time.

[Running Injury-Free](#) by Joe Ellis (1994) • 617.102 Ellis

Don't ignore a nagging overuse injury, and don't let training get sidelined by an injury. Ellis addresses the prevention and treatment of injuries that may afflict runners from casual joggers to serious marathoners.

[Running Past 50](#) by Richard Benyo (1998) • 613.717

We don't get older; we just get better. Benyo, former executive editor of *Runner's World* and runner of distances from 400 meters to ultramarathons, provides advice to experienced runners who are looking to keep their training vital and motivation intact as they hit the big five-oh.

[Running Well](#) by Sam Murphy and Sarah Connors (2009) • 796.42 Murphy

The authors provide the keys to maximizing performance while avoiding injuries to allow runners at all levels to easily assess and improve technique. Anatomical art supplements the thorough coverage of causes and symptoms of dozens of running injuries

[Running Within: A Guide to Mastering the Body-Mind-Spirit Connection for Ultimate Training and Racing](#) by Jerry Lynch and Warren A.

Scott (1999) • 796.42

Sport psychologist-runner Lynch and physician-triathlete Scott combine scientific research and personal experience to illustrate how successful running results from strengthening and integrating one's physical, mental, and spiritual states.



[The Ultimate Guide to Trail Running](#) by Adam W. Chase and Nancy Hobbs (2001)

796.42 Chase

Board members of the American Trail Running Association, Chase (president) and Hobbs (executive director), describe how to get the most from off-road running, from locating trails to using techniques for ascending, descending, and avoiding obstacles, and more.

The Races

[Boston: A Century of Running](#) by Hal Higdon (1995)

796.425

The Boston Marathon is the oldest annual marathon in the world. Published to commemorate the 100th anniversary of one of the world's most prestigious road races, this book covers the history of the race in engaging text and captivating photographs, including images of the historic 1967 incident when race director, Will Cloney, and trainer, Jock Semple, attempted to eject Kathrine Switzer from the course after realizing that Switzer's registration had been accepted even though women were not permitted to officially enter.

[C.C. Pyle's Amazing Foot Race: The True Story of the 1928 Coast-to-Coast Run across America](#) by Geoff Williams (2007) • 796.42 Williams

It was the year before the Great Depression; the country was enthralled with fads of endurance: flagpole sitting and dance marathons. Against this backdrop, promoter and sports agent, C.C. Pyle, dreamed up a running race, dubbed by detractors as the Bunion Derby, starting in Los Angeles and ending in New York, with \$25,000 going to the first-place finisher. Williams presents an energetic and entertaining account of the event and the major players.

[The Dipsea: The Greatest Race](#) by Barry Spitz (1993) • 796.424 Spitz

Building on the scholarship of Mark M. Reese's *The Dipsea Race*, Spitz, Marin historian and author, and an active participant in, and proponent of, the Marin running community, traces the history of the Dipsea Race through 1993. Spitz's exhaustive research includes never-before-published archived information and photographs. He includes a spirited narrative for each yearly account of the race and provides a course map, detailed tables and more.

[The Dipsea Race: The History of America's Second Oldest Footrace, 1905-1979](#) by

Mark M. Reese (1979) • 796.426 Reese

Having first run the Dipsea Race in 1965, Reese became enamored of both the event and the Dipsea trail. Reese enthusiastically chronicles the race which includes details of the Women's Dipsea Hikes held 1918 to 1922 which Reese describes as possibly "the only record of American women in the generation before the 1960s competing in large numbers in a real cross-country distance race."



[The World of Marathons](#) by Sandy Treadwell (1987) • 796.426

With rich text and lavish color photographs, Treadwell effectively captures the spirit and energy of marathon running. Travel through Treadwell's narratives to 26 (hmm, that's appropriate) marathons and five continents: taste the sweat, feel the exhaustion, and exult in the joy.

The Runners

[Chariots of Fire](#) directed by Hugh Hudson (2005) • DVD Drama Chariots

This film which garnered four Academy Awards, including Best Picture and Best Music/Original Score, in 1981 dramatizes the true story of two British sprinters competing in the 1924 Olympics. While one athlete runs to glorify God, the other runs to escape anti-Semitism and class prejudice. The musical theme composed by Vangelis may still be heard today blaring from the loudspeakers of spectators who line the routes of road races to inspire and cheer on the runners.

[Chasing the Hawk: Looking for My Father, Finding Myself](#) by Andrew Sheehan (2001) • 796.42 Sheehan

In the 1970s a man finds running to be an absolutely transformative experience. He starts writing about running. His writing reaches such a wide audience that he becomes the publicly anointed guru of running. That man is George Sheehan. But while he is placed in the spotlight of fame and popularity, is there a dark side to the story? What happens to his relationships with his wife and family? Andrew Sheehan's honest and emotional memoir recounts his turbulent relationship with his famous father.

