

Run to Your Library!

Selected Titles About Running in the MARINet Libraries and Beyond

April 2011

Kick Asphalt!

[50/50: Secrets I Learned Running 50 Marathons in 50 Days and How You Too Can Achieve Super Endurance!](#) by Dean Karnazes (2008) • 796.42

Karnazes

Just for the record, Karnazes' 50 marathons in 50 days also took place in 50 states, covering 1,310 miles and burning 160,000 calories along the way. While his accomplishments are extraordinary, the advice he imparts is inspirational for runners at all levels. Karnazes and his family reside in Ross.



[The Beginning Runner's Handbook: The Proven 13-Week Walk/Run Program](#) by Ian MacNeill and the Sport Medicine Council of British Columbia (2005)
796.42 MacNeill

This 13-week program will get you up and running—literally. All aspects of running are covered: diet, gear, training, motivation, injury recovery. There is also a focus on family in this third, revised edition: how to remain fit while on vacation, running during and after pregnancy, and running with children.

[The Big Book of Endurance Training and Racing](#) by Philip Maffetone (2010)
613.7 Maffetone, P

The Big Book of Endurance Training and Racing teaches athletes how to stay healthy, achieve optimal athletic potential, and be injury-free for many productive years.

[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 (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.

[Fitness Running](#) by Dick Brown (2003) • 796.42 Brown 2003

In the second edition of his book, Brown, an exercise physiologist and personal coach to Olympic and other world-class athletes, offers advice on fitness, stamina, injury recovery, and race preparation. In addition, he outlines programs and workouts that are customizable to accommodate different fitness goals.

[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.

[Long May You Run: All Things Running](#) by Chris Cooper (2010) • 796.42 Cooper

Learn how to win a race even when you finish last; the ten "destination" runs every runner should experience; what to do with your old running shoes; why listening to the right song may help you run faster; and how to run across the United States without leaving home.

[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

A 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. 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.

[Mastering the Marathon: Time-Efficient Training Secrets for the 40-Plus Athlete](#)

by Don Fink (2010) • 796.425 Fink

Setting out from the premise that the training methods that work for younger athletes no longer work for the same athletes in their forties, fifties, and sixties, Fink presents exciting new training methods and step-by-step action plans that result in faster times, fewer injuries, and more enjoyment for the forty-plus marathoner.



[Mile Markers: The 26.2 Most Important Reasons Why Women Run](#)

by Kristin Armstrong (2011) • 796.42 Armstrong, K
Runner's World contributing editor Kristin Armstrong captures the ineffable and timeless beauty of running, the importance of nurturing relationships with those we love, and the significance of reflecting on our experiences.

[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.

[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! 26.2 Stories of Blisters and Bliss](#) by Dean Karnazes (2011) • 796.4209 Karnazes

Karnazes runs for days on end without rest, across some of the most exotic and inhospitable places on earth... From the downright hilarious to the truly profound, the linked stories in *Run!* create an unforgettable tableau, providing readers with the ultimate escape and offering a rare glimpse into the mind-set and motivation of an extreme athlete.

[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.



[The Runner's Rule Book: Everything a Runner Needs to Know--And Then Some](#)

by Mark Remy and Others (2009) • 796.42 Remy, M

Every sport has rules. Running is no exception... But what about the everyday rules of running? The unspoken ones that pertain to the lingo, behavior, and etiquette that every seasoned runner seems to know and every newbie needs to learn?... *The Runner's Rule Book* will be the reference guide you'll turn to again and again for answers to your burning running questions.

[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 Injuries: Treatment and Prevention](#)

by Jeff Galloway and David Hannaford (2009) • 796.426 Galloway, J

Preventing an injury is always a better deal than treating one. The authors describe how to avoid injuries to the different parts of the feet and legs, but when an injury does occur, how best to treat it, recover from it, and if possible, to continue exercising during recovery.

[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.

