



Lore of Running: Fourth Edition

Tom Noakes

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What does it take to be a runner? Two legs and a pulse—no courts or lined ball fields, no rules, tools, skills, or opponents required. How cool is that?

This bible, this running companion, explains how to nurture your inner athlete to find joy, health, and serenity in running. Yes, you can also find advice from world-class runners to help you kick your sister-in-law's butt in the Antarctic Ultramarathon, as well as superb stretching tips for staying injury free, but the real beauty of this book is Tim Noakes's intuitive grasp of the runner's mind set and motivation.

MATT SUTHERLAND (Fall 2014)

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