

An Annotated Bibliography of Running Literature 1975-2016

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I. 日本語要旨

この注釈付文献では、ランニング種目（陸上競技、クロスカントリー、ウルトラマラソン）を主題とするエッセイ、自伝、小説、伝記を収集している。収集された作品は1975年から2016年10月にアメリカで出版された作品を対象としている。

これまでに二つの注釈付文献 *Guide to British Track and Field Literature 1275-1968* (Athletics Arena, London, 1969)と *An Annotated Bibliography of Track and Field Books Published in the United States Between 1960-1974* (San Jose State University, San Jose, CA, 1975)が出版されており、この注釈付文献では後者の注釈文献に続くものとなっている。1975年から2016年にかけて執筆されたランニング文学作品は43作品あり、1975年から1979年に2作品、1980年代に2作品、1990年に6作品、2000年から2016年に33作品が執筆され、2000年代に入ると1970年代の作品数の16倍へ増加した。70年代に活躍した Frank Shorter、Bill Rodgers、Alberto Salazar らのマラソナーが作品数や主題となる種目の変化へ影響していると想定されたが反映されることがなく、著名アスリートやランニングが作品の主題とし本格的に取り上げられるようになったのは1990年代からとなった。作家の性別にも特徴が見られ、37作品中28作品が男性作家によるもので残り9作品が女性作家による作品であった。女性作家の登場は2000年に入ってからとなり、作品中に男性中心のスポーツ界を批判するフェミニズム的な側面も描かれていた。このように収集された43作品には、年代による作品数や扱われる種目、作品のジャンル、作家の性別などに特徴が見ることができる。

II. Introduction

This project covers novels, essays, biographies and autobiographies on all running events—track and field, cross-country, (ultra) marathon—published in the United States with the aim of cultivating the relatively undeveloped study of the genre for its further enhancement, but also in hopes of becoming a useful resource for those who wish to study running literature.

The coverage of this project ranges from 1975 to October 2016. Only two annotated bibliographies exist: *Guide to British Track and Field Literature 1275-1968* (Athletics Arena, London, 1969), the first British bibliography on track and field, and *An Annotated Bibliography of Track and Field Books Published in the United States Between 1960-1974* (San Jose State University, San Jose, CA, 1975). These bibliographies not only include track and field events but also cross-country and marathon. In the latter bibliography, Ray Morrison, its author, says that the vast majority of British books are included in the *Guide to British Track and Field Literature 1275-1968*. Since his own bibliography deals with American publications between 1960-1974, my study deals with publications from 1975 to the present.

In this bibliography, 43 works have been collected using multiple online databases—ABSEES, Amazon, Book Review Digest Plus, Goodreads, *MLAIB* online, *Times Literary Supplement*, *Webcat*—with a combination of keywords such as “cross-country”, “distance runner”, “distance”, “endurance sport”, “endurance”, “literature in track and field”, “long distance runner”,

“marathoner”, “marathon”, “runner”, “running in literature”, “running literature”, “running”, “run”, “sprinter”, “sprint”, “stride”, “track and field”, “track”, “trod”, “ultramarathoner”, “ultramarathon” .

These works are placed in chronological order so that readers can know the varying interest in each event during each era. Each work collected in this bibliography is fully annotated, and the annotations are intended to provide useful information to those who study this field. An index of athletes, athletic organizations, major competitions, injuries, training methods, and physiology and symptoms common for athletes is given at the end.

The breakdown of kinds of events is as follows: 10 works on sprinting, 6 works on middle distance, 9 works on long distance, 9 works on marathon, 5 works on ultramarathon and 4 works on cross-country. The breakdown of the genres is the following: 7 novels, 5 essays, 13 biographies and 18 autobiographies. Two novels were published from 1975 to 1979, one on middle distance and the other on marathon. In the 1980s, 2 works were published: an autobiography on middle distance and an essay on long distance. In the 1990s, 6 works were published: 3 works on sprint, 1 work on middle distance, 2 works on long distance (3 novels, 2 biographies and 1 autobiography). Works published from 2000 to 2016 are classified as follows: 6 works on sprint, 3 works on middle distance, 6 works on long distance, 8 works on marathon, 6 works on ultramarathon, 4 works on cross-country, and 16 autobiographies, 11 biographies, 2 novels, and 4 essays.

Among these works, some tendencies such as the number of works, genre,

events, contents and author's and protagonist's sex can be seen, and these trends are mentioned with sociological aspects.

The number of works of running literature seems to be related to the running boom in the 1970s, when people around the world took up running. When looking at the number of participants in the New York Marathon, first held in 1970 and now known as a Major World Marathon, the total number of participants has been increasing, particularly the number of women.¹

Although the running boom happened in 1970s and the interest in running has been growing, their influence was not immediately reflected in the number of works on running. From 1975 to 1979, the only two works, one on middle distance and the other on the marathon, appeared. While one of the two works is a suspense novel and does not take running as a serious theme, the names of some world famous marathoners such as Abebe Bikila and Paavo Nurmi appear in the work. For example, in a website article the *Guardian* refers to Abebe Bikila's victory in the 1960 Rome Olympic marathon as one of fifty stunning Olympic achievements, "Bikila Runs Barefoot into History." Bikila, who was unknown and not recognized as a strong runner, amazed the world not only by becoming the first East African to win a medal, but also because he ran the race barefoot. Their success seems to have been recognized and to have had an impact on people.

¹ According to the TCS New York City Marathon, a website, which provides the statistical information on participants, in 1975, 24,863 runners (22,649 men and 2,214 women), in 1980s 170,932 runners (143,027 men and 27,905 women), in 1990s 282,420 runners (214,079 men and 68,341 women), in 2010 to current 1,070,784 (764,609 men and 306,175 women) has participated in the marathon.

An autobiography and essay first appeared in the 1980s, and during this decade, interest in distance running increased. The first autobiography, *In Quest of Gold: The Jim Ryun Story* by Jim Ryun, appeared at this time.

When turning to the 1990s, the publications show different traits. Not only do the publications on running literature triple, but works on sprinting first appeared in running literature. One curious thing is that three works out of six are all about African-American sprinters. African-American athletes had never been described in running literature before. Running itself was not considered important in society, and the issue of racism was also deeply rooted at that time. Nevertheless, African-American sprinters began to be described. Their appearance in works was thought to be the result of the success of the African-American athletes such as Carl Lewis and Wilma Rudolph, the first woman to get a gold medal in the Olympic Games. A woman athlete had never been written about in over two decades, and their appearance in running literature takes a huge role in the future prospects for women athletes. Although the interest in sprints has increased, writing about middle and long-distance runners were still popular.

According to *USA Track & Field (USATF)*, the top three ranks were occupied by American and British runners at the 1980 and 1988 Olympic Games in middle and long-distance races, and their constant national strength in these events may increase the popularity of running.

Another notable trait in running literature that should be given attention is the changing contents of the works. Turning to 2000 and works dealing with the

ultramarathon, the first one is Dean Karnazes' *Ultramarathon Man: Confession of an All-Night Runner*, his autobiography. Following this, six other works on the ultramarathon were published, all autobiographies, in which the authors emphasize their difficulties and the challenges of running great distances over a span of days without any sleep.

Autobiographies published before 2000 are about a famous athletes' life, focused on their success in athletics. Those who write about the ultramarathon focus more on their spirituality: they discover the authentic value of running through running great distances, even though they may risk their lives by running over difficult terrain and in dangerous places.

With the advent of the ultramarathon, the theme of the autobiographies has been changing, and a number of the works on the ultramarathon focus more on spirituality than the athletic success.

From 1975 to the 1990s, the genres of running literature are limited, and in this respect the running boom and the increasing number of runners are not necessarily reflected in running literature, but the successful athletes in each decade seem to have more influence over the running literature.

Turning to 2000, the number of works sextupled those of the 1990s. Following the introduction of a new event, works on ultramarathon first appeared its appearance follows after the World 100km Championships, the first major ultramarathon held in 1987. Unlike the unpopularity of running literature in the 1970s and 1980s, when only two works were published, works on the ultramarathon appeared soon after the first ultramarathon. These collected

ulatramarahon works are given high ratings by *Amazon*, *GoodReads*, and *Runner's World*. For example, *Runner's World* refers to Christopher McDougall's *Born to Run* as "the most entertaining running books ever" and to Amby Burfoot's *The Runner's Guide to the Meaning of Life* as "One of the five best books on running." Such praise has contributed to the spreading popularity of running literature.

Another factor contributing to the popularity of running literature is the recent development of social media and SNS such as Twitter and Facebook. Media broadcasts may cover a runner's performance in a race, but those who write about running may also appear on TV shows. Through their appearance in the media, people become interested in them and search for information about them on the Internet. It is no surprise that most authors who have published in the 2000s, such as Scott Jurek, the author of *Eat and Run*, Christopher McDougall, the author of *Born to Run*, and Pam Reed, the author of *The Extra Mile*, have SNS. On such, they write about the results of competitions and their physical improvement, and they introduce their books. The popularity of running literature is due in part to the dramatic development and accessibility of social media and SNS.

It is also worth considering the sex of the authors of each work: 28 male authors and 9 female authors write 37 works. (Works by co-author are excluded.) The breakdown of changing number is the following: in 1970 to 1979, two male authors, two works; in the 1980s, one male author, one work; in the 1990s, all male authors wrote five works; and from 2000 to 2015, 20 male

authors and 9 female authors published 29 works. Female authors only started writing about running in the 2000s.

Although men had dominantly overwhelmed the running world, the slow emergence of women authors is probably associated with the foundation of organization and the law for guaranteeing women's right to participate in sports and the increasing number of women participants in the Olympic Games. Of great importance in the US was Title IX, a federal law passed in 1972 that prohibited discrimination against women's participation in sports. In 1974, Women's Sports Foundation was founded in the United States; in the United Kingdom and continental Europe, Women's Sports Foundation was founded in 1984. Furthermore, the Working Group for European Women and Sport was established in 1989. In spite of these organizations and laws, however, the impact was relatively small on sports participation at the early stage.

In looking at the chart of women's participation in Summer Olympic Games and the sports events for women, the lateness of the dramatic increase in female participation becomes clear.² The gradual increase in women's participation in sports and the social movement for guaranteeing women's rights

² According to International Olympic Committee, in 1972, 1,059 women participated in 8 sports events, whereas 7,134 men participated in 21 sports. In 1984, 1,566 women participated in 14 events. In 1996, 3,512 women participated in 21 events. In 2000, 4,069 women participated in 25 events, and in 2016 over 4,700 women participated in 28 events.

seem to have had an influence on the tone of each work. Nine out of 37 works are written by female authors, and their works are likely to bear a feminist aspect. Authors such as Margaret Webb, Paula Radcliffe, and Pam Reed show this trend. Pam Reed, the author of *The Extra Mile*, mentions the male-dominant sports society, in which the female athletes face difficulties in trying to enter the previously male domain. She also complains about sexual inequality and clearly shows her defiant attitude toward it.

The more the social movement related to female rights strengthened, the more the number of sports available to them and the number of female participants increased, the more the number of female authors correspondingly increased, and their works are likely to bear a distinctly feminist aspect.

Comparing to 1972 Olympic Games, the number of sports event for women increased three times and women participants also increased four times. Consequently, the significant increase can be seen after the late 1990s.

Following the increasing number of women participants in sports, the number of female authors has increased after 2000. Up to then, the works in this bibliography were all written by male authors, but works with a female protagonist first appeared in the 1990s. (Female protagonist appeared in 2 out of 6 works in the 1990s and in 11 out of 32 works from 2000 to 2016.) Their works are mostly autobiography (8 out of 9 works are autobiography). In their autobiographies, they are likely to write about their experience participating in the male-dominant sports world and their insistence on gender equality, showing one aspect like feminism.

Among the collected works, the number of works increased slowly in the 1990s due to the influence of the running boom in the 1970s. With increased participation by women in the Olympic Games, the passage of laws and the establishment of women's athletic organizations, the number of works increased dramatically after 2000. From 1975 to the 2000s, the genre of works also changed. Autobiography became a dominant genre, after biography in the 2000s, when not only male authors but also female authors distinguished themselves. As the enhancement for interests in running and the increasing number of works, the number of books on running literature will increase. The current tendency in genre seem to be (auto) biographical writings rather than essays or novels: athletes who often deal with the media, appear on TV, and are active on SNS, are likely to publish their own books.

The contents of works of running literature are also becoming more varied. Since 2000, biographies linked with history, such as *Triumph: Jesse Owens and Hitler's Olympics* by Jeremy Schaap and *Running for My Life: One Lost Boy's Journey from the Killing Fields of Sudan to the Olympic Games* by Lopez Lomong, have appeared. Both authors write about the racism that pervaded the historical situation at that time. Cameron Stracher, the author of *Kings of the Road*, mentions the history of the running boom and the process of this unexpected boom spreading among people. Jill Angie writes about the club she established and repeatedly recommends it to her readers. Another kind of work is *Running* by James M. McCracken, in which the main character comes to terms with his sexuality.

