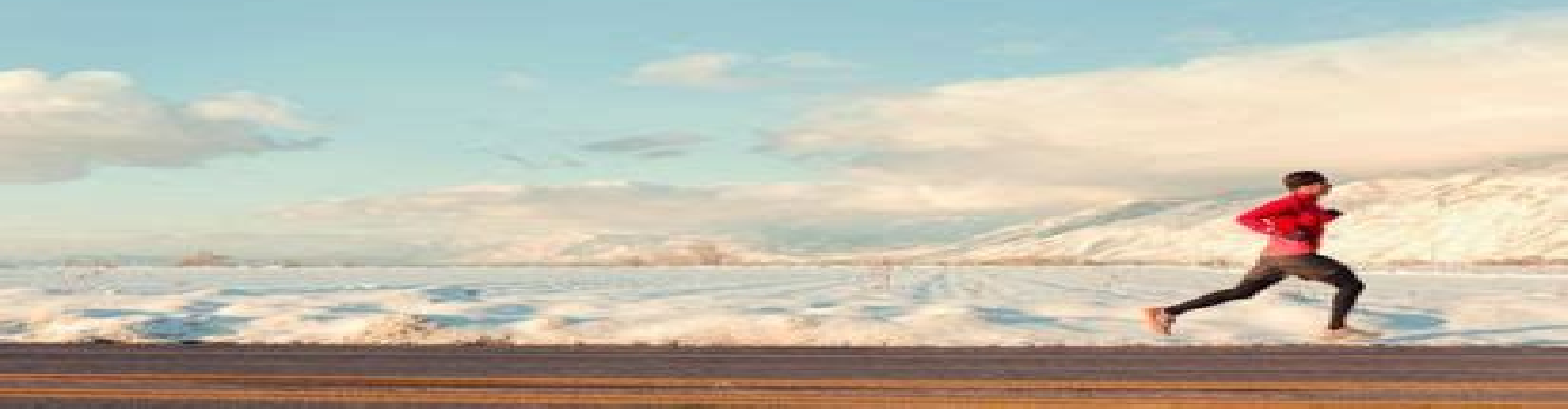


# MY BEST RACE

50 Runners and the Finish  
Line They'll Never Forget

Edited by Chris Cooper



# My Best Race 50 Runners And The Finish Line Theyll Never Forget

**United States. Department of State**



## **My Best Race 50 Runners And The Finish Line Theyll Never Forget:**

My Best Race Chris Cooper,2013-09-03 Fifty runners from the world s elite to passionate amateurs share the races they ll never forget in this fascinating and fresh look at competitive running Jon Sinclair former USA cross country and 10K champion RRCA Hall of Famer Every runner that enters a race has a unique motivation behind competing racing for the challenge for the achievement for the health benefits or for more personal reasons But whether they are twenty mile a day elite marathoners or twenty mile a week recreational runners each of them can invariably point to a singular performance as the best race I ever ran My Best Race is a collection of those singular performances In this inspirational collection fifty runners from Olympians and world champions to courageous disabled athletes and middle of the packers share their personal accounts of what they consider the best race they ever ran and why Contributors include a top marathoner who sacrifices his place on the Olympic team to pace his friend to the final qualifying spot at the Olympic Trials The Central Park Jogger who finishes a race she founded to benefit disabled athletes fourteen years after being left for dead from a brutal attack that gripped the nation an unheralded high school runner who beats a previously undefeated state champion and who goes on to become a two time Olympian the woman race organizers tried to physically remove from the male only Boston Marathon in 1967 and forty six other runners Such wonderful and inspiring stories by a diverse group of runners bravo Ryan Lamppa media director of Running USA What a fascinating concept A very unique and inspiring collection that gives great insight into the minds of runners Keith Brantly member of the 1996 US Olympic marathon team