[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

[Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Ever Seen](#) by Christopher McDougall (2009) • 796.424 McDougall

McDougall reveals the secrets of the world's greatest distance runners--the Tarahumara Indians of Copper Canyon, Mexico--and how he trained for the challenge of a lifetime: a fifty-mile race through the heart of Tarahumara country pitting the tribe against an odd band of super-athletic Americans. This title is also available as an [audio book](#).

[Boston: A Century of Running](#) by Hal Higdon (1995) • 796.425 Higdon

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 Coolest Race on Earth: Mud, Madmen, Glaciers, and Grannies at the Antarctica Marathon](#) by John Hanc (2009) • 796.425 Hanc

While runners relax over electrolyte-replacement fluids debating which is the most unusual or difficult marathon in the world, the Antarctica Marathon has got to be high on the list. Hanc's humorous account details the challenges of running in this icy inhospitable environment alongside some colorful and inspiring competitors.

[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 Human Race](#) by Len Wallach (1978) • 796.426 Wallach

While over 30 years have passed since this book was published, Wallach's work still stands as the only book devoted to the Bay to Breakers. The year 2011 marks the 100th anniversary of this iconic running event.

[A Race Like No Other: 26.2 Miles through the Streets of New York](#) by Liz Robbins (2008) • 796.42 Robbins

Robbins, sportswriter for the *New York Times*, covers the 2007 New York Marathon by describing in detail both the features of the course as well as the background and particular challenges faced by amateur and elite competitors alike. What sets this book apart from other similar titles is Robbins' inclusion of voices from the supporting cast: race organizers, aid-station workers, and performers who provide music along the race route.

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.

[The Dipsea Demon](#) directed by Drow Millar (2005) • DVD 796.426 Dipsea

A 96-year old man runs the second oldest footrace in America, the grueling Dipsea race, for a world record 68 consecutive times. An American original, he has lived alone all his life on his 400-acre homestead in the Sierra Nevada foothills with no running water, electricity or house. Note: Jack Kirk passed away in 2007 at the age of 100.

[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. The film based on this story is available on [DVD](#).

[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 author, 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.



[The Perfect Mile: Three Athletes, One Goal, and Less than Four Minutes to Achieve It](#) by Neal Bascomb (2004) • 796.42 Bascomb

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. This title is also available as an audiobook on [CD](#) or [cassette](#).

[Run, Fatboy, Run](#) directed by David Schwimmer (2008) • DVD Comedy Run

In this romantic comedy, slightly chubby cigarette-smoking Dennis trains to run a marathon to outrace his rival and win back his ex-fiance's affections. This wouldn't be art imitating life, would it? ☺

[Second Wind: One Woman's Midlife Quest to Run Seven Marathons on Seven Continents](#) by Cami Ostman (2010) • 796.42 Ostman

Second Wind is the story of an unlikely athlete and an unlikely heroine: Cami Ostman, a woman edging toward midlife who decides to take on a challenge that stretches her way outside of her comfort zone. Her adventures...inspire readers to take chances, find truth in their lives, and learn to listen to the voice inside them that's been there all along.

[To the Edge: A Man, Death Valley, and the Mystery of Endurance](#) by Kirk Johnson (2001) • 796.4252 Johnson

The Badwater Ultramarathon begins at 282 feet below sea level in Death Valley and ends at 8,360 feet on Mount Whitney. The course is 135 miles of searing life-threatening heat, blasting headwinds, and frequent lightning storms. When Johnson's brother, an accomplished athlete, committed suicide, Johnson decided to compete in the 1999 Badwater as a form of grief therapy. In this book, he details with humor and poignance his preparation (not even having completed a half-marathon previously), and the grueling physical challenges and gamut of emotions he experiences on his 54-hour journey.

[Triumph: The Untold Story of Jesse Owens and Hitler's Olympics](#) by Jeremy Schaap (2007) • 796.42 Owens, J

Jesse Owens was the first American track-and-field athlete to win four gold medals in a single Olympic Games: 100- and 200-meter sprints, long jump, and 4 x 400-meter relay. These victories at the 1936 Games held in Berlin were widely heralded as an embarrassment to Adolph Hitler who envisioned the Games as a propaganda showcase for Aryan supremacy. This title is also available as an [audiobook](#).