Works published in the 2000s are more likely than before to mention historical and social issues such as the race and the social consciousness of sports. Works published before 2000 also deal with famous athletes, but may refrain from referring to social issues in spite of works on African-American athletes or female athletes, which may relate to the depth or the heat of these issues at that time. Cameron Stracher has written about the running boom in the 1970s, and it is likely that there will be further books about the past and continuing growth of running as a popular activity for the general population. James M. McCracken comes to a realization about his sexuality in his childhood and writes about it in *Running*. It is probable that running will provide the background for other books dealing with such personal and social issues. The tone of future works may also change, as more works may emphasize the spiritual rather than the athletic aspect of running.

III. Annotated Bibliography

1975

#1. Goldman, William. *Marathon Man*. Delacorte, New York, 1975. 309p.

A. Author (1931-)

An American author, playwright and screenwriter, who was born in Chicago. He graduated from Oberlin College with B.A. in 1952. Later he went on to earn a Master's degree in English from Columbia University in 1956. His career as an author began in 1957, and he later became a screenwriter. His major works are *The Princess Bride* (Ballantine, New York, 1998) and *Heat* (Warner, New York, 1985).

B. Work

1. Genre

Novel

2. Period Covered

1950s to 1970s

3. Setting

New York City, New York

4. Main Characters

Henry David Levy (Doc): Thomas's older brother and a member of the

Division

Peter Erhard and Franz Karl: Szell's subordinates

Szell: a former of Nazi

Thomas Babington Levy (Babe): the protagonist, a college student and
a runner

5. Plot Summary

This is a story, which consists of 29 chapters, about Thomas Babington Levy, who is filled with a blazing vengefulness toward the enemy who kills Henry David Levy, his brother and a member of the Division, a secret U.S. intelligence agency conducting activities necessary for the conduct of foreign relations and national security.

Thomas Babington Levy is an ordinary college student and a marathoner. One day, however, his normal life is totally changed by the death of Henry David Levy, his brother, a member of the Division and is killed by one of its members.

Thomas Babington Levy was shocked by his brother's sudden death and decides to kill the murderer. As he collects hints for its death, he comes to be suspicious of Szell, a former of Nazi. Szell, a professional spy, notices Thomas surveying him and they come to stand facing each other. Thomas struggles against Szell's merciless attack, and he succeeds in killing his hated enemy in the end.

6. Terms

Athletes

Abebe Bikila (1932-1973): an Ethiopian marathoner, a gold medalist at 1960 Rome and 1964 Tokyo Olympic Games, famous for running barefoot.

For more information: <https://www.olympic.org/abebe-bikila>

Paavo Nurmi (1897-1973): a Finnish long-distance runner, a winner of 1920 Antwerp Olympic Games in 10,000m and 1924 Paris Olympic Games in 5000m.

For more information:

<http://www.urheilumuseo.fi/portals/47/paavonurmi2010/life.htm>

C. Commentary

This suspense story fits the protagonist with the descriptions of some famous runners such as Abebe Bikila, a marathoner. Abebe is famous for running in the Olympic with bare feet. The description of the protagonist, and famous runners he respects corresponds with each scene, which is like, for example, Abebe running with bare feet and Thomas with bare feet escaping from enemy. Readers can enjoy this suspense itself but also how internationally famous athletes corresponds with the protagonist.

Running literature is not popular at the time in spite of victory of runners broadcasted through media, but this novel was cinematized. This was the first running novel to become a movie and may have contributed to

the recognition of running literature.

D. Major Secondary Sources

Amazon.com. Rev. of *Marathon Man* by William Goldman. n.d. Web.
Accessed 10 April. 2016.

https://www.amazon.com/Marathon-Man-William-Goldman/product-reviews/0345439724/ref=cm_cr_dp_qt_see_all_top?ie=UTF8&reviewerType=avp_only_reviews&showViewpoints=1&sortBy=helpful.

Goodreads.com Rev. of *Marathon Man* by William Goldman. n.d. Web.
Accessed 10 April. 2016.

https://www.goodreads.com/book/show/21796.Marathon_Man.

Rogerebert.com Rev. of *Marathon Man* by William Goldman. n.d. Web.
Accessed 10 April. 2016.

<http://www.rogerebert.com/reviews/marathon-man-1976>.

1978

#2. Parker, John L. Jr. *Once a Runner*. Scribner, New York, 1978. 304p.

A. Author (1947-)

An American author and a former long-distance runner, who

graduated from the University of Florida's College of Journalism. He has worked as an editor of *Running Times Magazine*. His other works are *Again to Carthage* (Breakaway, New York, 2007) and *Runners & Other Dreamers* (Cedarwinds, Tallahassee, FL, 1989).

B. Work

1. Genre

Novel

2. Period Covered

1950s to 1960s

3. Setting

Kernsville, Florida

4. Main Characters

Bruce Denton: a former Olympic champion in long-distance events and

Quenton's coach

Dick Doobey: a football coach, who expels Quenton from the university

Jerry Mizner: Quenton's close friend and teammate

John Walton: the world record holder for the mile

Mary Ellen Conastee: Quenton's girl friend

Quenton Cassidy: a middle distance runner, a protagonist

5. Plot Summary

This is a story of Quenton Cassidy, a middle distance runner with a dream of running under 4:00 for the mile. Quenton, a natural talented

athlete, belongs to a track and field club at Southeastern University in Florida, where he is already a well-known athlete.

One day, however, his athletic life is suddenly over; he gets suspended from the university for writing a petition for the college's athletes protesting a dress and conduct code. He can't discard his dream, running under 4:00, and goes to a cabin deep in the woods, where he begins training for competing in the Southern Relays. He undertakes a harsh workout given tactically by Coach Bruce, which gradually makes him realize that his mind and body are ready for the competition.

On the day of the meet, he focuses on the way he runs and controls himself. He finally wins a first place, accomplishing the feat of defeating John Walton, called the best miler in the world.

6. Terms

Training Methods

Interval (training): the type of physical training that involves a series of low- to high-intensity exercise workouts interspersed with rest or relief periods.

For more information:

<http://sk.sagepub.com/reference/sportsmedicine/n268.xml>

Physiology and Symptoms Common for Athletes

Anabolic steroid: a synthetic steroid hormone, which resembles testosterone in promoting the growth of muscle.

Homeostasis: a biological system maintains stability, which adjusts to

changing condition.

For more information:

<https://www.scientificamerican.com/article/what-is-homeostasis/>

Lactic Acid: a compound produced when glucose is broken down and oxidized. During intense exercise when oxygen levels are lower, more lactic acid is produced which can produce hydrogen ions and a burning sensation in muscles while they are active.

For more information:

<http://www.webmd.com/a-to-z-guides/lactic-acid-blood-test#1>

C. Commentary

This book is called one of cult classic in some reviews, but the theme attitude of one athlete trying to achieve their dream is common. Quenton, once a famous athlete dreaming of being an Olympian, is expelled from the university, thus losing an opportunity to compete, and his dream is changed from being an Olympian to competing against the hatred university. This point is different than other running literature: most describes one athlete who training to be a successful athlete. This book, however, gives the reader a different way of considering on athlete.

Once a Runner is also a sequel to *Again to Carthage*. Through the two books, the author writes about the physical and mental change of the protagonist, *Once a Runner* is about the protagonist who accomplishes his dream to win competitions and *Again to Carthage* is about a protagonist

who retires from his athletic career and runs again in pursuit of the meaning of running. For this bibliography, the two are considered to be a single book, as both describe a similar protagonist's growth, although at different ages.

D. Major Secondary Sources

Amazon.com. Rev. of *Once a Runner*, by John L. Parker Jr. n.d. Web. Accessed 13 March 2016.

https://www.amazon.com/Once-Runner-John-Parker-Jr/product-reviews/1416597891/ref=cm_cr_dp_qt_see_all_top?ie=UTF8&reviewerType=avp_only_reviews&showViewpoints=1&sortBy=helpful.

Goodreads.com Rev. of *Once a Runner*, by John L. Parker Jr. n.d. Web. Accessed 13 March 2016.

https://www.goodreads.com/book/show/98250.Once_a_Runner.

Slate.com "*Once a Runner, the best novel ever about distance running*" 31 December 2008. Marc Tracy. Accessed 13 March 2016.

http://www.slate.com/articles/arts/culturebox/2008/12/speed_reading.html.

1984

- #3. Ryun, Jim, and Mike Phillips. *In Quest of Gold: The Jim Ryun Story*. Harper & Row, San Francisco, 1984. 222p.

A. Authors

Jim Ryun (1936-2007)

An American runner, born in Jefferson County, Kansas, who won a silver medal at 1968 Olympic. Jim Ryun graduated from the University of Kansas with a degree in photojournalism, where he met his wife, Anne and married.

Mike Phillips (1941-)

A British writer, broadcaster and journalist. Mike Phillips, born in Georgetown, the capital of Guyana, graduated from the University of London and Essex, where he studied English and Politics. He had worked at the BBC as a journalist and broadcaster for ten years and after retirement became a full-time writer. His other publications are *The Late Candidate* (St. Martin's, New York, 1990), *Name You Once Gave Me* (HarperCollins, London, 2006) and *Mike Phillips' The Art of Detailing: Proper Techniques, Tips & Tricks to Achieve a Show Car Shine* (Palm Beach Motoring Accessories, Stuart, FL, 2011).

B. Work

1. Genre

Autobiography

2. Period Covered

1960s to 1980s

3. Setting

Wichita and Lawrence, Kansas

4. Main Characters

Ann: Ryun's husband

Bob Timmons: Ryun's track coach in high school

Heather, Catharine, Ned and Drew: Ryun's sons

Jim Olson: Ryun's friend and fellow runner at the University of Kansas

Jim Ryun: a miler, the protagonist

5. Plot Summary

Jim Ryun shares his motivation for running in elementary school and later in his athletic career, but also writes about his personal life after retirement.

He is a boy with the hope of being a professional athlete from his elementary school days. He tries different sports, playing baseball and basketball. Disappointed at his athletic talent in those sports, he next tries track. When he first runs a mile, his time is over 5 minutes. He can't win any races at first, but gradually begins to think of running as a possible sport. He attends the University of Kansas,

where he wins a national championship, becomes an Olympian, and set a world records in the 1500m and mile. After he retires from his athletic career, he marries Anne, a cheerleader when he was at Kansas, and has four children.

This autobiography covers not only on his athletic life but also his personal life after he retires.

6. Terms

Athletes

Amos Biwott (1947-): a former Kenyan distance runner, winner of the 3000m steeplechase at the 1968 Olympics.

Bob Beamon (1946-): a former American long jumper, who set a world record at the 1968 Olympics in the long jump.

Duncan MacDonald (1949-): a former American marathoner, a three-time winner of the Honolulu Marathon.

Glenn Cunningham (1909-1988): a former American middle distance runner who set a world record in the 800m.

Ron Clarke (1937-2015): a former Australian distance athlete, writer and politician. He set seventeen world records.

Steve Prefontaine (1951-1975): an American middle and long-distance runner, winner of the 5,000m at the 1971 Pan-America.

Athletic Organizations

Amateur Athletic Union (AAU): a multi-sports organization based in the United States, dedicated to the promotion and development of

amateur sports and physical fitness program.

International Olympic Committee (IOC): an international organization based in Lausanne, Switzerland, which organized the modern Olympic Games and Youth Olympic Games held every four years.

For more information: <https://www.olympic.org/the-ioc>

Injuries

Achilles Tendonitis: an inflammation of the Achilles tendon. If not resolved, the condition gets worse; the tendon loses its organized structure and is likely to develop microscopic tears.

For more information:

<https://www.foothealthfacts.org/conditions/achilles-tendon-disorders>

C. Commentary

His story of being a successful athlete is unique in running literature. He did not choose track and field at first. Readers can enjoy the unique way to find his talent in the sport and to become an Olympian. On the other hand, this book has a strong religious tone. When he is in a slump or racing phase, he seeks and prays to God. This book is highly reviewed, but the excessive religious description is criticized.

D. Major Secondary Sources

Amazon.com. Rev. of *In Quest of Gold: The Jim Ryun Story* by Jim Ryun and Mike Phillips. n.d. Web. Accessed 24 May. 2016.

https://www.amazon.com/Quest-Gold-Jim-Ryun-Story/product-reviews/0060670215/ref=cm_cr_dp_qt_see_all_top?ie=UTF8&reviewerType=avp_only_reviews&showViewpoints=1&sortBy=helpful.