**My Best Race** Chris Cooper,2013-09-03 Fifty runners from passionate amateurs to the world s elite share the races they ll never forget Every runner has a unique reason for competing racing for the challenge the achievement the health benefits or something more personal But whether they are twenty mile a day elite marathoners or twenty mile a week recreational runners each of them can invariably point to a singular performance as the best race i ever ran MY BEST RACE is a collection of those singular performances Fifty runners from Olympians to courageous disabled athletes to middle of the packers share personal accounts of what they consider the best race they ever ran and why Contributors include JEFF GALLOWAY A top marathoner sacrifices his place on the Olympic marathon team by pacing his friend to the final qualifying spot TRISHA MEILI The woman once known only as The Central Park Jogger crosses the finish line in the race she founded to benefit disabled athletes fourteen years after being left for dead from a brutal attack ED EYESTONE The unheralded runner comes out of nowhere to beat a previously undefeated state champion in a high school cross country race giving him the confidence to eventually become a four time NCAA champion and two time Olympian With excitement laughter tears and worn tread fifty runners recount their inspiring races and personal achievements

*50 Ways to Leave Your 50'S* Scott Ludwig,2015-02-20 In my fourth book In it for the Long Run one of the most popular chapters with the readers was You can call me Al It was all about my good friend Al Barker the only person Ive ever met who brakes with his left foot Wanting to capitalize on the popularity of

using titles of Paul Simon songs I reviewed his repertoire for an applicable title for this book Since the book is about my last year on earth before turning 60 years of age I initially considered Slip Slidin Away but thought that might project a negative connotation towards getting older Instead I chose one of Simons more popular songs and gave it my own slant as I wanted to do 50 things Id never done before in the 12 months leading up to becoming a sexagenarian dont get the wrong idea it just means a person between 60 and 69 years of age On my 60th birthday December 10 2014 someone asked me how I felt I said just like I did when I was 59 Heck it was only yesterday although my grandson calls it lasterday which if you really think about it makes a lot more sense As for the 50 things Id never done before dont expect anything outrageous jumping out of an airplane dangerous wrestling an alligator or spectacular making a dinosaur appear but if I could my grandson would be SO impressed Just 50 things pretty much anyone could do as long as they have the right attitude And by right attitude I mean sometimes you just have to say what the \_\_\_ Just because I turned 60 doesnt mean I reached maturity overnight After all maturity is for old people

**Life Still Goes On** Curtis L. Hayes, 2013-06-05 Would you believe that several years ago my life was completely devastated to the point of giving up all hope That is when God s grace and mercy inspired me to turn the terrible catastrophe into an opportunity to write Life Still Goes On an exciting thrilling incredible fascinatingly extra ordinary unbelievable story of my life A father grandfather and great grandfather my experiences as a former public school teacher a former pastor in the United Methodist Church a former missionary with the Sudan Interior Mission in Liberia West Africa and a former substitute teacher with the Roswell Independent School District will be included in this book I have to laugh sometimes because my life has been like the rides at an amusement park up and down and up and down and around and around as Life Still Goes On by Curtis L Hayes I purchased a coffee cup in the thrift store for 10 cents and this is what it said CURTIS A likeable fellow Many favors he s done Patience his virtue The courteous one John Piatt I have never met Mr Piatt but he summarized my life up pretty good Like an eagle that soars high and swoops down low to catch an animal My life seems to have been much like that Up and down back and forth round and round I would go I loved the roller coaster the most At 81 years of age I am still enjoying the rides God inspired and allowed me to write the remarkable autobiography Life Still Goes On by Curtis L Hayes

Physician Assistant: A Guide to Clinical Practice Ruth Ballweg, Darwin L. Brown, Daniel T. Vetrotsky, Tamara S Ritsema, 2017-02-20 Entering its 6th edition Physician Assistant A Guide to Clinical Practice is the only text that covers all aspects of the physician assistant profession the PA curriculum and the PA s role in clinical practice It is designed as a highly visual and practical resource to be used across the spectrum of lifelong learning enabling students and practicing PAs to thrive in a rapidly changing health care system Teaches how to prepare for each core clinical rotation and common electives as well as how to work with atypical patient populations such as homeless patients and patients with disabilities A succinct bulleted writing style convenient tables practical case studies and clinical application questions throughout enable you to master key concepts and clinical applications Helps you master all the core competencies needed

