



# no need for speed

A BEGINNER'S GUIDE  
TO THE JOY OF RUNNING

JOHN "THE PENGUIN" BINGHAM

Columnist for **RUNNER'S** magazine  
WORLD  
and author of *The Courage to Start*

# No Need For Speed A Beginners Guide To The Joy Of Running

**Don Garber**



## **No Need For Speed A Beginners Guide To The Joy Of Running:**

No Need for Speed John Bingham, 2002-04-20 Provides practical and inspirational advice for both experienced and novice runners covering such topics as training injury prevention and finding joy in running *Propose Your Book* Patricia Fry, 2015-08-25 Authors are the CEOs of their books and their book proposals are their business plans Most agents and publishers require a proposal before ever setting eyes on a manuscript and it is a crucial element in getting published Writing a proposal can also help an author to write the right book for the right audience and to more successfully pitch a book to the right agent or publisher *Propose Your Book* offers a clear understanding of the book proposal process in today's fiercely competitive publishing climate It includes The most up to date concepts in writing a book proposal Insider tips from the agents and publishers Examples of actual proposals from publishers files Covering proposals for nonfiction fiction and children's books Patricia Fry provides a hands on approach from an experienced writer's perspective *Propose Your Book* enriched with innovative and tried and true strategies is a complete guide to perfecting contemporary proposals that will sell writers books Allworth Press an imprint of Skyhorse Publishing publishes a broad range of books on the visual and performing arts with emphasis on the business of art Our titles cover subjects such as graphic design theater branding fine art photography interior design writing acting film how to start careers business and legal forms business practices and more While we don't aspire to publish a New York Times bestseller or a national bestseller we are deeply committed to quality books that help creative professionals succeed and thrive We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers **Basic Marathon Training** Don Garber, 2004 Provides a guide to running a marathon including equipment training diet and injury prevention **An Accidental Athlete** John Bingham, 2024-01-11 Known by fans as The Penguin for his back of the pack speed John Bingham is the unlikely hero of the modern running boom In his new book the best selling author and magazine columnist recalls his childhood dreams of athletic glory sedentary years of unhealthy excess and a life changing transformation from couch potato to adult onset athlete Overweight uninspired and saddled with a pack and a half a day smoking habit Bingham found himself firmly wedged into a middle age slump Then two frightening trips to the emergency room and a conversation with a happy piano tuner led him to discover running and changed his life for the better Inspiring poignant hilarious and heartbreaking *An Accidental Athlete* is a warm and engaging book for the everyday athlete Bingham tells stories of the joys of running the pride of the finisher's medal a bureau busting t shirt collection intense back of the pack strategizing *An Accidental Athlete* is about one man's discovery that middle age was not the finish line after all but only the beginning *The Everything Running Book* Art Liberman, Carlo Devito, 2008-02-01 A Simon Schuster eBook Simon Schuster has a great book for every reader

**Marathoning for Mortals** John Bingham, Jenny Hadfield, 2003-05-02 Once considered a feat for superhuman athletes the marathon is now within every mortal's grasp Former couch potato John Bingham has joined forces with coach Jenny Hadfield

to create a winning plan that works for every mortal even you In *Marathoning for Mortals* you ll find the courage to train the willpower to persevere and the tenacity to finish one mile after another John and Jenny stick with you every step of the way from your first insecure thoughts to your last minute jitters to your supreme joy at the finish line In *Marathoning for Mortals* you ll find 8 training programs to run run walk walk run or walk the half marathon and marathon The advice you need to physically mentally and spiritually reach your dreams Tips to help you customize your training buy the right shoes and apparel and eat the best foods Guidance for common motivational physical and emotional roadblocks Join John and Jenny on an amazing transformative journey where the finish line is just the beginning

*The Gigantic Book of Running Quotations*  
Hal Higdon, 2011-02-15 With over 3 000 pieces of wit and wisdom from runners famous and humble here is an important running resource and a great gift for any runner George Sheehan a celebrated running writer philosopher and physician once wrote The more I run the more certain I am that I am heading for my real goal to become the person I am Today many runners whether they are training for the Olympics or whether they fit runs into their lunch hours would agree that for them the sport is much more than a way to stay in shape Their running defines who they are and leads them to achieve goals that they might never have thought possible This tremendous collection of wisdom captures the spirit and passion of those who run in over 3 000 entries covering topics such as training gear running philosophy and running in youth and old age The Gigantic Book of Running Wisdom will inspire everyone from seasoned marathoners to running novices It includes thoughts from famous athletes writers politicians and more including Percy Cerutti Carl Lewis Tom Brokaw David Letterman William Shakespeare Farrah Fawcett Emil Z topek Bill Rodgers Friedrich Nietzsche Sebastian Coe Bill Clinton Grete Waitz Roger Bannister and hundreds of others The one thing they all have in common is their understanding that as Amby Burfoot put it As we run we become 16 b w illustrations You have to forget your last marathon before you try another Your mind can t know what s coming Frank Shorter I love the feeling of freedom in running the fresh air the feeling that the only person I m competing with is me Wilma Rudolph Skyhorse Publishing as well as our Sports Publishing imprint is proud to publish a broad range of books for readers interested in sports books about baseball pro football college football pro and college basketball hockey or soccer we have a book about your sport or your team In addition to books on popular team sports we also publish books for a wide variety of athletes and sports enthusiasts including books on running cycling horseback riding swimming tennis martial arts golf camping hiking aviation boating and so much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home

