

# BOOK LIST

## FICTION

### **Once a Runner**

*-Originally self-published in 1978, Once a Runner captures the essence of competitive running—and of athletic competition in general—and has become one of the most beloved sports novels ever published.*

### **Again to Carthage**

*-Again to Carthage is the "breathtaking, pulse-quickenning, stunning" sequel to Once a Runner that "will have you standing up and cheering, and pulling on your running shoes."*

### **Life at these Speeds**

*-In eighth grade Kevin Schuler is a popular kid with a decent, if not stellar, record on the track. Yet after fate takes him off a bus that crashes and kills his fellow students, including his girlfriend, Kevin inexplicably becomes a track phenomenon. Separated from his memory and distanced from his own life, he effortlessly smashes records and gains national attention, until he finds that he can no more remain apart from himself than he can from the ground beneath his feet.*

### **The Miler**

*-A Kentucky mountain boy in the 1950s is driven by a recurring dream of a Cherokee runner the century before. An unlikely coach finds the lone runner drained by stress over the decline of his father, and trains him to take on the mystery of his life and the challenge of Time itself.*

### **The Gift: A Runner's Story**

*-Paul Maurer, in The Gift, not only presents an interesting and captivating story, but he explores the deeper questions of why runners run, why we compete, and what makes such a simple sport, running, so rewarding to those of us who do it.*

### **Agony Hill**

*-Eric Roberts is a successful runner in a small town in North Carolina who finds himself up against a better runner, Trey Allison, the only runner he could not beat. But Eric discovers there is more to life than winning. In an instant, his life changes and he finds himself searching his soul to find out what is really important to him -- running or friendship or both. Along with his good friend Mary and an unlikely coach, he finds the answer. Agony Hill is a beautifully crafted tale that's heartbreaking, inspiring and uplifting. It captures what it is like to win again.*

### **Way of the Peaceful Warrior**

*-Based on the story of Dan Millman, a world champion athlete, who journeys into realms of romance and magic, light and darkness, body, mind, and spirit. Guided by a powerful old warrior named Socrates and tempted by an elusive, playful woman named Joy, Dan is led toward a final confrontation that will deliver or destroy him. Readers join Dan as he learns to live as a peaceful warrior. This international bestseller conveys piercing truths and humorous wisdom, speaking directly to the universal quest for happiness.*

## **NONFICTION**

### **Born to Run**

-Isolated by Mexico's deadly Copper Canyons, the blissful Tarahumara Indians have honed the ability to run hundreds of miles without rest or injury. In a riveting narrative, award-winning journalist and often-injured runner Christopher McDougall sets out to discover their secrets.

### **Life Outside the Oval Office**

- *Nick Symmonds brings readers intimately into his life, and candidly shares his greatest triumphs and his most challenging personal and professional struggles. Nick has broken industry barriers, just by speaking up and out.*

### **The Perfect Mile**

-*The story of 3 runners' quest to break the 4 minute barrier for the first time. Roger Bannister was a young English medical student who epitomized the ideal of the amateur. John Landy was the privileged son of a genteel Australian family, who as a boy preferred butterfly collecting to running but who trained relentlessly in an almost spiritual attempt to shape his body to this singular task. Then there was Wes Santee, the swaggering American, a Kansas farm boy and natural athlete who believed he was just plain better than everybody else.*

### **Bowerman and the Men of Oregon**

-*No man has affected more runners in more ways than Bill Bowerman. During his 24-year tenure as track coach at the University of Oregon, he won four national team titles and his athletes set 13 world and 22 American records. He also ignited the jogging boom and invented the waffle-sole running shoe that helped establish Nike. Kenny Moore - himself one of Bowerman's champion athletes - brilliantly re-creates the legendary track coach's life.*

### **Running with the Buffaloes**

-*Writer Chris Lear follows the University of Colorado cross-country team through an unforgettable NCAA season. Allowed unparalleled access to team practices, private moments, and the mind of Mark Wetmore--one of the country's most renowned and controversial coaches--Lear provides a riveting look inside the triumphs and heartaches of a perennial national contender and the men who will stop at nothing to achieve excellence.*

### **Running Within**

-*Perform better, have more fun, and improve your running experience with Running Within. With goal-setting guidelines, relaxation and visualization exercises, fatigue and injury-coping methods, motivation boosters, and other strategies to help you break through mental barriers, you can reach higher levels of performance and thrive in competition.*

## **Pre**

*-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.*

## **Eat and Run**

*-Chock full of incredible, on-the-brink stories of endurance and competition, as well as fascinating science and accessible practical advice — including his own favorite plant based recipes, Eat & Run will motivate everyone to "go the distance" whether that means getting out for that first run, expanding your food horizons, or simply exploring the limits of your own potential.*

## **Running with the Legends**

*-Become a training partner, student, friend, and fan of some of the greatest runners ever. You'll be informed, inspired, and entertained by the programs, prescriptions, and personalities in this book. Who better to learn from than the best? " The closest and most complete look at how running and runners have changed from the great Emil Zatopek in the '40s and '50s to the superlative Uta Pippig in the '90s. It does so by detailing the development, training techniques, coaching, competitions, motives, and perspectives of 21 all-time great runners.*

## **The Greatest**

*-Two Olympic 10,000m golds; eight world championships indoors and outdoors; seventeen world records over four different distances; a fifty-four race winning streak—Haile Gebrselassie utterly dominated a decade of distance running. The Greatest is his authorized biography, written by Jim Denison, who worked on it with Haile for over two years, visited him in Ethiopia, and traveled with him on the European track circuit. Haile's life story is fascinating, detailing his early years of hard poverty in war-torn Ethiopia, his relentless training, his rise to godlike status in the track world, and the good works he has done for his country with his fame and fortune.*

## **Sub 4:00**

*-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. 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.*

## **Chasing the Runner's High**

*- Ray Charbonneau tells the story how he pushed his addiction to running up to, and then past, his limits. There are plenty of hard miles, but there's lots of fun along the way too as Ray shares what he learned, what he should have learned, and what he still has to learn from running.*

## **The Miler**

*-Meet Steve Scott, outstanding world-class athlete with an indefatigable zest for life and will to win. Here is the story of the track star and the man, whose talent and determination have taken him to the pinnacle of worldwide track and field for the better part of his twenty-seven-year career. The Miler takes us inside Scott's training regimen and mental preparation techniques and recounts his evolution from promising high school runner to disciplined international elite athlete. He also covers the modern history of the sport, from the days when athletes had to wait hours after meets to pick up their meager appearance fees to the current era of powerful sports agents, lucrative sponsorships, and big money prizes.*

## **Paula, My Story So Far**

*-Paula Radcliffe has been hailed as one of the finest female distance runners of all time. Her amazing run of record-breaking victories in 2002 and 2003, including smashing the women's world marathon record in Chicago and then again in London, showed an athlete at the peak of her powers. Such was her dominance that a gold medal at the 2004 Olympic Games in Athens seemed almost a formality. But as the world watched, and a nation held its breath, that historic race ended for her on a dusty curbside instead of the podium. Paula has become a passionate spokesperson against drug cheats and, inspired by her own battle with the condition, is widely admired for her patronage of asthma charities. Her remarkable life story of highs and lows is fully chronicled in this fascinating and inspiring autobiography.*

## **Cold Clear Day**

*-The biography of Buddy Edelen who once held the world record for the marathon. Famously, he moved from the United States to England in the early 1960's, at a time when America was producing few international-quality distance runners, and smashed stereotyped beliefs about what an American could accomplish. His story is widely accepted as an inspiration to current American athletes.*