for certification or recertification Addresses all six Physician Assistant Competencies as well as providing guidance for the newly graduated PA entering practice Includes quick use resources such as objectives and key points sections for each chapter tip boxes with useful advice abundant tables and images and 134 updated case studies Features chapters for the 7 core clinical rotations and 5 common electives with key guidance on how to prepare effectively and what to expect Provides updated health policy information expanded information about international programs cultural competencies and pearls and pitfalls on working internationally as a PA Outlines the basic principles of Interprofessional Education an important new trend in medical education nationally New chapters cover Maximizing Your Education Future of the Profession Principles of PA Education Managing Stress and Burnout and many other topics Expert Consult eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures images and references from the book on a variety of devices

**The Trail Runner's Companion** Sarah Lavender Smith, 2017-06-01 The sport of trail running is booming as more runners seek more adventurous routes and a deeper connection with nature Not only are runners taking to the trail but a growing number are challenging themselves to go past the conventional 26.2 mile marathon point The time is right for a book that covers everything a runner needs to safely and successfully run and race trails from 5Ks to ultra distances Like a trusted coach The Trail Runner's Companion offers an inspiring practical and goal oriented approach to trail running and racing Whether readers are looking to up their distance or tackle new terrain they'll find sophisticated yet clear advice that boosts performance and enhances well being Along the way they'll learn Trail specific techniques and must have gear What to eat drink and think before during and after any trail run How to develop mental tenacity and troubleshoot challenges on longer trail adventures Colorful commentary on the characters and culture that make the sport special With an engaging encouraging voice including tips and anecdotes from well known names in the sport The Trail Runner's Companion is the ultimate guide to achieving peak performance and happiness out on the trails Sarah Lavender Smith has long been one of trail running's finest and most insightful writers and her first book The Trail Runner's Companion ties everything together for all trail runners from newbies to veterans and all abilities in between She expertly and empathetically describes how one should train eat drink and think while becoming a trail runner But perhaps most importantly of all she tells us what it means to be a trail runner why this journey in her words all the way up to the summit and back down is worth the effort If you already are a trail runner The Trail Runner's Companion will make you want to become a better trail runner If you aren't yet a trail runner The Trail Runner's Companion will make you want to become one John Trent longtime ultrarunner race director Western States 100 Mile Endurance Run board member and award winning sportswriter The Trail Runner's Companion is a must have for all trail runners both new and experienced It brings a wealth of knowledge and entertaining stories to keep you engaged in the valuable content of the book If only I had The Trail Runner's Companion to read before my first trail race I could have avoided so many mistakes I highly recommend it Kaci Lickteig 2016 UltraRunning Magazine

UltraRunner of the Year and Western States 100 Mile Endurance Run champion     *January is Faith: Women's Daily Devotional* Sparrow Brooks, A new Bible verse and devotional about faith through God's love for each day of the month Start your day off right each morning by studying God's word Grab your Bible and this new devotional get cozy and take a few quiet moments with the Lord to get your day off on the right foot Or end your day snuggled in bed while you let God speak to your heart Each day of the month begins with a Bible verse about how faith in God can bring peace to our lives followed by a personal story from author Sparrow Brooks and how she interprets this verse in her real life She ends each devotion with questions to ask yourself and a focus for the day January is the perfect time of the year to focus on having faith Use this time to let God speak to your heart about how having faith in Him can renew your spirit on a daily basis Let God's Word speak to your heart and grow your faith beyond measure With 31 days dedicated to experiencing faith in God this devotional is perfect any time of the year     **Running Your First Ultra** Krissy Moehl, 2015-12-01 Take Your Training to New Heights with This One Stop Manual on Ultras With fifteen years running and competing around the world under her belt Krissy Moehl is a top female ultramarathon runner respected by her peers and an inspiration to runners everywhere Between Moehl's positive and encouraging attitude and her deep knowledge and enthusiasm for the sport there's no one better to prepare and train you for your first ultra and beyond Moehl will become your guide to completing a 50K 50 mile or 100 mile race Her experience translates into the most effective and easy to follow training method broken down into phases to help all runners take it to the next level and accomplish their goals She shares her love of the sport by providing helpful tips bonus content and personal stories Her commitment to growing the sport and passion for coaching others running their first is evident in the care she's taken to create detailed plans and lifestyle adjustments With Moehl you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon     *Endure* Cameron Hanes, 2022-05-17 THE EXPLOSIVE NEW YORK TIMES AND NATIONAL BESTSELLER Push beyond your physical limits to improve yourself by following bowhunter and ultramarathoner Cameron Hanes's lifelong philosophies and disciplines It's all mental I say this all the time and it's true If you believe you can do it you can We all have virtually limitless potential Our bodies are capable of so much more than what we ask of them Take off the mental handcuffs get out there and start on your way today What is your passion You can become better at it Committing yourself to fitness only fuels your beliefs You gotta believe to achieve Cameron Hanes discovered his true passion for bowhunting when he was twenty Inspired by the physical challenges of stalking elk in the Oregon wilderness traversing mountainous terrain braving erratic weather and evading his quarry's even more dangerous predators he began an ever evolving journey of self improvement To become the best bowhunter of wild elk to the caliber he believed he could be Cam realized he would need more than archery skills He would need the stamina and strength that could only come from an athletic training regimen of long distance running and heavy weight lifting And every day for more than thirty years Cam has put in the work building miles and muscles pushing through