Goodreads.com Rev. of *In Quest of Gold: The Jim Ryun Story* by Jim Ryun and Mike Phillips. n.d. Web. Accessed 24 May. 2016.

https://www.goodreads.com/book/show/2031348.In_Quest_of_Gold.

1989

#4. Parker, John. *Runners & Other Dreamers*. Cedarwinds, Tallahassee, 1989. 211p.

A. Author (1947-)

An American author and once a distance runner, John Parker had graduated from the University of Florida's College of Journalism. He has careers as both a practicing attorney and an editor of *Running Times Magazine*. His other works are *Again to Carthage* (Breakaway, New York, 2007) and *Once a Runner* (Scribner, New York, 1978).

B. Work

1. Genre

Essay and stories

2. Setting

1960s to 1980s

3. Contents

<i>Jim Ryun: A Love Story</i>	1
<i>The Olympics on TeeVee</i>	13
<i>Rare Atmosphere, Astringent Light</i>	23
<i>Again to Carthage</i>	33
<i>Exit the Dragon</i>	43
<i>Smoke and Mirrors</i>	49
<i>A Study in Brown</i>	57
<i>Lost Proportions</i>	67
<i>A Gathering of Legends</i>	73
<i>Sawdust Memories</i>	81
<i>The Howard Cosell Syndrome</i>	89
<i>Still Shorter</i>	95
<i>Watch out for the Women</i>	103
<i>All in the Family</i>	109
<i>When in Greece</i>	119
<i>To Imagine Victory</i>	123
<i>Ghosts on the Trail</i>	135

<i>For Amy on the Trail, Watching</i>	143
<i>Living and Dying in 3/4 Time</i>	149
<i>Jungle Runner</i>	161
<i>A World of Hurt</i>	167
<i>Bachelor Father</i>	177
<i>An Underdog for All Seasons</i>	191
<i>The True Aerobic Believer</i>	203

4. Plot Summary

The author writes an authentic account of each famous distance athlete such as Frank Shorter, Jim Ryun and Barry Brown. Parker introduces their performance at international competitions and the result. He also writes about their personal life, such as marriage and strange incidents in daily life. The description of Jim Ryun, for example, gives the framework of his training and the way he overcame the disappointment of losing a race with the support of his girlfriend.

Through each chapter this book gives the account of famous athletes' personal and athletic lives.

5. Terms

Athletes

Amby Burfoot (1946-): an American marathoner, winner of the 1968 Boston Marathon, who currently works as an editor of the *Runner's World*.

Benji Durden (1951-): a former American distance runner. He could

not achieve a major result in international competition but was widely known as one of the successful runners in the U.S.

Frank Shorter (1947-): a former American distance runner who won the gold medal in the marathon at the 1972 Summer Olympics, and who is said to have ignited the running boom in the 1970s.

Gary Fanelli (1950-): a former American distance runner who twice competed in the Olympic marathon.

Jack Bacheler (1943-): a former American distance runner, specializing in the 5000 m and marathon, who twice went to the Olympics twice in the 5000m.

Jeff Galloway (1945-): an American distance runner, who was a member of the Olympic Team in 1972 at the 10000m. He is an active runner and the Chief Executive Officer of Galloway Production.

Jim Fixx (1932- 1984): a former American distance runner, known as one of the strong advocates for the health benefits of regular jogging. He died of the heart attack while jogging at the age of 52.

Jim Ryun (1947-): a former American middle distance runner, a winner of 1,500m at the 1968 Mexico City Olympic Games, who was a member of the United States House of Representatives from 1996 to 2007.

Jimmy Carnes (1934-): a head coach of the U.S. Olympic track and

field team and the founder of the Florida Gators track and field team.

Mary Decker: (1958-): a former American middle-distance runner, who set world records in 5000m and 10,000m.

Roger Bannister (1929-): an English distance runner, who had a British record in the 1500m and a career as a physician.

Ron Clarke (1937-2015): #3

Sebastian Coe (1956-): a former British middle distance runner, a two-time gold medalist at the 1980 and 1984 Olympic Games in the 1500m. He is a member of IOC.

Steve Cram (1960-): a British middle distance runner, a silver medalist at the 1984 Los Angeles Olympic Games, and currently working as a television presenter and athletic commentator.

For more information: <http://www.stevetricram.co.uk>

Steve Ovett (1955-): a former British middle distance runner, a winner of the 800m at the 1980 Olympic Games.

Athletic Organizations

International Association of Athletics Federations (IAAF): an organization founded in 1912, governing the sport of athletics. The IAAF gives compensation to athletes for participating in international competitions.

The Athletics Congress (TAC): an organization founded in 1878, which governs track and field in the U.S., and currently known as

USA Track & Field (USATF).

For more information: <http://www.usatf.org/Home.aspx>

Major Competitions

San Francisco Marathon: an annual marathon held in San Francisco, with over 27,000 runners.

For more information: <http://www.thesfmarathon.com>

Physiology and Symptoms Common for Athletes

Runner's high: a feeling of euphoria, experienced by individuals who engage in strenuous running.

For more information:

<http://www.runnersworld.com/running-tips/how-to-achieve-a-runners-high>

C. Commentary

Some athletes mentioned in this book have published their autobiographies, which are mostly about their athletic careers. John Parker provides biographical information on their personal lives such as marriage, death of a person close to them, their life after retiring as an athlete. Unlike autobiography, this book may also give framework of each legendary athlete.

D. Major Secondary Sources

Amazon.com. Rev. of *Runners & Other Dreamers*, by John L. Parker. n.d.

Web. Accessed 19 March 2016.

<https://www.amazon.com/Runners-Other-Dreamers-John-Parker/dp/0915297248>.

Goodreads.com Rev. of *Runners & Other Dreamers*, by John L. Parker. n.d.

Web. Accessed 19 March 2016.

https://www.goodreads.com/book/show/1007232.Runners_Other_Dreamers.

1990

- #5. Lewis, Carl, and Jeffrey Marx. *Inside Track: My Professional Life in Amateur Track and Field*. Simon and Schuster, New York, 1990. 240p.

A. Authors

Carl Lewis (1961-)

A former track and field athlete who won nine gold medals at the Olympics. He was a world record holder in the 100m, 4x100m relay, and long jump. He is currently becoming an actor and appears in films.

Jeffrey Marx (1963-)

An author who graduated from Northwestern University. When he was twenty-three years old, “he became the youngest-ever winner of the Pulitzer

Prize for investigative reporting”. His other publications are *Season of Life: A Football Star, a Boy, a Journey to Manhood* (Simon & Schuster, New York, 2004), a New York Times bestseller, and *The Long Snapper: A Second Chance, a Super Bowl, a Lesson for Life* (HarperOne, New York, 2009).

B. Work

1. Genre

Autobiography

2. Period Covered

1980s

3. Setting

California, New Jersey

4. Main Characters

Ben Johnson: a Jamaican-born Canadian sprinter, who was a world-record holder at the 1987 World Championship

Bob Carey: one of Carl’s closest friends

Carl Lewis: a track and field athlete, who set world records in sprint events and the long jump

Carol Lewis: Carl’s sister, a long jumper who wins many championships

Don Coleman: a Nike representative

Joe DeLoach: Carl’s high school competition

Joe Douglas: Carl’s manager

Tom Tellez: Carl's coach at the University of Houston

William and Evelyn Lawler Lewis: Carl's father and mother

5. Plot Summary

Carl Lewis writes on his background and memorable competitions for him, focusing mainly on his athletic life. He also mentions the drug use issue by Ben Johnson, a Canadian sprinter.

Carl Lewis was born in Birmingham Alabama, the son of William and Evelyn Lewis. Both were famous athlete: William, a hurdler, competing in the 1900 Olympics, and Evelyn, a jumper with an Olympic experience, too. Growing up in a sports family, his athletic talent already stood out in the childhood. When he was a high school student, he was good enough to be noticed and, recruited by many universities. In his collegiate days, he entered the Olympic Games. For him, 1988's Olympics in Seoul was unforgettable, where he competed against Ben Johnson, who was later revealed to be a drug user.

In this book he covers his childhood to adulthood and emphasizes the issues of drug use and the importance of a clean track and field community.

6. Terms

Athletes

Allan Wells (1952-): a former British sprinter, who became a champion at the 1980 Olympic Games in 100m.

Angela Bailey (1962-): a former Canadian track and field athlete,

who accomplished good results in international competitions.

Ben Johnson (1961-): a Jamaican-born Canadian sprinter, who was a world-record holder at the 1987 World Championship.

Bob Beamon (1946-): #3

Butch Reynolds (1964-): a former American sprinter, a champion of the 1993 World Indoor champion, who was later suspended for two years by the IAAF for the illegal drug use.

Cletus Clark (1962-): a former American hurdler, a winner at the World Student Games in 1985 and the Pan American Games in 1991.

Danny Everett (1966-): a former American 400m runner, a three-time NCAA winner in the 400m and 4x400mR.

Givanni Evangelisti (1961-): a former Italian long jumper, known as an international athlete, winning a bronze medal in the 1984 Olympic Games.

James Sanford (1957-): a former American sprinter, a record holder at 100m until Carl Lewis set a new record.

Joaquim Cruz (1963-): a former Brazilian middle-distance runner, winner of the 800m at the 1984 Summer Olympic Games.

Joe DeLoach (1967-): a former American sprinter, a winner of the 200m at the 1988 Olympic Games.

Kevin Young (1966-): a former American 400m hurdler, winner at the 1992 Olympic Games.

Leroy Burrell (1967-): a former American sprinter, who twice set the world record at 100m.

Linford Christie (1960-): a former British Jamaican sprinter, who was banned from competition for the drug use.

Lorenzo Daniel (1966-): a former American sprinter, known for setting the 1985 world's best performance in the 200m.

Mary Decker (1958-): #4

Ollan Cassell (1937-): a former American sprinter, winner of a gold medal in the 4x400mR relay at the 1964 Olympic Games. After retiring athletics, he became the executive director of the Amateur Athletic Union (AAU).

Sergey Bubka (1963-): a Ukrainian former pole vaulter who won six consecutive IAAF World Championships. He was named Athlete of the Year by *Track and Field News*.

Athletic Organizations

The Athletics Congress (TAC): #4

Major Competitions

Pan American Games: a major sporting event in the Americas, usually held in the year before the Summer Olympic Games.

For more information: <http://www.toronto2015.org>

Physiology and Symptoms Common for Athletes

Anabolic steroid: #2

C. Commentary

The details of Carl Lewis's background, which provide the way he thinks about track and field, his character, and what he was like in childhood, and a rich index, ranging to five pages, are features of this book. The reputation of this book, however, is relatively low. A few commentators have said Carl Lewis polishes his image and criticizes his rival, Ben Johnson, for drug use. Actually, the latter part of book is mainly about drug use, and the criticism of Ben Johnson is cynically inserted. This book gives readers a framework for understanding Carl Lewis, but also seems to lend to criticism of him.

D. Major Secondary Sources

Jeffrey Marx (his own web site): <http://www.jeffreymarx.org>

Amazon.com. Rev. of *Inside Track: My Professional Life in Amateur Track and Field* by Carl Lewis and Jeffrey Marx. n.d. Web. Accessed 24 October 2016.

[https://www.amazon.co.jp/Inside-Track-Professional-Amateur-Field/dp/0671780247/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=.](https://www.amazon.co.jp/Inside-Track-Professional-Amateur-Field/dp/0671780247/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=)

Goodreads.com Rev. of *Inside Track: My Professional Life in Amateur Track and Field* by Carl Lewis and Jeffrey Marx. n.d. Web. Accessed 24 October 2016.

[https://www.goodreads.com/book/show/2204001.Inside_Track.](https://www.goodreads.com/book/show/2204001.Inside_Track)

1991

#6. Edwards, Louis. *Ten Seconds*. Graywolf, Minneapolis, 1991. 166p.

A. Author (1962-)

An American author, born in Lake Charles, Louisiana. He has worked for the public relations offices of the New Orleans Jazz & Heritage Festival and the JAZZ Festival-New York. He is also an author of *N: A Romantic Mystery* (Dutton, New York, 1997) and *Oscar Wilde Discovers America: A Novel* (Scribner, New York, 2003).

B. Work

1. Genre

Novel

2. Period Covered

1980s

3. Setting

Algonquin, Illinois

4. Main Characters

Alemata: Eddie's ex-girlfriend

Betty: Eddie's husband

Eddie: the protagonist and sprinter

Jackie: Eddie's little sister

Malcom: Eddie's best friend

Marcus: Eddie's older brother

Pam: Malcom's wife

5. Plot Summary

Eddie is a former sprinter who ran under 10 seconds in the 100m in high school and now works at an oil refinery. This story is of his thoughts go back and forth when he was watching a 100m race in high school. He sees his past and the present while describing the life of an African-American man in a middle-class community in Louisiana.

