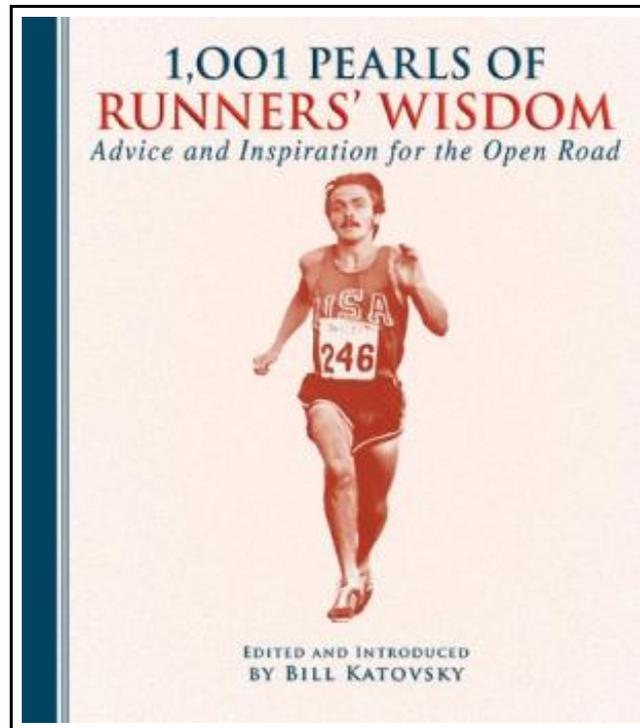


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Skyhorse Publishing. Hardcover. Book Condition: New. Hardcover. 400 pages. Dimensions: 5.6in. x 5.1in. x 1.4in. Within these pages, runners will find a wealth of knowledge, expertise, and even a little humor to encourage them in their sport. But whether comical or serious, the quotes contained here represent the finest writing and wisdom on running. Geared towards everyone from the long-distance enthusiast to the relative or friend of one, the musings collected are poignant, sentimental, and amazing. 1, 001 Pearls of Runners Wisdom covers a wide swath of topics, ranging from training to coaching to marathons to shoes to diet, and even barefoot or natural running, a new trend inspired by Christopher McDougalls national bestseller, Born to Run. I started the Boston Marathon as a 20-year-old girl, and came out the other end a grown woman. Kathrine Switzer It has been said that the love of the chase is an inherent delight in mana relic of an instinctive passion. Charles Darwin A lot of people run a race to see whos the fastest. I run to see who has the most guts. Steve Prefontaine Dont worry, everyone slows over time. Bill Rodgers Theres nary an animal alive that can outrun a greased Scotsman. Groundskeeper Willy, from The Simpsons Speed is sex . . . distance is love. David Blaike, Canadian ultrarunner Gazelles run when theyre pregnant. Why should it be any different for women Joan Ulyot, M. D. Im afraid the reason so many new runners quit is because they never get past the point of feeling like they have to run. John Bingham Run softly by imagining a helium balloon attached to your head. Lieutenant Colonel (Dr.) Dan Kuland, U. S. Air Force Chief of Health Promotion Motivation is what gets you started. Habit is what keeps you going. Jim Ryun They were the lightest shoes I could find. Ron...



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