pain with a single minded focus on the only goal worth having besting himself time and again Part memoir part motivational manifesto Endure reveals how Cam a self professed average guy put himself through the paces to live the life of an expert bowhunter respected writer and family man With discipline sacrifice resilience a hard work ethic and a belief in his own capabilities Cam not only accomplished his dreams but continues to surpass them There is no secret to his success except relentless determination and loyal dedication to his own self worth If Cam can do it we all can Everyone has what it takes to endure adversity so we can rise above average be the best we can be and enjoy living life to the fullest **Congressional Record** United States. Congress,1984 *Best Life* ,2006-04 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life **Runner's World** ,2006-04 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **Running Through the Wall** Neal Jamison,2014-04-30 WHAT S IT LIKE TO RUN FOR 30 50 OR 100 MILES This book is a great inspiration not only to current ultrarunners and to marathoners looking for the next challenge but also to runners of all abilities who will see that there is nothing you can t do if you have the desire What makes ultrarunners tick What goes through their minds at mile 93 How can you train for such a colossal undertaking These questions and many more are answered in this inspiring collection of 39 personal stories from ultramarathoners Ultramarathoning is the logical next step for those who burn with a desire to explore their limits and beyond It is impossible to run ultra distances without coming away with at least one fascinating story This book is full of them There are stories of fatigue blisters nausea and despair But the ultrarunner prevails to find hope love healing self discovery friendship selflessness and in the end for most triumph Learn what it feels like to run an ultra from the champions the newcomers and the veterans of the sport A few brief excerpts I left Edinburg witnessing my second sunrise on this run Most ultrarunners dread dawn the hours from 4 00 to 6 00 a m primarily because this is when fatigue sets in Keith Knipling It would be hours before we d see the first aid station and probably close to two days before we d have dry feet again Deb Pero I m 95 miles into a 100 miler it s over 100 degrees out my legs are shot I m a few scant minutes ahead of Ann and Gabriel and my pacer is stopped dead in the trail for fear of a skunk Tim Twietmeyer Ultrarunning is without question the most feared aspect of adventure racing Ian Adamson The urge to quit right there was overwhelming but I was still in the race Perhaps a miracle would happen and I could get in under the four hours it would take to make the next cutoff I thanked the aid station captain and plunged into the darkness Will Brown It was time to put all the viable excuses aside and look inside Tracy Baldyga I think I quit about 20 times during the race mostly between the time the sun went down and the time that I finally walked away Reality sets in when it gets dark The trail gets lonely Jason Hodde During every race you are faced with a moment of truth a point in the race when you either quit or persevere to the end Every person who finishes an ultramarathon has accomplished a great feat simply because they finished Bethany Hunter **The Complete History of Cross-Country**