First chapter starts when he is 27 years old and finishes when he is 26. There are ten chapters corresponding to "*Ten*" *Seconds*, and in each chapter he looks back at his memories such as the death of his best friend, Malcom, an accidental pregnancy, and marriage.

A. Commentary

Book Reviews from Amazon and Goodreads give positive comments on his way of telling the story, which refrains from stirring up racism. On the other hand, some criticize his novel as too artificial. The structure of book is complicated, and in each chapter, the age of protagonist is different, suddenly going to his high school days and then suddenly back to adulthood, which causes confusion in following the story.

B. Major Secondary Sources

Amazon.com. Rev. of *Ten Seconds* by Louis Edwards. n.d. Web. Accessed 30 October 2016.

<https://www.amazon.com/Ten-Seconds-Louis-Edwards/dp/1555971504>.

Goodreads.com Rev. of *Ten Seconds* by Louis Edwards. n.d. Web. Accessed 30 October 2016.

https://www.goodreads.com/book/show/1557079.Ten_Seconds.

1996

#7. Fraser, Alison. *Running Wild*. Mills & Boon, Richmond, 1996. 192p.

A. Author (n.d.)

A Scottish author, who studied English literature. She made a living as a computer programmer while taking up writing. Her topic on a novel is mainly about love, and her other works are *Love without Reason* (Mills & Boon, Richmond, 1994), *His Mistress's Secret* (Harlequin, Toronto, 2003) and *A Man worth Knowing* (Mills & Boon, London).

B. Work

1. Genre

Novel

2. Period Covered

1980s

3. Setting

Radford, Virginia

4. Main Characters

Abby Delany: Whit's daughter

Alex Delaney: Whit's father, a professor at Radford College

Kipling Wilson: a student and an athlete at Radford College

Whit Delaney: Alex's son, also a professor at Radford College

5. Plot Summary

This is a love story of Kipling Wilson and Whit Delaney finally falling in love. Kipling Wilson is a talented distance athlete and a scholarship student at Radford College in Massachusetts. One day in essay class, professor Whit Delaney, who teaches English literature, notices her. He suspects that she is illiterate when he sees her submitted essay, which he makes sure she is.

He begins to tutor her at his home, and he is fascinated by her. She also has a similar feeling for him. She ignores her emotions, which disturbs her daily training. After graduation, she pursues her further athletic career, and they do not meet for a year. One day, however, at

the press interview after she wins a big race, he sees her. They both recollect the time they spent together, are filled with love, and finally get married.

C. Commentary

This romance is unlike most works in running literature, which usually describe a serious male athlete and are written by a man author. Kipling, the protagonist in the book, is a woman athlete serious about winning a gold medal in the Olympic Games, and she is described by a woman author. Since the characters in most works are the same sex as the author, this book the role as a pioneer for a woman entering a male-dominated sports world.

Kipling also shows an aspect of feminism. Her family dies when she is little. In her daily life, she trains and does everything by herself, even refusing the professor's help. Such a story, a female protagonist is likely to be feminist.

D. Major Secondary Sources

Amazon.com. Rev. of *Running Wild* by Alison Fraser. n.d. Goodreads.com

Web. Accessed 1 March 2016.

http://www.amazon.com/Running-Wild-Alison-Fraser/dp/0263148203/ref=sr_1_3?s=books&ie=UTF8&qid=1456791907&sr=1-3&keywords=running+wild+alison.

Goodreads.com Rev. of *Running Wild* by Alison Fraser. n.d.

Goodreads.com Web. Accessed 1 March 2016.

<https://www.goodreads.com/book/show/4666680-running-wild>.

#8. Krull, Kathleen, and David Díaz. *Wilma Unlimited: How Wilma Rudolph Became the World's Fastest Woman*. Harcourt Brace, San Diego, 1996. 44p.

A. Author & Illustrator

Author Kathleen Krull (1952-)

An American author of children's books, born in Fort Leonard Wood, Missouri, who studied music at Northwestern University and earned a B.A. from Lawrence University in Wisconsin. She works at Western Publishing as a children's book editor.

Illustrator David Díaz (1960-)

An American illustrator of children's book, a winner of the *Caldecott Medal*. His other major work is *David Díaz: Círculo De Bellas Artes, Mayo 1997* (Círculo De Bellas Artes, Madrid, 1997).

B. Work

1. Genre

Biography

2. Period Covered

1940 to 1994

3. Setting

Saint Bethlehem, Nashville, and Clarksville, Tennessee

4. Main Characters

Wilma Rudolph: an American sprinter

Ed Rudolph: Wilma's father, a railway porter

Blanche Rudolph: Wilma's mother, who works as a maid

Coach Gray: Burt High School track coach

Mildred Jones: Coach Gray's close friend

Mrs. Walter: Wilma's fiend

Coach Edward Temple: Tennessee State University track coach

5. Plot Summary

This is a biography of Wilma Rudolph, an African American sprinter who won a gold medal in three events, 100m, 200m and 4x100m relay, at the Rome Summer Olympics in 1960.

Wilma Rudolph, called as "The Black Pearl", was fragile, often catching a cold in her childhood. When she was four years old, she contracted polio, infantile paralysis, causing muscle weakness seen especially in her legs. The disease troubled her badly: she could not walk and because of the disease she was not allowed to go to school. She wore a brace on her leg and foot and often had to go to a hospital for African-Americans. After years of treatment, she recovered

successfully from the disease.

In high school she joined the basketball team and she was a good player. Her performance, and talent attracts a track and field coach at Tennessee State University. When she went to college, she trained under the coach, and is chosen for the national team.

This book describes her athletic life, how she recuperated from sickness, and how she became a world champion in track and field.

C. Commentary

This book deals not only with her athletic life, her struggles and achievements leading to her becoming the number-one sprinter in the world, but also gives the reader insight to social issues, especially race and gender, at that time. As an African-American athlete and a woman, she often feels an inequality and these instances are described in the book in various ways such as the following: “Wilma took the bus to the nearest hospital that would treat black patients” (9), and “Women weren’t thought to run very well, anyway; track-and-field was considered as a sport for men” (27).

This book is intended for children in elementary school, but these examples provide knowledge of how African-American and women were treated at that time through the description of a well-known athlete.

D. Major Secondary Sources

Amazon.com. Rev. of *Wilma Unlimited: How Wilma Rudolph Became the*

World's Fastest Woman by Kathleen Krull. n.d. Web. Accessed 8 June 2016.

<https://www.amazon.com/Wilma-Unlimited-Rudolph-Became-Fastest/dp/0152020985>.

Goodreads.com Rev. of *Wilma Unlimited: How Wilma Rudolph Became the World's Fastest Woman* by Kathleen Krull. n.d. Web. Accessed 8 June 2016.

https://www.goodreads.com/book/show/532854.Wilma_Unlimited.

#9. Jordan, Tom. *Pre: The Story of American's Greatest Running Legend, Steve Prefontaine*. Rodale Books, Emmaus, PA, 1997. 168p.

A. Author (n.d.)

An American author and the Meet Director of the *Prefontaine Classic*, a track and field competition held at the University of Oregon. His other work is *The Lady of the Frogs* (Didymus Pub., Galveston, TX, 1990).

B. Work

1. Genre

Biography

2. Period Covered

1960s

3. Setting

Eugene, Oregon

4. Main Characters

Steve Prefontaine: an American distance runner, the protagonist

Bill Bowerman: Steve's track coach, a founder of Nike Inc.

Raymond and Elfriede Prefontaine: Steve's father and mother

Walt McClure: Steve's high school track coach

5. Plot Summary

This is a biography of Steve Prefontaine, a well-known distance runner, with a description on his personal and athletic life.

Steve Prefontaine was born in 1951 in Coos Bay, Oregon. When he was in high school, he set a national high school record in the two-mile. After entering the University of Oregon, he started training under Coach Bill Bowerman, a national record holder in distance events and a founder of Nike Inc. His way of running, always running in front, attracted the attention of athletes and fans, and he soon became recognized as one of the most popular athletes in the USA.

Sadly, his life ended suddenly. When he was just twenty-four years old, he was killed in a car crash. Even after his sudden death, which shock not just Oregon but all of America, he has remained a running legend.

This work includes the framework of Prefontaine's life: his studious character, his personal and athletic life, and his running feats.

C. Commentary

Steve Prefontaine was so popular all over the USA that a movie was made in 1977. In spite of his popularity, this biography was not published until 1997. This book also shares the secret of his popularity, his accomplishments as an athlete and his sudden death by car accident, so it has become one of the sources for letting readers know him.

Some reviews, unfortunately, make negative comments about the writer's style. In spite of Steve Prefontaine's fame, the author writes rather monotonously about a dynamic personality.

D. Major Secondary Sources

Amazon.com. Rev. of *Pre: The Story of America's Greatest Running Legend, Steve Prefontaine* by Tom Jordan. n.d. Web. Accessed 23 March 2016.
http://www.amazon.com/Pre-Americas-Greatest-Running-Prefontaine/dp/0875964575/ref=asap_bc?ie=UTF8.

Goodreads.com Rev. of *Pre: The Story of America's Greatest Running Legend, Steve Prefontaine* by Tom Jordan. n.d. Web. Accessed 23 March 2016.
https://www.goodreads.com/book/show/112146.Pre?from_search=true&search_version=service.

1998

#10. Middleman, Dan. *Pain*. Tafnews, Mountain View, CA, 1998. 232p.

A. Author (1969-)

An American author and a former long-distance runner who represented the U.S.A., born in Westbury, New York, and graduated from North Carolina State University with a Master's degree in Education. He currently works for an elementary school.

B. Work

1. Genre

Novel

2. Period Covered

1995

3. Setting

Arboretum, Florida

4. Main Characters

Alex Anderson and Jeff Rubin: Richard's teammates

Coach Frank Devil: head track and field coach

Jeff Rubin: a distance runner, Richard's friend

Richard Anthony: a distance runner, Richard's rival

Richard Dubin: a distance runner, the protagonist

Susan Connor: Richard's girlfriend

5. Plot Summary

This is a story of Richard Dubin, a distance runner who has won national championships, focusing on his senior year in a university in the South.

Richard Dubin trains under coach Devil, and his performance culminates in winning the Olympic Trials while overcoming extreme nervousness before the competition.

In spite of his performance on the track, he is forced into misconduct by his teammates, doing things, which are not suitable for elite athletes such as excessive alcohol intake and doing a keg stand. In his personal life, he manages to balance the relationship with Susan Connor.

This book describes not only his athletic life, both training and off-training, but also his personal life, mostly the relationship with his girlfriend.

6. Terms

Athletes

Dan Middleman (1969-): a former American distance runner. His record ranking in 10,000m was second.

Athletic Organizations

National Collegiate Athletic Association (NCAA): an organization to

promote the athletic programs of colleges and universities in the United States and Canada.

For more information: <http://www.ncaa.com>

C. Commentary

Dan Middleman had read John L. Parker's *Once a Runner*, and, as some reviewers points out, the story and the structure remind readers of Parker's book. Readers who have already read Parker's book will not feel any freshness from this book. Middleman also describes negative aspects in a university's track and field program, such as compliance to the coach and excessive drinking, which makes readers uncomfortable, and this book may not be suited for those who want to gain inspiration and courage.

D. Major Secondary Sources

Amazon.com. Rev. of *Pain* by Dan Middleman. n.d. Web. Accessed 7 November 2016.

<https://www.amazon.com/Pain-Dan-Middleman/dp/1425932908>.

Goodreads.com Rev. of *Pain* by Dan Middleman. n.d. Web. Accessed 7 November 2016.

<https://www.goodreads.com/book/show/1687954.Pain>.

2000

#11. Burfoot, Amby. *The Runner's Guide to the Meaning of Life*. Rodale, Emmaus, PA, 2000. 150p.

A. Author (1946-)

Born in Groton, Connecticut, an American marathoner, winner of the Boston Marathon in 1968, author and running journalist, who graduated from Wesleyan University. He is also a publisher of *Runner's World Complete Book of Running: Everything You Need to Know to Run for Fun, Fitness, and Competition* (Rodale, Emmaus, 1997) and *Runner's World Complete Book of Beginning Running* (Rodale, Emmaus, 2005).

B. Work

1. Genre

Autobiography

2. Period Covered

1963 to 1998

3. Setting

Gorton, Connecticut

4. Main Characters

Amby Burfoot: a marathoner, the protagonist

Charlie Doc Robbins: Amby's mentor; psychiatrist, also a runner

Gray: Amby's brother, a runner who occasionally runs with him

John J. Kelley: Amby's high school track coach

5. Plot Summary

Amby Burfoot shares his athletic life, the value of running and a runner's essential traits.