[First Marathons: Personal Encounters with the 26.2-Mile Monster](#) edited by Gail Waesche Kislevitz (1998) • 796.425

Thirty-seven runners, from elite racers to middle-of-the-pack survivors tell what it's like to run 26 miles, 385 yards. Let their tales of hope and glory, pain and suffering, grit and determination be the fuel of inspiration.

[A Kind of Grace: The Autobiography of the World's Greatest Female Athlete](#) by Jackie Joyner-Kersey (1997) • 796.42

Joyner-Kersey recounts growing up in poverty in East St. Louis, Illinois and overcoming debilitating asthma, including her refusal to take the banned steroid, prednisone, to treat the condition, to eventually win three gold among six Olympic medals and to become the heptathlon world-record holder at the Seoul Summer Olympics in 1988.

[Loneliness of the Long Distance Runner](#) by Alan Sillitoe (1992) • Fiction Sillitoe

Sillitoe's collection of short stories is at once a portrait and social criticism of the poverty endured by the British working class in the 1950s. In the title story, the main character, Colin Smith, shows promise as a cross-country runner while in reform school and is entered by the reform-school warden into an athletic competition against a local private school. Winning a race can mean different things to different people.



[Looniness of the Long Distance Runner: An Unfit Londoner's Attempt to Run the New York City Marathon from Scratch](#) by Russell Taylor (2001) • 796.426 Taylor
Tweaking fellow British writer, Alan Sillitoe's *Loneliness* title, humor writer Taylor (think of a milder Dave Barry with a Commonwealth accent), decides to run New York so he can write a book about it with all the proceeds going to charity. Taylor takes us on his journey as his poor unsuspecting body wakes up to the task.

[Marion Jones: Life in the Fast Lane – An Illustrated Autobiography](#) by Marion Jones (2004) • 796.422 Jones, M

This book is lavishly illustrated with sumptuous color photographs. This is Marion Jones in her own words as she developed into a world-class athlete... before revelations of her steroid use came to light resulting in her competitive results attained after September 2000 getting disqualified, her medals forfeited, her athletic achievements forever tarnished.

[The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It](#) by Neal Bascomb (2004) • 796.42 Bascomb • Also available as an audiobook on [CD](#) or [cassette](#).

Of course we know by now who first broke the four-minute mile, but Bascomb offers a highly readable account of the dramatic showdown among Roger Bannister, English medical student; John Landy, Australian agricultural student; and Wes Santee, Kansas farm boy; not only to be the first to set this record but to continue pushing beyond it.

[Pretty Good for a Girl](#) by Leslie Heywood (1998) • 796.42

In her memoir, Heywood graphically and honestly recounts the struggle for acceptance as a female athlete in the male-dominated world of high school and college track and cross-country running in the days before Title IX. Having earned her PhD in English in 1993 and attained full professorship at SUNY Binghamton in 2002, the inequities in women's athletics and is a respected voice in women's sports.

[Sub-4:00: Alan Webb and the Quest for the Fastest Mile](#) by Chris Lear (2003)
796.42 Webb, A

In January of 2001, Alan Webb astounded track fans by running a 3:59:86 mile at an indoor meet, becoming the first American high-school runner to break the four-minute indoor mile. In May of the same year, he went on to run a 3:53.43 mile, breaking Jim Ryun's national high school record which had held for 36 years. Lear's book follows Webb as he enters the University of Michigan to face the rigors of academics and the dynamics and politics of the track team who suddenly find among them a runner in the media spotlight.

[Tony Richardson's the Loneliness of the Long Distance Runner](#)

directed by Tony Richardson (2007) • DVD Drama-Loneliness
In 1962, Richardson faithfully and credibly brought Alan Sillitoe's short story to the screen. Shot in black and white, the film vividly depicts the dreary life of protagonist Colin Smith, sharply played by Tom Courtenay, his tough reform school incarceration, and the cross-country training runs that lead to the final climactic race.



[Ultramarathon Man: Confessions of an All-Night Runner](#) by Dean Karnazes
(2005) • 796.42 Karnazes

When 26.2 miles aren't enough, some go for the ultramarathon. Karnazes has completed the Western States 100, a 199-mile relay with only himself on the team, and the Badwater 135 which he has also won. His feats (also his "feets") are truly impressive as are his determination and dedication which blend with a certain degree of whackiness.

Running on the Web

[Dipsea: Mill Valley to Stinson Beach](#) <http://www.dipsea.org/>

Begun in 1905, the Dipsea is run annually on the second Sunday in June and is recognized as the oldest trail race in America. The website presents the history of the race, finishing results, entry information, course description, photos, and more.

[Half Marathons](#) <http://www.halfmarathons.net/>

As the name indicates, this site pulls together race information for half marathons only. Events are searchable by geography which includes both the U.S. and international locations as well as through a race calendar. Additional features include a message board and an Articles & Tips section.

[Hal Higdon](#) <http://www.halhigdon.com/>

Get running schedules for distances from 5K to the marathon. While Higdon's books and running instruction are available for purchase from this site, there is also a great deal of freely accessible information from this world masters runner, prolific author, and long-time contributor to *Runner's World*. In addition to running schedules, there are articles on such topics as stretching, carbo loading, and fitness walking.