**Running** Andrew Boyd Hutchinson, 2018-01-16 In *The Complete History of Cross Country Running* author Andrew Boyd Hutchinson captures the full history of cross country running from the early 1800s to the present day on both a national and international scale. It includes chronicles of legendary teams, inspirational tales of achievement, controversies, and interviews with record-breaking runners past and present. From Walter George and Alfred Shrubbs to Steve Prefontaine, Bill Rogers, and Galen Rupp, and everyone in between, Hutchinson uncovers all angles via training logs, discussions with coaches, and the review of newspaper archives for race results and forgotten storylines. He offers commentary from Olympians such as David Torrence and Shannon Rowbury amongst others. Along the way, the book addresses the following topics: How cross country began in England; How the sport found its way to American colleges and universities; The birth of the International Cross Country Championships; All the close events including the 2012 race between Molly Huddle and Sara Hall at the US National Cross Country Championship; And so much more. Runner's World, 2006-03 *Runner's World* magazine aims to help runners achieve their personal health, fitness, and performance goals and to inspire them with vivid, memorable storytelling.

*My Quest For Boston and beyond* Rick Otey, 2016-02-14 Rick shares his story of overcoming a childhood disease and finishing the 95th Boston Marathon. Rick also ran in a 465-mile run and beat cancer. He later celebrated 10 years as a survivor by completing a 250-mile 12-day walk.

**RUNNING FROM INSIDE OUT** Jerry Lee, 2020-11-29 Enthusiastic Hiker and Trail Runner Jerry has participated in trail running events for more than twenty years across the United States, Canada, and Southeast Asia. He has a passion for trail running, approaching nature, and exploring the world's mountains, forests, and fields. He has journeyed from Hawaiian volcanoes to the American Rocky Mountains, from Canadian mountains to the jungles of Taiwan, Vietnam, Malaysia, and other Southeast Asian countries. He also led students from the Hawaii Pacific State University Mountaineering Society in volcanic and mountain-in-depth trail running activities. Appreciating the beauty and majesty of nature and inviting my friends to explore it with me gave me the greatest sense of achievement. The beauty of nature is like the sun in the mountains because you can't absorb all the sun on your own, so share it with everyone. Mother Nature is always there waiting for you. As long as you are willing to return to the mother's arms, she will provide endless positive energy. Why do I like climbing?

- 1 To get to know myself better
- 2 To see the beauty of heaven and earth
- 3 To meet friends who love nature

and extend the spirit of adventure challenges to all corners of the world. This book mainly addresses my first-hand experience of exploring the mountains and waters of eight countries, including the United States, Canada, Japan, Thailand, Malaysia, Indonesia, Singapore, Vietnam, through independent travel, trail exploration, national Hash trail running, foreign mountaineering trail competitions, as well as promoting and organizing Crazy Beer Trail running activities. I hope to introduce more friends to hiking, promote international cultural sports exchange, and finally share the experience of years of trail and mountain running. I draw on inner strength, experiencing the challenges of nature, to achieve the best balance of mind and body.

**Running from the inside out** Runner's World, 2008-02 *Runner's World* magazine aims to help runners achieve



their personal health fitness and performance goals and to inspire them with vivid memorable storytelling Running Out of Gas Scott Ludwig, 2018-01-15 It s inevitable that all runners who have been pounding the pavement for a very long time will eventually slow down Having run every day since November 30 1978 Scott Ludwig certainly falls into this category Considering that he can no longer run a single mile in the pace he ran 26 of them when he set his first marathon best many years ago Ludwig finds he is ready to accept the reality of slowing down with age Now that he has entered the ranks of the grizzled veterans he seeks to offer runners all the wisdom and insight he gained from his many years and miles on the roads and trails A do as I say not as I do runner Ludwig has compiled his advice for runners who find they may not run quite as fast as they used to in Running Out of Gas a humorous take on aging gracefully Relating his own personal running anecdotes Ludwig prepares runners for what s to come while sharing a few laughs along the way Runners of all ages and mileage will enjoy Scott Ludwig s Running Out of Gas Newsletter United States. Department of State, 1992

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