Burfoot started running when he was a high school student at Fritch Senior High School, where John J. Kelly, a famous coach, who was twice a member of the U.S. Olympic marathon team, track and field. He built up his strength under Coach Kelley. He entered Wesleyan University, and he won the Boston Marathon. While his athletic fame grew, one doubt occurred in his mind: "Why run?" He realized running made anxiety or disappointment fade out, but it also taught him "to value the individual-our self". Amby Bufoot "explains that winners are not those who cross the finish line first, but rather those willing to discover more about themselves with every step" (15). In this book, he describes his leaning through his athletic life.

6. Terms

Athletes

Bill Rodgers (1947-): an American distance runner and a record holder of the Boston Marathon.

For more information:

<http://www.billrogersrunningcenter.com/privacypolicy.html>

Clarence DeMar (1888-1958): an American marathoner, born in Maedeira, Ohio who was a winner of the Boston Marathon seven times and who won a bronze medal at the 1924 Summer Olympics.

Emil Zatopek (1922-): a distance runner, who is best known for winning three gold medals at the 1952 Summer Olympics in Helsinki.

Frank Shorter (1947-): #4

Joan Samuelson (1957-): a marathoner, born in Cape Elizabeth, who won a gold medal at the 1984 Summer Olympics in Los Angeles, when the women's marathon was introduced.

John J. Kelley (1930-2011): a winner of the Boston Marathon in 1957 who was born in Norwich, Connecticut. He was a member of two United States Olympic Marathon teams

Roberta Gibb (1942-): the first female Boston Marathon finisher, and broke prejudices and misconceptions about female athletic capability.

Major Competitions

Boston Marathon: a marathon held in Eastern Massachusetts, which is known as one of six World Marathon Majors, attracting over 50,000 runners.

For more information:

<http://www.baa.org/races/boston-marathon.aspx>

Comrades Marathon: a marathon held annually in South Africa.

Marine Corps Marathon (MCM): a marathon usually called “The People’s Marathon”, which does not offer prize money, held in Arlington, VA.

New York City Marathon: an annual marathon, one of the largest marathons, which usually attracts over 50,000 runners, organized by the New York Road Runners Club.

For more information: <http://www.tcsnycmarathon.org>

St. George Marathon: a marathon held annually in St. George, Utah, the 13th largest marathon in the United States.

For more information: <http://www.stgeorgemarathon.com>

U.S. Olympic Marathon Trials: a race that decides the members of the Olympic Marathon team, which gets an entry qualification for the top three finishers who have already met the Olympic A standard.

For more information: <http://www.tcsnycmarathon.org>

C. Commentary

This book can be enjoyed in two aspects, one is as an autobiography of Amby Bufoot, and other is as an introduction to numerous famous athletes. In this book, he introduces eleven athlete’s achievements and brief personal backgrounds from his perspective. He also writes about his process of realizing the true value of running, and he inserts some chapters about the essential five traits of a runner, -patience, balance, stoicism, respect, and

humility-the music of running for motivation, and quotations by famous runners. Readers can learn about famous athletes at his time, and his thoughts on the value on running.

D. Major Secondary Sources

Amby Burfoot (his own page): <http://www.ambyburfoot.com>

Amazon.com. Rev. of *The Runner's Guide to the Meaning of Life* by Amby Burfoot. n.d. Web. Accessed 16 October 2016.

<https://www.amazon.com/Runners-Guide-Meaning-Life/dp/160239185>.

Goodreads.com Rev. of *The Runner's Guide to the Meaning of Life* by Amby Burfoot. n.d. Web. Accessed 16 October 2016.

http://www.goodreads.com/author/show/56445.Amby_Burfoot.

#12. Murphy, Frank. *A Cold Clear Day: The Athletic Biography of Buddy Edelen*. Wind Sprint, Kansas City, KS, 2000. 202p.

A. Author (n.d.)

An author, runner and cross-country coach at Rockhurst College in Kansas City, h is also a practicing attorney and an instructor in sociology at the University of Missouri at Kansas City.

B. Work

1. Genre

Biography

2. Period Covered

1950s to 1970s

3. Setting

Minneapolis, Minnesota; Alamosa, Colorado

4. Main Characters

Buddy Edelen: a marathoner and the protagonist

Fred Wilt: Buddy's track coach

Glenda: Buddy's wife

5. Plot Summary

This is a biography of Buddy Edelen that provides a description of his personal and athletic life. Buddy is an American athlete, born in 1937 and died in 1997, who sets a marathon world record. After his remarkable collegiate days at the University of Minnesota, he keeps seeking to improve his ability, and he moves to Essex, England, for further training.

In Essex, he starts working as a teacher but also trains under Coach Fred Wilt, a long-distance specialist. He adapts to his new life, doing both teaching job and his training in spite of combatting fatigue of training after work, which is a great burden on him, and his performance gets better on the track and in the marathon. While he lives

in England, he is the first man to run a marathon within 2 hours and 15 minutes, and he becomes an Olympian, representing the U.S. in Tokyo-held Summer Olympics. The author of this book writes about Edelen's personal life but also about the way he kept training after graduation and while working as a teacher.

6. Terms

Athletes

Abebe Bikila (1932-1973): #1

Arther Newton (1883-1950): an American Olympian, specializing in long-distance races, a fourth-place finisher at the 1900 Olympic Marathon.

For more information:

<http://www.sports-reference.com/olympics/athletes/ne/arthur-newton-1.html>

Fred Wilt (1920-1994): an American long-distance runner, winning the James E. Sullivan Award for Best Amateur Athlete in 1950.

For more information:

<http://www.runnersworld.com/running-times-info/fred-wilt-fbi-the-double-agent-of-running>

Juan Zabala (1911-1983): an American long-distance runner, a winner of 1932 Olympic Marathon in Los Angeles.

Kenneth McArthur (1881-1960): a winner at the Summer Olympics in 1912, who is called a noted athlete in the United States.

Paavo Nurmi (1897-1973): #1

Thomas Hick (1876-1952): a Britain distance runner who used strychnine and brandy before races, which disqualify him in modern games

Major Competitions

Boston Marathon: #11

Polytechnic Marathon (Polly): a marathon held annually in London and the first marathon, which was required to run regularly over 26 miles.

For more information:

<http://www.raf.mod.uk/rafathletics/history/polytechnicmarathon.com>

Physiology and Symptoms Common for Athletes

Anemia: a symptom common for distance runners. Anemia is a condition that reduces in hemoglobin, which causes dizziness, sickness and apathy.

For more information:

<http://www.webmd.com/a-to-z-guides/understanding-anemia-basics#1>

C. Commentary

This biography can be read in various ways, about the aspects of knowing consciousness for sports among people at that time and as a

training book.

After moving to England, Edelen has no choice but to earn his own living, for the society at that time could not afford to pay money to recruit athletes, and most athletes were assumed to have to work after graduating from college. The description of the consciousness for sports gives the reader a framework on its standpoint at that time.

This book also contains a detailed weekly training schedule, which is not uncommon to other running works. The workouts he did are similar or the same as modern training ways, giving us knowledge of training programs back then. Through his life-long story, this book can give a framework on recognition of sports and on a major training program common for distance runners.

D. Major Secondary Sources

Frank Murphy (his own website): <http://frankmurphy.webs.com>

Amazon.com. Rev. of *A Cold Clear Day: The Athletic Biography of Buddy*

Edelen by Frank Murphy. n.d. Web. Accessed 5 February 2016.

<http://www.amazon.com/Cold-Clear-Day-Frank-Murphy/dp/073510399>

2.

Goodreads.com Rev. of *A Cold Clear Day: The Athletic Biography of Buddy*

Edelen by Frank Murphy. n.d. Web. Accessed 5 February 2016.

https://www.goodreads.com/book/show/2072461.A_Cold_Clear_Day.

2002

#13. Battista, Garth, editor. *How Running Changed My Life: True Stories of the Power of Running*. Breakaway Books, Halcottsville, 2002. 272p.

A. Editor (n.d.)

An American author and an editor of *The Runner's Literary Companion: Great Stories and Poems about Running* (Penguin Books, New York) and *The Runner's High: Illumination and Ecstasy in Motion* (Breakaway Books, Halcottsville).

B. Work

1. Genre

Essay and stories

2. Setting

2000s

3. Contents

<i>John's Vision</i>	by A.R. Ligon	7
<i>Runner without a Cause</i>	by Craig Boyer	11
<i>Dear Dad</i>	by Rita Stumps	17
<i>The Runner</i>	by J. Maxwell Cook	21
<i>In His Footsteps</i>	by Gerry Lavin	25

<i>The Long Flat Mountain</i>	by Holly Keith	31
<i>Zen and the Art of Marathon Running</i>	by Matthew Strozier	35
<i>Running for My Life</i>	by Erin Murphy	39
<i>Track</i>	by Cheri Johnson	43
<i>The Circuitous Route Home</i>	by David Stockwell	47
<i>Right Foot, Left Foot</i>	by Karen Beuerlein	51
<i>Tree of Hope</i>	by Vickie Bates	57
<i>Success Story</i>	by Michael Jewell	63
<i>Running in the Bronx</i>	by Odilia Rivera	67
<i>Some Day</i>	by Beth Pollack	69
<i>Runners and Children</i>	by Karen Kirkham	73
<i>Beautiful Gazelle</i>	by Abha Iyengar	77
<i>Run to Life</i>	by Toby Tanser	81
<i>On the Road</i>	by Ken Delano	87
<i>Fifty More Yards</i>	by Walter Stoneham	91
<i>What Is She Running from?</i>	by Jeannine Bergers Everett	95
<i>Forever Changed, Forever Runner</i>	by Amy Abern	101
<i>Sir John</i>	by Muhammad Shehzad Hanif	105
<i>The Trail</i>	by Kerry A. Gildea	113
<i>Going to the Chapel</i>	by Jennifer Rucinski	119
<i>A Runner's El Dorado</i>	by Joe Crisp	125
<i>One Block at a Time</i>	by Lori Dinkins	129
<i>The Run</i>	by C.A. Robert	133

<i>Grace Asked Me to Dance</i>	by Jane McDermott	137
<i>Life is too Short</i>	by Kami Holt	141
<i>Everything I Need to Know I Learned from</i>		
<i>Cross-Country Running</i>	by Anne Thornton	151
<i>Eat My Dust</i>	by Kelley Leonardo	155
<i>Just Keep Moving</i>	by Joanne Moniz	161
<i>Running Lessons</i>	by Kim Krolak	165
<i>Tomorrow might not be the Same</i>	by Mina Foster	171
<i>Mo(u)rning Run</i>	by Courtney E. Cole	175
<i>Hustle</i>	by Matt Dinniman	179
<i>Compulsory Exercise</i>	by Dean Liscum	183
<i>Runner</i>	by Sharon Reidy	189
<i>Just Play</i>	by Christy Thomas	193
<i>Running and Wings</i>	by Sally Blue Wakeman	197
<i>Running with Time</i>	by Roger Hart	201

4. Plot Summary

This book contains forty-three stories told by amateur and professional runners and edited by Garth Battista, who also edited *The Runner's Literary Companion*. These tales are about the reason writers start running and the meaning of running in their lives. Some writers, for example, run to quit drinking, escape from danger, seek mental stability, lose weight, and develop self-esteem.

They write about their experience of human transformation

through running. One woman, who has a complex about her appearance, takes up running and comes to develop self-esteem. One boy, who starts running on the advice of a schoolteacher, becomes a national marathoner.

Every level and age-runners share memorable incidents in their lives and in the experience of transformation thorough running.

C. Commentary

The collected stories are mostly about success as an athlete, but this book focuses on the process and its result, and they are written by runners of every level both amateur and professional. Their purpose for running is different, but the writers feel same way-they have all experienced transformation through running. You can see the approach to change through running. It is also clear that running has become one of the common sports.

Some stories, however, are far from a runner's life and told in an exaggerated way but also the difference of writing ability depends on each author. As a result, some stories seem well-written and easy to read but others are not.

D. Major Secondary Sources

Amazon.com. Rev. of *How Running Changed My Life: True Stories of the Power of Running* by Garth Battista. n.d. Web. Accessed 27. December

2015.

[http://www.amazon.com/Cold-Clear-Day-Frank-Murphy/dp/073510399](http://www.amazon.com/Cold-Clear-Day-Frank-Murphy/dp/0735103992)

2.

Goodreads.com Rev. of *How Running Changed My Life: True Stories of the Power of Running* by Garth Battista. n.d. Web. Accessed 27.

December 2015.

https://www.goodreads.com/book/show/1176410.How_Running_Changed_My_Life.

#14. Beardsley, Dick, and Maureen Anderson. *Staying the Course: A Runner's Toughest Race*. U of Minnesota P, Minneapolis, 2004. 224p.