[John Bingham](#) <http://johnbingham.com/>

John Bingham is head of the Penguin Brigade: "In the running lexicon, the word 'Penguin' has come to mean a person who runs more for the joy of running than for recognition and public rewards." Beyond the merchandising, his site offers tips for beginning runners, training, and running gear. Questions to Bingham may be emailed through Ask the Penguin.

[Marathon Guide](#) <http://www.marathonguide.com/>

This site is "everything marathoning," including a directory of US and international marathons, news and statistics, training tools, and a community bulletin board.

[Run Injury Free with Jeff Galloway](#) <http://www.jeffgalloway.com/>

There are plenty of opportunities to buy materials but there's also a lot of non-fee-based information including running schedules and tips on training and nutrition. The Pace Calculator is a handy feature: type in the time to complete a mile and the calculator computes finishing times and pace for distances of 5K, 10K, half-marathon, marathon, and marathon training.



[Runner's World](http://www.runnersworld.com/) <http://www.runnersworld.com/>

Like its print publication, the *RW* website provides articles and tips on all aspects of running and includes blogs and streaming video, and plenty of online tools such as calculators (e.g., pace, age-graded, calorie) and finders (e.g., recipe, race, running shoe).

Running Clubs

- ☞ [Impala Racing Team](http://www.impalaracingteam.org/) • <http://www.impalaracingteam.org/> • is based in San Francisco and “one of the country’s top all-women running teams,” recognized and sanctioned by the Pacific Association of USA Track & Field. Training focuses on participation in the PA-USATF Grand Prix series that includes 5K to marathon distances.
- ☞ [Lake Merritt Joggers and Striders](http://www.lmjs.org/) • <http://www.lmjs.org/> • advocates “running as a means of lifelong health and fitness for persons of all ages and levels of ability and to foster a sense of community, camaraderie, and collaboration...” Their namesake Oakland landmark is the site of regular runs every fourth Sunday.
- ☞ [Pamakid Runners](http://www.pamakids.org/) • <http://www.pamakids.org/> • promotes “a healthy lifestyle,” and supports “the running community and charitable causes...in the San Francisco Bay Area.” Established in San Francisco in 1971, the group has encouraged family participation with “pa,” “ma,” and the “kids.”
- ☞ [San Francisco FrontRunners](http://www.sffrontrunners.org/) • <http://www.sffrontrunners.org/> • is “the founding chapter of the FrontRunners, a world-wide network of running clubs for the LGBT (Lesbian, Gay, Bisexual, Transgender/Transsexual) community and...friends.” Weekly runs include Tuesday evenings at the Ferry Building, Saturday mornings at Stow Lake in Golden Gate Park, and Thursday evening interval workouts.
- ☞ [Tamalpa Runners](http://www.tamalparunners.org/) • www.tamalparunners.org/ • was founded in 1976 and for over 30 years has offered fun runs and sponsored competitive racing teams in Marin. Club members are involved in organizing regularly scheduled fun runs, monthly races, youth programs, and interval workouts. Among the events hosted by the club are the annual Memorial Day Races (formerly the Pacific Sun 10K) which is a PA-USATF Grand Prix event and the Golden Gate Headlands 50K.

[The Schedule](http://theschedule.com/) • <http://theschedule.com/> • began in the 1970s in Marin as a print publication announcing athletic events primarily in Northern California produced by [Kees Tuinzing](#) who was also the first president of Tamalpa Runners. On the web, it continues to offer a calendar of national and international events, plus online registration, entry confirmation, and race results.

[USA Track & Field \(USATF\)](http://www.usatf.org/) • <http://www.usatf.org/> • “is the National Governing Body for track and field, long-distance running and race walking in the United States;” its mission “is to foster sustained competitive excellence, interest, and participation in the sports of track & field, long distance running, and race walking.” The [Pacific Association](#) of the USATF includes Northern California.



Top Running Tunes: Kickin' It *Old School!*

- 🌀 [Band on the Run](#) / Paul McCartney & Wings
- 🌀 [Born to Run](#) / Bruce Springsteen
- 🌀 [Gonna Fly Now \(Theme from Rocky\)](#) / Bill Conti
- 🌀 He's a Runner / Laura Nyro
- 🌀 I'm a Roadrunner / Jr. Walker & the All Stars
- 🌀 Keep on Runnin' / Spencer Davis Group
- 🌀 [The Long Run](#) / Eagles
- 🌀 Look at Granny Run Run / Grand Funk
- 🌀 [Nowhere to Run](#) / Martha & the Vandellas
- 🌀 [Run, Run, Run](#) / Diana Ross & the Supremes
- 🌀 [Run through the Jungle](#) / Creedence Clearwater Revival
- 🌀 [Running on Empty](#) / Jackson Browne
- 🌀 [Running up that Hill](#) / Kate Bush
- 🌀 [Titles \(Chariots of Fire\)](#) / Vangelis
- 🌀 [Up around the Bend](#) / Creedence Clearwater Revival



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