**Essentials of Managing Stress During Times of Pandemic: A Primer** Brian Luke Seaward, 2021-04-21 A great addition to any personal health and wellness course as well as for use as a stand alone resource *Essentials of Managing Stress During Times of Pandemic* provides a concise and practical guide to stress management tips and techniques It begins but uncovering what

stress is the psychology of stress and how it affects the body before delving into effective coping skills The guide then walks through stress relief techniques including nutrition and physical exercise recommendations and closes with ten tips for staying grounded The included case studies illustrate how these approaches can be applied in practice     *Essentials of Managing Stress* Brian Luke Seaward,2016-01-07 The fourth edition of *Essentials of Managing Stress* teaches readers practical skills and techniques on how to best handle daily stressors and empowers them with the tools needed to live a balanced life The Fourth Edition is a highly accessible and student friendly text that is designed to promote personal growth along with content retention Students are guided through a series of more than 80 exercises and questionnaires that encourage them to adopt effective stress management practices into their personal health behaviors A new chapter on Ecotherapy rounds out the text and provides insight into the healing powers of nature     *Sport in American Culture* Joyce D. Duncan,2004-11-19 A unique and timely exploration of the cultural impact of sport on American society including lifestyles language and thinking *Sport in American Culture* is the first and only reference work to provide an in depth and up to date exploration of sport and its impact on American culture Essays from more than 200 scholars professionals and sports enthusiasts address how sport has changed our lifestyles language and thinking Arranged alphabetically the work introduces key sport figures and national icons with a focus on their cultural impact examines individual sports and how they have influenced society and discusses such phenomena as the billion dollar athletic apparel industry sport as big business and the effect of sport on gender racial views pride and nationalism In addition to expected topics the work also includes less studied areas such as myths audience rituals Wheaties comic books the hula hoop and religion     **Achieving the Mind-body-spirit Connection** Brian Luke Seaward,2005 Optimal health requires the integration balance and harmony of mind body spirit and emotions From comic relief and hatha yoga to guided mental imagery and music therapy this workbook contains more than 70 exercises that serve to integrate mind body and spirit as one dynamic force that can withstand the pressures of stress

*Health Promotion and Disease Prevention in Clinical Practice* Jessica S. Coviello,2019-03-19 The Third Edition of *Health Promotion and Disease Prevention in Clinical Practice* reflects a clinically focused team based approach to health promotion conversations This practical reference incorporates the latest guidelines from major organizations including the U S Preventive Services Task Force and offers a complete overview of how to help patients adopt healthy behaviors and deliver recommended screening tests and immunizations Packed with realistic strategies throughout it offers expert guidance on counseling patients about exercise nutrition tobacco use substance use sexually transmitted infections depression and more

*The Chicago Marathon* Andrew Suozzo,2024-03-18 Received the Hal Higdon Journalism Award recognizing serious journalism about running from the Chicago Area Runners Association CARA 2007 The first book length study of the city s great annual contest In *The Chicago Marathon* Andrew Suozzo reveals this citywide ritual as far more than a simple race Providing a full spectrum look at the event s production and participants Suozzo shows how the elements that comprise the