A. Authors

Dick Beardsley (1959-)

An American distance runner and an author of this book, who was born in Minneapolis and graduated from South Dakota State University. He is currently working as a motivational speaker. In his athletic career, he was twice an Olympic Trials qualifier and the winner of many marathons; his records in the Grandma's Marathon in Duluth and the Napa Valley Marathon have still not been broken.

Maureen Anderson (n.d.)

Author, born in Nottinghamshire, who was one of the Angry Young

Men. His writing theme is usually angry accounts of working-class life. In his adolescence, he listed in the air force and served as a radio operator. He also written *Down from the Hill* (Granada, London, 1984) and *Leading the Blind: A Century of Guidebook Travel, 1815-1914* (Macmillan, London, 1995).

B. Work

1. Genre

Autobiography

2. Period Covered

1970s to 1990s

3. Setting

Minneapolis, Minnesota

4. Main Characters

Bob Frandsen: Dick's friend and a teammate

Dick Beardsley: the protagonist, a distance runner

Garry Bjorklund: Dick's friend and a runner

George: Dick's best friend

Joe: George's father

Mary Hausmann: Dick's wife

Scott Underwood: a track coach at South Dakota State University

5. Plot Summary

This is an autobiography of Dick Beardsley, a distance runner,

describing his personal and athletic life.

He begins running following a suggestion by George, his best friend. His major success as an athlete continues after his the university days. After graduation, he keeps running while he works on a farm, where he suffers a serious injury when he is entangled in an auger. Even though he recovers, unfortunate accidents happen one after another. He never yields to the various situations and keeps running.

In this book he shares his memory from childhood to adulthood and his challenge to keeping running while overcoming difficulties.

6. Terms

Major Competitions

Chevron Houston Marathon: an annual marathon held in Houston, Texas, which attracts over 13,000 runners.

For more information: <http://www.chevronhoustonmarathon.com>

London Marathon: an annual marathon founded by Chris Brasher and John Disley, the former Olympians and sponsored by Virgin Money London Marathon.

For more information:

<https://www.virginmoneylondonmarathon.com/en-gb/>

Boston Marathon: #11

New York City Marathon: #11

Training Methods

Fartlek: a run with variable pace, usually for a distance runner.

Tempo runs: a fast-paced workout, which improves a crucial physiological variable for metabolic fitness.

Physiology and Symptoms Common for Athletes

Achilles Tendonitis: #3

Anemia: #12

C. Commentary

This work focuses on both the athletic and personal lives of Dick Beardsley. Even though he establishes fame as an athlete, he does not seek only fame but manages well to work and train. Famous athletes in most sports usually choose only the burden of a professional athlete. Dick, however, chooses to work at a job in parallel with his athletic career, which is a unique point in running literature. This book gives a new view of one athlete's way of living.

D. Major Secondary Sources

Dick Beardsley (his own web page): <http://www.dickbeardsley.com>

Amazon.com. Rev. of *Staying the Course: A Runner's Toughest Race*, by

Dick Beardsley and Maureen Anderson. n.d. Web. Accessed 13 April 2016.

<http://www.amazon.com/Staying-The-Course-Runners-Toughest/dp/08>

16637598.

Goodreads.com Rev. of *Staying the Course: A Runner's Toughest Race*, by Dick Beardsley and Maureen Anderson. n.d. Web. Accessed 13 April 2016.

https://www.goodreads.com/book/show/732117.Staying_The_Course.

#15. Bloom, Marc. *God on the Starting Line*. Breakaway, Halcottsville, 2004. 240p.

A. Author

Mark Bloom (n.d.)

An American author, a contributor to *Runner's World*, a writer at *The New York Times* and a runner. He coached cross-country in high school for 20 years and was also the founder of *Nike Cross Nationals* and the *Great American Cross Country Festival*. His other publications are *Young Runner's Handbook: A Guide for Young Runners and Their Parents* (Kinney Shoe, New York, 1979) and *The Runner's Bible* (Broadway Books, New York, 1985).

B. Work

1. Genre

Essay

2. Period Covered

1994 to 2004

3. Setting

Belmar, New Jersey

4. Main Characters

Andrea: Bloom's wife and an elementary school teacher

Bill Jasko: a girl's cross-country coach

Bloom Marc: a runner and cross-country coach at St. Rose High School

Justin Gallagher, Ryan Lavender, Bock Silvestri, Michael Solobello,

John Leschak, Michael Dunn and Chris Ruhl: members of the cross-country team

5. Plot Summary

This is a story of the cross-country team at one high school, which becomes a state champion, training under Coach Marc Bloom.

Marc Bloom, who has never been a coach before in spite of having an experience as a runner and also being a contributor to *Runner's World*, is asked to coach at St. Rose High School. He decides to accept the position and starts recruiting runners. All runners he gathers are not necessarily said to be elite, and they prefer hanging out with friends to training.

Bloom writes about his experience from the first step of recruiting runners to leading the team to the state championship. He

also shares his difficulties as a Jewish coach at a Catholic school.

6. Terms

Athletes

Eamonn Coghlan (1952-): a former Irish long-distance runner, a three-time Olympian, who specialized in the 5,000m.

Major Competitions

New York City Marathon: #11

C. Commentary

There are few books by coaches in the collected books in this project. Narrated by a coach, this book seems to give a new way of describing on each runner. Most running books are written by an athlete or a biographer.

Bloom had never coached cross-country, and the runners at the school are all novices at running. Both coach and runners grow up together as the coach trains them and they come to train seriously. In this respect, readers can enjoy reading this book as a different description of runners told by their coach, but also as an initiation story. As some reviews say, however, this book is not suited for readers looking for a secret of strength.

D. Major Secondary Sources

Amazon.com. Rev. of *God on the Starting Line: The Triumph of a Catholic School Running Team and Its Jewish Coach* by Marc Bloom. n.d. Web. Accessed 11 November 2016.

https://www.amazon.com/God-Starting-Line-Triumph-Catholic/product-reviews/1891369741/ref=cm_cr_dp_qt_see_all_top?ie=UTF8&reviewerType=all_reviews&showViewpoints=1&sortBy=helpful.

Goodreads.com Rev. of *God on the Starting Line: The Triumph of a Catholic School Running Team and Its Jewish Coach* by Marc Bloom. n.d. Web. Accessed 11 November 2016.

https://www.goodreads.com/book/show/1523357.God_on_the_Starting_Line.

#16. Harper, Jo, and Meryl Henderson. *Wilma Rudolph: Olympic Runner*. Aladdin Paperbacks, New York, 2004. 192p.

A. Author & Illustrator

Author Jo Harper (n.d.)

A former English, Spanish and ESL teacher who graduated from Texas Tech University with BA and MA degree. She currently teaches children's literature at Houston Community College. She is also a member of the Society of Children's Book Writers and Illustrators. Her other publications are *The Legend of Mexicatl* (Turtle, New York, 1998), *Finding Daddy: A Story of the Great Depression* (Turtle, New York, 2005) and *I Could Eat You Up!* (Holiday House, New York, 2007).

Illustrator Meryl Henderson (n.d.)

An illustrator of children's books, she graduated from Syracuse University, earning a Bachelor of Fine Arts. She currently works as a freelance illustrator in New York City. She has illustrated over sixty educational books. Her other works are *Bats!: Strange and Wonderful* (Boyd's Mills, Honesdale, PA, 2000), *Snakes!* (Boyd's Mills, Honesdale, PA, 2004) and *Penguins!* (Boyd's Mills, Honesdale, PA, 2007).

B. Work

1. Genre

Biography

2. Period Covered

1940 to 1994

3. Setting

Saint Bethlehem, Nashville, and Clarksville, Tennessee

4. Main Characters

Blanche Rudolph: Wilma's mother, who works as a maid

Coach Edward Temple: Tennessee State University track coach

Coach Gray: Burt High School track coach

Ed Rudolph: Wilma's father, a railway porter

Mildred Jones: Coach Gray's close friend

Mrs. Walter: Wilma's friend

Wilma Rudolph: an American sprinter

5. Plot Summary

This is a biography of Wilma Rudolph in eighteen chapters, which follows her lifetime from her childhood to her death.

Wilma Rudolph was an African-American sprinter, and the first American woman to win three gold medals at the 1960 Rome Olympic Games. She is feeble in her childhood; she has polio, a crippling disease, which makes it impossible to walk. She overcomes her hardship with the aid of a metal leg brace and is finally able to walk unaided at the age of twelve. She trains under Coach Edward Temple, who is famous as a women's track and field pioneer, and becomes an Olympian who wins three gold medals in the 100m, 200m, and 4x100mR at the 1960 Rome Olympic Games. After retirement, she becomes an elementary school teacher and died at brain tumor.

In this biography, her childhood when she overcomes disease and her life as a professional athlete are described.

6. Terms

Athletes

Wilma Rudolph (1940-1994): an African-American sprinter, the first American woman to win three gold medals in the 100m, 200m and 4x100mR.

For more information:

<http://www.notablebiographies.com/Ro-Sc/Rudolph-Wilma.html>

Betty Cuthbert (1938-): a former Australian sprinter, a world record holder in the 200m at the 1956 Olympic Games.

For more information:

<http://athletics.com.au/Athletes/Hall-of-Fame/Betty-Cuthbert>

Jutta Heine (1940-): a former German sprinter, a silver medalist at the 1960 Rome Olympic Games in 200m and 4x100mR, who experienced her first Olympic when she was nineteen years old.

For more information:

<http://www.sports-reference.com/olympics/athletes/he/jutta-heine-1.html>

Dorothy Hyman (1941-): a former British sprinter, who won a silver medal in the 100m and a bronze medal in the 200m at the 1960 Rome Olympic Games, and who was voted *Britain's Sports Personality of the Year* in 1963.

For more information:

http://news.bbc.co.uk/local/sheffield/hi/people_and_places/newsid_8393000/8393850.stm

Martha Hudson (1939-): a former American sprinter, a member of 4x100mR with Wilma Rudolph, who won a gold medal at 1960 Rome Olympic Games in the 4x100mR.

For more information:

http://bakerstreet.wikia.com/wiki/Martha_Louise_Hudson

Barbara Jones (1973-): a former American sprinter, a winner in the 100m and 4x100mR at the 1955 Pan American Games in Mexico City.

For more information:

<http://www.sports-reference.com/olympics/athletes/jo/barbara-jones-1.html>

C. Commentary

This book is for children, but the detailed description of Wilma Rudolph's life is informative, not only for children but also adult readers.

An interesting point in this book is that description of segregation. Wilma, who has polio in childhood, must go to a hospital 90 mile from her house twice a week because a nearby hospital was only for whites. She also played basketball in high school, but her team travels, they are forced to stay in different housing from white teams. These descriptions of her lifetime full of racial barriers give readers a framework of one athletes' life but also depicts the historical background of racial segregation in the South.

D. Major Secondary Sources

Amazon.com. Rev. of *Wilma Rudolph: Olympic Runner* by Jo Harper and Meryl Henderson. n.d. Web. Accessed 23 August 2016.

https://www.amazon.com/Wilma-Rudolph-Olympic-Childhood-Americans/product-reviews/0689858736/ref=cm_cr_dp_qt_see_all_top?ie=UTF8&reviewerType=avp_only_reviews&showViewpoints=1&sortBy=helpful.

Goodreads.com Rev. of *Wilma Rudolph: Olympic Runner* by Jo Harper and

Meryl Henderson. n.d. Web. Accessed 23 August 2016.

https://www.goodreads.com/book/show/1122224.Wilma_Rudolph#other_reviews.

Ussporthistory.com. "Sport in American History". "*Wilma Rudolph's Scars and Star*" 27 July 2015. Cat Ariail. Accessed 23 August 2016.

<https://ussporthistory.com/2015/07/27/you-get-scars-deep-inside-you-t-hat-sometimes-never-heal-wilma-rudolph-and-the-lived-experiences-of-female-athletic-icons/>.

#17. Heminsley, Alexandra. *Running like a Girl: Notes on Learning to Run*. Scribner, New York, 2004. 210p.

A. Author

A journalist and broadcaster who became a writer after six years of experience as a publisher. Her other publication is *Ex and the City: You're Nobody 'til Somebody Dumps You* (Pan Macmillan, London, 2008).

B. Work

1. Genre

Autobiography

2. Period Covered

2000s

3. Setting

London, England

4. Main Characters

Alexandra Heminsley: a runner, the protagonist

Alexandra's family

5. Plot Summary

This is a story told by Alexandra Heminsley, who begins running following her father's one suggestion, and as she trains for a competition, she becomes fascinated by her sense of accomplishment through running.

