Google Drive



First Marathons: Personal Encounters With the 26.2-Mile Monster

Gail, editor Kislevitz

Download now

Click here if your download doesn"t start automatically

First Marathons: Personal Encounters With the 26.2-Mile Monster

Gail, editor Kislevitz

First Marathons: Personal Encounters With the 26.2-Mile Monster Gail, editor Kislevitz
Introduction by Gail Waesche Kislevitz

"If you have the passion, you have the power."

I had already been pounding pavement for twenty-four years when I made the decision to run my first marathon. Growing up in the late sixties when women's sports was called cheerleading, I had no formal training in running techniques. I just ran, pure and simple. I ran for the joy of it, the thrill of it, the escape of it. During college, I played lacrosse because there wasn't a women's track team and it seemed like the next best thing to do. But I still remained faithful to my daily run. I ran through the bitter-cold winters of Michigan during graduate school, through two pregnancies and countless other miles that seem to blend into one long life's run.

I don't know when I made the transformation from running as a sport to running as part of my life. I can't separate the two. When I run, my mind and body fuse together, creating an energy source that empowers me. It is my private time, my therapy, my religion.
Ultimately I had to test myself, to see just how far I could go. I wanted to train correctly, so I bought running books filled with important information: training routines, nutrition guides, stretching techniques, injury prevention, speed work, pace and performance guidelines. Everything I needed to know about the technical aspects of running a marathon, except the most important thing to me-its soul. No book took on the task of describing the feeling, the heart, the core of a marathon. What would it be like? What would I feel out there? Would I hit the mythical wall? Could the last six miles be so difficult? This was the information I craved.

I spoke with friends (and strangers) who had run marathons. They answered my questions with such passion, such fever and excitement for the event that I was mesmerized. I inhaled their stories as they captured every moment of the race: the lows of utter despair and pain, the highs of inner strength. They became my role models.
That was the beginning of this book. I am going to let runners speak for themselves-famous runners, unknowns, fast and slow, old and young. Through their experiences, you will feel the pain and the glory of running the marathon. Their lives h

Download First Marathons: Personal Encounters With the 26.2 ...pdf

Read Online First Marathons: Personal Encounters With the 26 ...pdf

Download and Read Free Online First Marathons: Personal Encounters With the 26.2-Mile Monster Gail, editor Kislevitz

---

From reader reviews:

Daryl Biddle:

The ability that you get from First Marathons: Personal Encounters With the 26.2-Mile Monster is the more deep you excavating the information that hide inside the words the more you get interested in reading it. It does not mean that this book is hard to be aware of but First Marathons: Personal Encounters With the 26.2-Mile Monster giving you joy feeling of reading. The writer conveys their point in particular way that can be understood by anyone who read the idea because the author of this e-book is well-known enough. This particular book also makes your current vocabulary increase well. It is therefore easy to understand then can go along with you, both in printed or e-book style are available. We advise you for having this kind of First Marathons: Personal Encounters With the 26.2-Mile Monster instantly.

Curtis Tyson:

A lot of people always spent their own free time to vacation or maybe go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read a new book. It is really fun for you. If you enjoy the book that you just read you can spent all day long to reading a book. The book First Marathons: Personal Encounters With the 26.2-Mile Monster it is very good to read. There are a lot of people that recommended this book. They were enjoying reading this book. Should you did not have enough space to create this book you can buy typically the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to fund but this book offers high quality.

Melvin Hayes:

Do you have something that you like such as book? The e-book lovers usually prefer to select book like comic, brief story and the biggest an example may be novel. Now, why not seeking First Marathons: Personal Encounters With the 26.2-Mile Monster that give your pleasure preference will be satisfied by simply reading this book. Reading habit all over the world can be said as the means for people to know world much better then how they react when it comes to the world. It can't be claimed constantly that reading addiction only for the geeky particular person but for all of you who wants to end up being success person. So , for all of you who want to start examining as your good habit, you are able to pick First Marathons: Personal Encounters With the 26.2-Mile Monster become your personal starter.

Joe Dix:

You may get this First Marathons: Personal Encounters With the 26.2-Mile Monster by go to the bookstore or Mall. Merely viewing or reviewing it could possibly to be your solve issue if you get difficulties for your knowledge. Kinds of this publication are various. Not only by written or printed but in addition can you enjoy this book through e-book. In the modern era just like now, you just looking from your mobile phone

and searching what your problem. Right now, choose your own personal ways to get more information about your publication. It is most important to arrange you to ultimately make your knowledge are still change. Let's try to choose right ways for you.

Download and Read Online First Marathons: Personal Encounters With the 26.2-Mile Monster Gail, editor Kislevitz #O3BU7SM0PVD

Read First Marathons: Personal Encounters With the 26.2-Mile Monster by Gail, editor Kislevitz for online ebook

First Marathons: Personal Encounters With the 26.2-Mile Monster by Gail, editor Kislevitz Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read First Marathons: Personal Encounters With the 26.2-Mile Monster by Gail, editor Kislevitz books to read online.

Online First Marathons: Personal Encounters With the 26.2-Mile Monster by Gail, editor Kislevitz ebook PDF download

First Marathons: Personal Encounters With the 26.2-Mile Monster by Gail, editor Kislevitz Doc

First Marathons: Personal Encounters With the 26.2-Mile Monster by Gail, editor Kislevitz Mobipocket

First Marathons: Personal Encounters With the 26.2-Mile Monster by Gail, editor Kislevitz EPub