marathon also reflect modern Chicago's politics, its people and the ways the city engages with the wider world. The book encompasses all of the forces that come together to make the race the spectacle it has become today. Beginning with a brisk history of the marathon, Suozzo leads readers from its origins in Greek mythology to its modern reality and also along its rocky road to international prominence. He investigates the roles of sponsorship, small business support and the city's intervention on behalf of the marathon as well as the alliances the event has forged with the media and charity fundraisers. He also discusses race management and the grassroots support that ultimately make it possible, with a special perspective on the aid station directors and volunteers. Finally, The Chicago Marathon features numerous interviews with the runners themselves ranging from world renowned professional athletes to amateurs with diverse backgrounds and abilities. *Learn More Now* Marcia L. Conner, 2004-04-02 Leaders at all levels will benefit from Marcia Conner's amazing book of strategies, exercises and stories to maximize learning. This book is a must for your reading list this year. Ken Blanchard, Chief Spiritual Officer, Ken Blanchard Companies. A road map to reawakening the natural process of integrating learning into our daily lives. Kathy O'Driscoll, Human Resources Director, Microsoft. Finally a publication that genuinely respects learner diversity as much as it offers tangible ideas for dealing with it. Marcia L. Conner is a true learning champion. Gunnar Bruckner, former Chief Learning Officer, United Nations Development Programme. We're all born with a vast capacity to explore and learn. Unfortunately many of us never discover what we're truly capable of. What if you could reclaim your birthright and tap into your full potential for learning? Imagine how much you could accomplish, how much you could become. Here's your chance to find out. Through her innovative learning programs, Marcia Conner has helped thousands of people unleash the power of their intuition to rediscover the joy of learning and to expand their personal and professional productivity. In *Learn More Now*, she distills her renowned learning solutions into an easy-to-use ten-step program that will help you learn better, smarter and faster. Identify your learning style and your motivational style. Synthesize your experiences, perspectives, thoughts and actions. Develop new pathways in your brain to increase your opportunities. Absorb facts on the fly and overcome information overload. Optimize your environment for concentrating and learning. Packed with fun, easy-to-do action steps and exercises, *Learn More Now* will help you discover how to be more focused and aware, work in step with your natural rhythms, be improvisational in your approach and transform your life into a learning adventure. *Civilisation and Informalisation* Cas Wouters, Michael Dunning, 2019-01-31 Over the last century and a half, manners and formalities in the West have become less status-ridden, stiff and rigid. Debates around Norbert Elias' theory of civilising processes gave rise to questions of a change in direction of these patterns. The concept of informalisation, which describes these transformations, was first used to analyse the tumultuous changes of the 1960s and 1970s. This increasing informality, leniency and flexibility comes hand in hand with a growing demand on individuals to self-regulate their emotions. This book will stimulate debate around the changes in the standards of manners and emotion regulation and will generate new avenues of enquiry that focus on issues involving

informalisation The chapters shed light on a variety of such moral and political issues over the last 150 years offering a new and broader scope on the present social condition of humanity Civilisation and Informalisation will be an important addition for students and scholars of figurational process sociology and of broader interest to academics across sociology social psychology and social history Brian Luke Seaward,2011-08-24 Essentials of Managing Stress Second Edition teaches practical skills and techniques to handle the daily stresses in life While other texts are heavy with theory this book offers both theory and effective application With over 80 exercises that teach students effective coping skills and relaxation techniques Essentials of Managing Stress emphasizes that one must look at the mind body and spirit as equal parts of the whole person to deal with stress effectively Runner's World ,2003 Running from Scratch Barrett Williams,ChatGPT,2025-01-02 Embark on your running journey with Running from Scratch the ultimate guide for beginners eager to transform their fitness dreams into reality Whether you re starting from zero or needing a motivational boost this comprehensive eBook is your trusty companion on the path to completing your first 5K and beyond Dive into Chapter 1 and unravel the basics of running while shattering common myths that often hold beginners back Discover why a 5K is the perfect goal for newcomers and how setting the right foundation can propel you further than you imagined Harness the power of mindset and motivation in Chapter 2 Learn to set realistic goals uncover your personal why and maintain a positive attitude that fuels long term success Before you hit the ground running Chapter 3 ensures you re equipped with the right gear from shoes to trackers Then build a solid base by walking before running in Chapter 4 setting the stage for your fitness evolution Unlock the secrets of structured progression with the 8 Week Training Plan in Chapter 5 guiding you from groundwork to speed and stamina Ensure your form and technique are spot on in Chapter 6 to run efficiently and safely Injury prevention recovery and proper nutrition are paramount Chapters 7 and 8 provide essential strategies and tips to keep you healthy hydrated and fueled for success Safety first Chapter 9 covers all you need to know about running in various conditions while Chapter 10 fortifies your mind with strategies for race day Celebrate the triumph of crossing the finish line in Chapter 12 and reflect on your journey in Chapter 13 with insights to set new goals Engage with fellow runners in Chapter 14 and explore advanced techniques in Chapter 15 Running from Scratch is more than just a guide it s your entry into the vibrant world of running setting the pace for a lifelong adventure Ready set transform American Book Publishing Record ,2002 *A Year of Positive Thinking for Teens* Katie Hurley,2025-06-17 Transform your thoughts and find the confidence to navigate your teen years with positive thinking Being a teen can be an emotional roller coaster When you re overwhelmed by unrealistic expectations from your friends family social media feed teachers and even yourself it s normal to have thoughts and feelings like This is too hard or I ll never measure up With A Year of Positive Thinking for Teens you ll discover how to overcome these anxious thought patterns and build a happier more positive mindset to achieve your goals Let go of stress with relatable prompts and reflections all grounded in positive thinking and positive psychology strategies Find a daily dose of motivation through insightful quotes and

affirmations designed to encourage you to embrace happiness one day one thought and one year at a time A Year of Positive Thinking for Teens includes Pockets of joy Practice positive thinking in the moment with this beautiful easy to navigate and portable book Achieve your dreams Insightful quotes and affirmations will help you remember your strengths stay motivated and reach your goals Teens like you From self esteem issues to social media stress you ll discover prompts to help you through a wide range of issues teens face every day Find confidence courage and clarity on the road to adulthood with positive thinking



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