One day, her family gathers. Her father suggests that she takes part in the London Marathon, one of the world's largest marathons. She starts training hesitantly at first. As she trains, she confronts some difficulties: weight-control, food she should be eating, and the way to sustain her attitude. The result of her continual efforts can lead her to achieve her purpose of running the whole distance. After running the marathon, she decides to participate in the London marathon again while working. In this book, she writes about her thoughts on running, its influence on her life, and her new challenge.

6. Terms

Following terms are quoted from the book.

Injuries

Iliotibial Band Syndrome:

“By a significant margin, this is the most common source of pain for regular runners, particularly long-distance runners. The iliotibial band is a fascia that runs down the length of the outer thigh from hip to knee. The repetitive action of running can put a large amount of stress on it, causing it to tighten and shorten after runs that are longer than half an hour or so” (166).

Plantar Fasciitis:

“A pain in the heel and sole of the foot that creates a realistic sensation of either running barefoot on hot coals or wearing through your heel altogether” (168).

Achilles Tendinopathy:

“It is actually a physiological change in the tendon fibers at the back of the ankle, caused by repetitive overload on the area. When the Achilles tendon is overloaded, the body recognizes that it is under increased stress and starts to change its fiber composition...This causes the stiffness and pain that many runners are familiar with” (170).

Piriformis syndrome:

“The piriformis is a relatively tiny muscle that sits between the other gluteal muscles in the buttocks. One of the problems with the muscle is that it sits right over the sciatic nerve, so when someone is diagnosed with sciatica or back pain, she is sometimes suffering from

an overactive piriformis muscle” (171).

Ankle sprain:

“An ankle sprain is the result of placing your foot incorrectly and turning it over as you wobble off a pavement or out of a car...The sprain refers to rolling the foot inward so that the underside of the foot turns in and the structures on the outer part of the ankle are massively overstretched” (171).

C. Commentary

The uniqueness of this book is that Heminsley writes about her daily events in detail: her running gear, running shoes, the course she ran and her feeling at that time. The other interesting point in this book is that she introduces tips as to running: running myths, choosing the proper running shoes, running style, things convenient for an emergency, and probable injuries. This book can be enjoyed for her story itself, but it also gives a lot of basic knowledge about running.

D. Major Secondary Sources

Amazon.com. Rev. of *Running like a Girl: Notes on Learning to Run* by

Alexandra Heminsley. n.d. Web. Accessed 21 October 2015.

<http://www.barnesandnoble.com/w/running-like-a-girl-alexandra-heminsley/1114818938?ean=9781451697179>.

Goodreads.com Rev. of *Running like a Girl: Notes on Learning to Run* by

Alexandra Heminsley. n.d. Web. Accessed 21 October 2015.

<http://www.goodreads.com/book/show/17307704-running-like-a-girl>.

#18. Radcliffe, Paula, and David Walsh. *Paula Radcliffe: The Autobiography*. Simon & Schuster, New York, 2004. 400p.

A. Authors

Paula Radcliffe (1973-)

A British long distance runner, who graduated from Loughborough University with a degree of modern language. After graduation, she devoted herself to running.

David Walsh (1955-)

Irish journalist and the chief sports writer for the *Sunday Times*. He was awarded UL Sportswriter and Irish Sportswriter of the Year.

B. Work

1. Genre

Autobiography

2. Period Covered

1969 to 2005

3. Setting

Barnton, Cheshire, and Oakley, Bedfordshire

4. Main Characters

Coach Alex Stanton: Paula's track and field coach

Gary Lough: Paula's husband

Germaine Hilditch: Paula's friend who invites her to join an athletic club

Liz Yelling: Paula's close friend

Olive Radcliffe: Paula's grandmother

Paula: a long distance runner, the protagonist

Pete and Pat: Paula's father and mother

5. Plot Summary

Paula Radcliffe tells the story of her childhood, when she started running, and after becoming a professional athlete.

Paula, who grew up in Bedford, was raised in a sports family. Pat, her mother, supports Pete, her father, for training. Paula follows her father, running along with him at the age of four. In elementary school, Germaine Hilditch, her friend, suggests that she join a track and field club. She entered her first competition and finished in second place, when she was six years old. She later wins the World Junior Cross-Country Championship. She aims at being a professional athlete and starts training under Coach Stanton.

In her university days, she had already become an internationally famous athlete and competed in the Olympic Marathon. As her fame

increases, she is expected to win major competitions, but she is disappointed at missing a gold medal and the harsh criticism hurt her greatly. Once sunk in apathy, she again returns to the international stage and sets a world record for the marathon.

In this autobiography, Paula shares not only her athletic life full of suffering and injuries, but also describes her reign as a top athlete.

6. Terms

Athletes

Paula Radcliffe (1973-): a British long-distance runner, the current women's world record holder in the marathon, who has won several major marathons, the London Marathon, the New York City Marathon, and the Chicago Marathon.

For more information: <http://www.paularadcliffe.com>

Ingrid Kristianesen (1956-): a former Norwegian long-distance runner, who set world records in the 5000m, 10,000m, the half-marathon, and the marathon.

Gary Lough (1970-): a middle distance runner and Paula's husband.

Major Competitions

Chicago Marathon: an annually held marathon in Chicago, known as one of the six World Marathon Majors; Boston, New York, London, Berlin and Tokyo Marathons.

For more information: <https://www.chicagomarathon.com>

London Marathon: #14

Commonwealth Games: an international meet, with participants from the fifty-three members of Commonwealth of Nations.

For more information:

http://www.thecgf.com/sports/sports_index.asp

IAAF World Cross Country Championship: an international cross country competition organized by the IAAF, which was inaugurated in 1973, and is used as one of the screening races for choosing nation team members for the Olympics.

For more information:

<https://www.iaaf.org/competitions/iaaf-world-cross-country-championships>

Injuries

Stress fracture: an injury through overuse that can occur in the foot, leg and pelvis.

For more information:

http://www.emedicinehealth.com/stress_fracture/article_em.htm

Training Methods

High-altitude training: training to acclimatize to the lower level of oxygen available in the atmosphere, which improves the delivery of oxygen to the muscles.

For more information:

http://www.altitude.org/altitude_training.php

C. Commentary

Reviewers value this work highly, especially her account of her athletic life, facing painful events and finally concurring with her passion or love for running. Some reviewers, however, read this work as not only her autobiography but also a technical running book that provides knowledge of how to run faster from the description of her training and the ways she conquers injuries. In this point, both runners and non-runners can enjoy her story itself and benefit from the technical suggestions.

D. Major Secondary Sources

Amazon.com. Rev. of *Paula Radcliffe: The Autobiography* by Paula Radcliffe and David Walsh. n.d. Web. Accessed 29 August 2016.

https://www.amazon.com/Paula-My-Story-So-Far/dp/074347869X/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=

Goodreads.com Rev. of *Paula Radcliffe: The Autobiography* by Paula Radcliffe and David Walsh. n.d. Web. Accessed 29 August 2016.

<https://www.goodreads.com/book/show/236935.Paula>.

2005

#19. Karnazes, Dean. *Ultramarathon Man: Confessions of an All-Night Runner*. Breakaway Books, New York, 2006. 308p.

A. Author (1962-)

A famous endurance athlete born in California. His achievements, running through great distance without sleep, have been catching the interest of many people around the world. *Ultramarathon Man: Confessions of an All-Night Runner* is his first and best selling book, and he is also the author of *50/50: Secrets I Learned Running 50 Marathons in 50 Days -- and How You Too Can Achieve Super Endurance!* and *Run! 26.2 Stories of Blisters and Bliss* (Wellness Central, New York, 2008). In 2006, he was nominated as one of the “Top 100 Most Influential people in the World” by *TIME* magazine.

B. Work

1. Genre

Autobiography

2. Period Covered

1960s to 2000s

3. Setting

Inglewood, California

4. Main Characters

Alexandria: Dean and Julie's older son

Nicholas: Dean and Julie's younger son

Dean Karnazes: the author and protagonist

Julie: Dean's wife

Perry: Dean's sister

5. Plot Summary

This is the story of Dean Karnazes, who overcame hardships through running ultramarathons.

He starts running seriously when he is in junior high school. He trains hard and wins many competitions at that time. However, he quits running after graduation. When he reaches thirty years old, he wonders if he will continue to work for years and live an ordinal life. He goes outside one midnight for a run to seek his answer. While he runs, he considers doing something nobody has achieved, leading to running a great distance, now called an ultramarathon. After his decision, he starts to run in many such races, facing both physical and mental difficulties such as fighting against sleepiness, injuries, rambling thoughts while running.

In this book, he shares not only his background from childhood to adulthood but he also describes the way his life is changed by running.

C. Commentary

Unlike most running books, the preparation, and training for taking part in a competition is omitted in this book, which focuses mainly on his psychology while he runs a great distance. Karnazes writes about his hardships, such as the effort of running all night, while feeling a lot of pain. He also answers questions from other runners, such as “How often do you train?” and “Any tips for running an ultra?” This book includes one part that is Answer to Question-style, so runners can gain some tips on the secret of his strength while also enjoying the abundant description of each race.

D. Major Secondary Sources

Dean Karnazes (his own web page):

<http://www.ultramarathonman.com/web/>

Amazon.com. Rev. of *Ultramarathon Man: Confessions of an All-Night Runner* by Dean Karnazes. n.d. Web. Accessed 1 January 2016.

<http://www.amazon.co.uk/Ultramarathon-Man-Confessions-All-Night-Runner-ebook/dp/B001QNVPHW>.

Goodreads.com Rev. of *Ultramarathon Man: Confessions of an All-Night Runner* by Dean Karnazes. n.d. Web. Accessed 1 January 2016.

https://www.goodreads.com/book/show/87632.Ultramarathon_Man.

#20. Marsden, Carolyn. *Moon Runner*. Candlewick, Cambridge, MA, 2005. 112p.

A. Author (1950-)

An American writer, born in Southern California, who attended Vermont College and obtained an MFA in Writing for Children. She was an elementary teacher before she became a writer. Her major works are *The Gold-Threaded Dress* (Candlewick, Cambridge, MA, 2002), her first book and a booklist Top Ten Youth Novel of 2002, and *Silk Umbrellas* (Candlewick, Cambridge, MA, 2004).

B. Work

1. Genre

Novel

2. Period Covered

2000s

3. Setting

Duncan, South Carolina

4. Main Characters

Lombard: a PE teacher

Mina Lee: the protagonist and a sprinter

Ruth Largness: Mina's close friend and her rival

5. Plot Summary

This is a story of Mina Lee who is chosen as a member of the relay team in elementary school and wins a local competition.

Lombard, a PE teacher, has students running fifty meters in his class to find runners for the meet. One day, he gathers the students and announces a list of relay members for the track meet, which includes Mina, who does not like running, and Ruth, who always wants to be first. After that, Ruth regards Mina as her rival, and their relationship gets worse, Mina feels sad. However, they regain their former friendship through talking frankly to each other, and they begin training together. On the day of the meet, their relay team wins first place and the right to attend a city-wide competition.

C. Commentary

This book is aimed at children, but its simple story has a common message for people of all ages. Mina, like most people has a close friend, but sometimes that friend becomes a rival, making their relationship worse. Readers may have experienced complicated feelings similar to Mina's and can sympathize with this book.

Readers also can read this book thinking about the role of the moon. The moon of the book's title represents Mina's mentality and desire to win. When everything goes well for Mina, it is expressed through the image: "The full moon seems to bring blessings" (49). In the latter half of this book,

Mina's emotions become unstable and differing descriptions of the moon often appear, but Mina also sees the moon in the gold medal she wins.

D. Major Secondary Sources

Amazon.com. Rev. of *Moon Runner* by Carolyn Marsden. n.d. Web. Accessed 10 December 2015.

<http://www.amazon.com/Moon-Runner-Carolyn-Marsden/product-reviews/1435272838>.

Goodreads.com Rev. of *Moon Runner* by Carolyn Marsden. n.d. Web. Accessed 10 December 2015.

https://www.goodreads.com/book/show/1382963.Moon_Runner.

2000

#21. Brant, John. *Duel in the Sun: Sun: Alberto Salazar, Dick Beardsley, and America's Greatest Marathon*. Rodale, Emmaus, PA, 2006. 256p.

A. Author (1951-)

A contributor to *Runner's World* and *Outside* magazines. He is also the author of *The Boy Who Runs: The Odyssey of Julius* (Ballantine Books, New York, 2016). He won a *Journalistic Excellence Award* in 2002.

B. Work

1. Genre

Biography

2. Period Covered

1980s to 1990s

3. Setting

Boston, Massachusetts; Eugene, Oregon; and New York City, New York

4. Main Characters

Alberto Salazar: a long-distance runner

Bill Squires: Dick's coach

Dick Beardsley: another distance runner

Mary: Dick's wife

Molly: a talented long distance runner

5. Plot Summary

This book is a biography of Dick Beardsley and Alberto Salazar. The author writes about their daily training, competitions, and their life after retirement.

