

Tourism Pat Comrades Marathon Memorandum 2014

Comrades MarathonHistory of the Friendly Sons of St. Patrick and of the Hibernian Society for the Relief of Emigrants from IrelandFooting with Sir Richard's GhostAround and aboutFirst Ladies of RunningMaster the Art of RunningWalter & Albertina SisuluThe Coolest Race on EarthKaapse bibliotekarisDrumAssemblyDelaware LawyerThe Columbia Granger's Index to Poetry in AnthologiesJournal of the University of Durban-WestvilleRunner's WorldJuluka NewsletterSouth Africa News UpdateThe South African Sugar JournalChase's Annual EventsSouth Africa at a Glance 2003-04 Tom Cottrell John Hugh Campbell Patricia Glyn Michael Green Amby Burfoot Malcolm Balk Elinor Sisulu John Hanc West Point Association of Graduates (Organization). University of Durban-Westville

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this is a humorous wry critical and sometimes nostalgic look at people and events in south africa over the past half century by one of the country s longest serving newspaper editors

today millions of women and girls around the world enjoy running and entering races it wasn't always so in 1961 when Julia Chase edged to the start of a Connecticut 5 miler officials tried to push her off the road at the 1966 Boston Marathon Roberta Gibb hid behind a Forsythia bush worried that police might arrest her the next year at Boston Kathrine Switzer was assaulted mid race by a furious race organizer in the mid 60s Indianapolis high schooler Cheryl Bridges was told not to run anywhere near the boys track team because she might distract them when Charlotte Lettis signed up for the University of Massachusetts cross country team in the fall of 1971 she was told to use the men's locker room a few years later in Coastal Maine young Joan Benoit would stop her workouts to pretend she was picking roadside flowers embarrassed that her neighbors might spot her running first ladies of running tells the inspiring stories of these and other fiercely independent runners who refused to give up despite the cultural and sports barriers they faced legends such as Doris Brown Francie Larrieu Mary Decker Jackie Hansen Miki Gorman and Grete Waitz are chronicled by Runner's World editor Amby Burfoot Burfoot even runs the 1994 Marine Corps Marathon with Oprah Winfrey whose successful finish opened the floodgates for other women runners first ladies of running is a beautiful and long overdue tribute to the pioneers of women's running and a gift of empowerment for female runners everywhere

although running is becoming one of the most popular sports learning to run properly can take time energy and consistency you need to do it regularly to become good at it and until you have achieved a certain level of competence it is unlikely that you will enjoy it very much or for very long for many runners physical and mental barriers can stop progress this book's ultimate aim is to help you enjoy to run to enjoy the feeling of movement to overcome inertia to renew yourself and to boost energy as a result master the art of running is based on the proven principles of the Alexander technique that encourage good body use and greater awareness of the way your body functions and moves the technique teaches you how to release tension from your back and neck and how to run without suffering from injuries the authors perspective on the sport takes them into areas rarely touched on in conventional manuals instead of placing importance on speed targets and goals it emphasises the importance of the way you run so you can transform your training and performance

this is well told story and an important historical record of the struggle for a democratic south africa

what would induce hundreds of people from all over the world to spend thousands of dollars each and two weeks of their lives just to run a marathon in antarctica especially one with a reputation as the toughest marathon on earth john hanc may have the answer when he turned 50 he gave himself the birthday present to end all others a trip to the end of the earth to run his most unforgettable race the coolest race on earth is both hanc s story and the story of the antarctica marathon first held in 1995 and now an annual event that sells out years in advance it s full of humor adventure and inspiring characters including a wheelchair bound competitor three record breaking grandmothers and an ex marine who described the race as the hardest thing i ever did in my life next to vietnam muddy cold hilly the race is by all accounts horrible up and down a melting glacier twice past curious penguins and hostile skuas and finally to a bleak finish line even the best runners take longer to run the antarctica marathon than any other yet the allure of marathon running combined with the fascinating reputation of the last continent has persuaded runners to brave a trip across the world s most turbulent body of water the drake passage to a land of extinct volcanoes and craggy mountain peaks lost explorers and isolated scientists penguin rookeries and whale sightings all for a chance to run those crazy 26 2 miles the coolest race on earth brings the world s most difficult marathon to life in a book that s not only a ripping read but also a deeply funny meditation on what makes people run

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