[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.



[What I Talk About When I Talk About Running: A Memoir](#) by Haruki Murakami (2008) • Bio Murakami, H

In 1982, having sold his jazz bar to devote himself to writing, 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 dozen critically acclaimed books, he reflects upon the influence the sport has had on his life. This title is also available as an [audio book](#) and as an [e-audiobook](#).

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.

[Gmaps Pedometer](#) <http://www.gmap-pedometer.com/>

"This is a little hack that uses Google's superb mapping application to help record distances traveled during a running or walking workout." Routes may be drawn automatically or manually. The manual option is a handy feature when plotting an off-road course where automatic drawing is restricted to defined roadways. Routes that are recorded through Gmaps Pedometer may be saved and printed.

[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.

[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.

[Orienteering USA](#) <http://orienteeringusa.org/>

Ready to combine running with an entirely different skill set? "Orienteering is a competitive international sport that combines racing with navigation. It is a timed race in which individual participants use a specially created, highly detailed map to select routes and navigate through diverse and often unfamiliar terrain and visit control points in sequence."

[Reuse a Shoe](#) <http://www.nikereuseashoe.com/>

Got shoes ready for the trash heap? Recycle them instead. "Established in the early 1990s, Nike's Reuse-A-Shoe program collects old, worn-out athletic shoes for recycling, transforming them into Nike Grind, a material used in creating athletic and playground surfaces as well as select Nike products."



[Road Runners Club of America](http://www.rrca.org/) <http://www.rrca.org/>

“The RRCA is dedicated to supporting the growth of grassroots running clubs, training programs, and running events while promoting the common interests of runners throughout the United States.”

[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, pace, 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.
 - ☞ [San Francisco Hash House Harriers](http://www.sfh3.com/index2.html) • <http://www.sfh3.com/index2.html> • carries on the tradition of the worldwide [HHH](#). Hashing is a “‘running game’ whereby the pack tries to solve the trail by interpreting marks put down in chalk and flour by the ‘hares’ – those who set the trail.” Socializing and consuming copious amounts of beer are encouraged as indicated by the SFHHH’s tongue-in-cheek self-description: “a drinking club with a running problem.”
 - ☞ [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.
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[Running Times](http://runningtimes.com/) <http://runningtimes.com/>

The companion website to *Running Times* magazine offers articles and columns on everything running: training, racing, injury prevention, nutrition, and much more. An archive of the content from back issues of the print magazine is also available.

[The Schedule](http://theschedule.com/) <http://theschedule.com/>

The Schedule 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.

[See Mommy Run](http://seemommyrun.com/) <http://seemommyrun.com/>

“Stay fit. Stay healthy. It’s one of the most important things we can do as a mom. Join other moms in your area to run or walk or to share health, fitness, and everyday living tips. We invite you to join existing groups in your area or start your own.”

[Ultramarathon Running](http://www.ultramarathonrunning.com/) <http://www.ultramarathonrunning.com/>

Feel like running 26.2 miles isn’t even enough to get out of bed for in the morning? Maybe it’s time to explore ultramarathoning. This website lists worldwide ultras and multiday long-distance events including two in Antarctica. Training plans, tips, and advice are gathered from many different specialized websites.

[United States Running Streak Association, Inc.](http://runeveryday.com/) <http://runeveryday.com/>

No, this isn’t about running without clothes on. How many days in a row can you run and how long can you keep that streak alive? “The official definition of a running streak, as adopted by the United States Running Streak Association, Inc., is to run at least one continuous mile within each calendar day under one’s own body power (without the utilization of any type of health or mechanical aid other than prosthetic devices).”

[USA Track & Field \(USATF\)](http://www.usatf.org/) <http://www.usatf.org/>

This organization “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.

[The World of Retro Running](http://www.backward-running-backward.com/) <http://www.backward-running-backward.com/>

There are lots of ways to vary training runs: incorporate track workouts or trail running with road work; mix in intervals or some hill repeats. But have you ever considered running sdrawkcaB? That is to say, *backwards*? Welcome to the sport of retro running!



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