Alberto Salazar is a strong runner, one who is well known, and Dick Beardsley, who is not a famous runner. As the story progresses, Beardsley begins to run faster and becomes a major threat for Alberto Salazar.

This book highlights the Boston Marathon, where Alberto and Dick produce an exciting race before a huge crowd and media and

Dick Beardsley beats Alberto Salazar.

The marathon becomes a pinnacle for their running careers. In the latter part of this book, the story spirals downhill: Salazar becomes depressed and his immune system is compromised, and Beardsley is injured in an industrial accident and lapses into drug addiction.

6. Terms

Athletes

Bill Bowerman (1999-): “the legendary coach at University of Oregon” (20) and a cofounder of Nike, Inc.

For more information:

<http://news.nike.com/news/bill-bowerman-nike-s-original-innovator>

Bill Rodgers (1947-): #11

Tarzan Brown (1914-1975): “member of New England’s Narragansett Indian tribe and a two-time Boston winner” (106).

For more information:

<http://www.sports-reference.com/olympics/athletes/br/tarzan-brown-1.html>

Major Competitions

Boston Marathon: #11

New York City Marathon: #11

Grandma’s Marathon: an annual marathon that began in 1977 when a group of local runners planned a scenic road race from Two

Harbors to Duluth, Minnesota.

For more information: <http://grandmasmarathon.com>

C. Commentary

Unlike other running biographies, the author describes two famous athletes, separately in the first half of the book and simultaneously in the latter. They also face similar fates: both are sunk into a downhill spiral in their lives. It is also rare that there are two protagonists who confront similar densities. The structure and story itself is unexpected and different from other running books, which focus mainly on one athlete's life.

This book also can be read as historical background to the running boom in the 1970s, the growing number of runners, and people's thoughts about running as it becomes more popular.

The biography of both famous athletes is also intriguing for runners, as it provides knowledge of the running boom at that time.

D. Major Secondary Sources

Amazon.com. Rev. of *Duel in the Sun: Alberto Salazar, Dick Beardsley, and America's Greatest Marathon* by John Brant. n.d. Amazon.com.

Web. Accessed 25 September 2016.

<https://www.amazon.com/Duel-Sun-Beardsley-Americas-Greatest/dp/1594866287>.

Goodreads.com Rev. of *Duel in the Sun: Alberto Salazar, Dick Beardsley,*

and America's Greatest Marathon by John Brant. n.d. Amazon.com.

Web. Accessed 25 September 2016.

http://www.goodreads.com/book/show/515066.Duel_in_the_Sun.

John, Brant. *Duel in the Sun*. Runner's World. Web. Accessed 25

September 2016.

<http://rw.runnersworld.com/selects/duel-in-the-sun.html>.

#22. Lin, Jennifer, and Susan Warner, editors. *Sole Sisters: Stories of Women and Running*. Andrews McMeel, Kansas City, MO, 2006. 144p.

A. Editors

Jennifer Lin (n.d.)

An author, the reporter, and the former China correspondent for the *Philadelphia Inquirer*, who graduated from Duquesne University.

Susan Warner (n.d.)

A freelance writer. Her personal information is unavailable.

B. Work

1. Genre

Essay and stories

2. Period Covered

1950s to 2000s

3. Contents

<i>A World-Class Racer Turns Coach of Mom</i> by Joan Nesbit Mabe	1
<i>The Flying Nun</i> by Sister Marion Irvine	9
<i>Paving the Way for her Daughter</i> by Cheryl Treworgy	15
<i>It Takes a Committee</i> by Allentown Women's 5K Classic	24
<i>On the Faded Trail of Chief Dull Knife</i> by Cinnamon Spear	31
<i>Therapy in Motion</i> by Team Windsor	39
<i>Fighting Cancer with her Sisters</i> by Darcy Gibbs Batzold	47
<i>The Accidental Legend</i> by Grete Waitz	54
<i>The Road to Hawaii</i> by Theo Carroll	60
<i>Recovering from 9/11</i> by Sandy Felt	68
<i>The Runner Next Door Susan</i> by Pajer and Marilyn Darrows	73
<i>Running for Kenya</i> by The Ndereba Sisters	78
<i>From Tragedy, a Turning Point</i> by Sandy Oslosky	83
<i>The Ultimate Connection</i> by Centipede Ladies	91
<i>Finding a New Way</i> by Amber Trotter	97
<i>Dressing Women Runners</i> by Ellen Wessel	103
<i>Pregnancy, Babies, and Running</i> by Midori Sperandeo	110
<i>Running to a Brighter Future</i> by Students Run Philly Style	117
<i>Four-Legged Running Partners</i> by Colleen Cannon	123
<i>Born with a Runner's Soul</i> by Taylor Ng	128
<i>Finding Friendship in a New Hometown</i> by The Dawn Patrol	132

4. Plot Summary

This book is collected true stories told by women runners who started running for various reasons: stress reduction, health, and an opportunity to connect with other runners.

The editors begin interviewing women of all ages when their article “Why has the number of women runners been increasing?” is published. In response to the article, the two compilers receive many phone calls, letters and e-mails from women runners of all ages who tell the reason they run. Lin and Warner begin interviewing, and these stories were connected into a book.

5. Terms

Major Competitions

Women’s 5K Classic: an annual race begun in 1993 to raise funds to support the Greater Leigh Valley organizations that promote fitness among women of all ages, supporting women and families affected by breast and other cancers, but also to educate women about breast cancer awareness, prevention and treatment.

For more information: <http://womens5kclassic.org>

C. Commentary

The significant point is that all the stories are told by women. Most running books are mainly on men runner by male authors. Amby Burfoot, 1968 Boston Marathon winner and an executive editor of *Runner’s World*

magazine, also mentions this point on the book cover:

“I know it’s not politically correct to say that female runners are different from male runners, but they are, and they deserve their own running book.”

As he mentions, this book indicates that women have entered into a formerly male- dominated world, and the time has come for women runners to tell their own stories.

D. Major Secondary Sources

Amazon.com. Rev. of *Sole Sisters: Stories of Women and Running* by

Jennifer Lin and Susan Warner. n.d. Amazon.com. Web. Accessed 10 December 2015.

<http://www.amazon.com/Sole-Sisters-Stories-Women-Running/product-reviews/B007HW62YC>.

Goodreads.com Rev. of *Sole Sisters: Stories of Women and Running* by

Jennifer Lin and Susan Warner. n.d. Amazon.com. Web. Accessed 10 December 2015.

https://www.goodreads.com/book/show/362241.Sole_Sisters.

#23. Shivers, Joseph P, and Paul L. *Harriers: The Making of a Championship Cross-Country Team*. Fresh Writers, Uniontown, OH, 2006. 180p.

A. Authors

Joseph and Paul Shivers (n.d.)

Joseph and Paul Shivers are cousins, not brothers but their detailed personal information is not available. When they wrote this book, they were just high school students. They started writing this book after winning a school essay contest.

B. Work

1. Genre

Essay

2. Period Covered

2001 to 2004

3. Setting

Salem, Ohio

4. Main Characters

Andy, Jason, Joseh, and Paul: cross-country team members at Salem
High School

Matt Yanek: a former distance runner

Michael Almond: a new cross-country coach

Mike: a former wrestler who is recruited by Andy to join the cross-county team

Robert Vogt: a graduated student who was a member of the cross-country team

5. Plot Summary

This is an essay about how a common cross-country team becomes a prestigious team, training under Michael Almond, the new coach at Salem High School.

The cross-country team at Salem High School had won three State Championships in the past, but recently their performance has been unremarkable. The appearance of a new coach, Michael Almond, who had produced great distance runners representing the nation, revitalizes the cross-country team.

Team members follow his instruction eagerly and endure hard training, which finally leads the team to the state championship. The changes brought by the new coach and the process of improving from a normal team to becoming a state champion are detailed in this book.

6. Terms

Training Methods

Tempo runs: #14

C. Commentary

Unlike other books in running literature, this one was written by two high school students. Readers seem to enjoy the process that the weak cross-country team becoming a strong team. However, the way of telling the story is simple and there is a lack of detailed information about the phases of training and competition, so reviews of this book are not favorable.

D. Major Secondary Sources

Amazon.com. Rev. of *Harriers: The Making of a Championship Cross Country Team* by Joseph and Paul Shivers. n.d. Web. Accessed 1 November 2016.

<https://www.amazon.com/Harriers-Making-Championship-Cross-Country/dp/1932802959>.

Goodreads.com Rev. of *Harriers: The Making of a Championship Cross Country Team* by Joseph and Paul Shivers. n.d. Web. Accessed 1 November 2016.

<https://www.goodreads.com/book/show/1161972>.

2007

#24. Parker, John L. Jr. *Again to Carthage*. Breakaway, New York, 2007.
344p.

A. Author (1947-)

An American writer who graduated from the University of Florida's College of Journalism and the College of Law. In college, he was a three-time mile champion in Southeastern Conference. He is also the author of *Once a Runner* (Cedarwinds, Cedar Mountain, NC, 1978).

B. Work

1. Genre

Novel

2. Period Covered

1940s to 1950s

3. Setting

Kernsville, Florida

4. Main Characters

Big Jim Pegram: Quenton's best friend

Bruce Denton: Quenton's coach but also Assistant Professor of Science

Endris and O'Bannon: Quenton's training partner

Mize: Cassidy's friend, who is in the military

Quenton Cassidy: former Olympian in the mile and an attorney

Roland: Quenton's colleague

5. Plot Summary

This novel, a sequel to *Once a Runner*, is the story of Quenton Cassidy, the protagonist, who becomes an attorney after retiring as an athlete, but who goes back to an athletic life.

Quenton Cassidy settles to an ordinal life after he becomes a silver medalist at the Olympic Games. After retiring as a runner, he attends law school and starts working in a law firm. He enjoys his work, hanging out with his colleges and running only casually. His life seems promising and peaceful. One day, however, he gets the news that two friends have died in the Vietnam War, which gives him a great shock, and he comes to realize something is missing in his life. That is running. A few days later, he meets Bruce, his former coach, and Cassidy begins training under his coaching but this time training for the marathon.

The first half of the story is about Quenton Cassidy's life as lawyer, and in the latter his second life as marathoner is described.

6. Terms

Training Methods

Interval (training or workout): #2

Physiology and Symptoms Common for Athletes

Anaerobic threshold (AT): the exertion level between aerobic and

anaerobic training. The AT is the point during exercise when your body must switch from aerobic to anaerobic metabolism.

Lactic Acid: #2

VO2 Max: the maximum rate of oxygen consumption as measured during incremental exercise, most typically on a motorized treadmill.

Zone: the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.

C. Commentary

The appeal of this book is the changing process of Cassidy's psychology. Although he quits running and settles into a comfortable life as an attorney, he starts training again after the death of his close friends, feeling something is missing from his life. Most people hardly think the missing part in life might be tied to running. His thoughts may be characteristic of current athletes or those who had once been runners, and readers can gain an appreciation of their thoughts.

This book can also be read as a training guide. Some terms common to athletes and their training programs are mentioned in the conversation between Cassidy and his coach.

D. Major Secondary Sources

Amazon.com. Rev. of *Once a Runner* by John L. Parker. n.d. Web.
Accessed 23 October 2015.

http://www.amazon.com/Again-Carthage-John-Parker-Jr/product-reviews/1891369776/ref=cm_cr_dp_see_all_btm?ie=UTF8&showViewpoints=1&sortBy=recent.

Goodreads.com Rev. of *Once a Runner* by John L. Parker. n.d. Web.
Accessed 23 October 2015.

https://www.goodreads.com/book/show/98250.Once_a_Runner?from_search=true.

#25. Schaap, Jeremy. *Triumph: Jesse Owens and Hitler's Olympics*. Houghton Mifflin, Boston, 2007. 304p.

A. Author

Jeremy Schaap (1969-)

An American author, sportswriter and *ABC World News* reporter, who graduated from Cornell University. He is the winner of eight Emmy Awards. His other publications are *Cinderella Man: James J. Braddock, Max Baer, and the Greatest Upset in Boxing History* (Houghton Mifflin, Boston, 2005) and *Untitled On the 1969 Mets/orioles Baseball Season* (Houghton Mifflin, Boston, 2011).

B. Work

1. Genre

Biography

2. Period Covered

1912 to 1955

3. Setting

Cleveland, Ohio, and Berlin, Germany

4. Main Characters

Adolf Hitler: the president of Germany

Arno Breitmeyer: a German sports official, and former rower

Charles Riley: a junior high school track coach

Eva Braun: Hitler's wife

Henry Cleveland Owens: Jesse's father who works as a sharecropper

Jesse Owens: an African-American sprinter, the protagonist

Larry Snyder: a track and field coach at the Ohio State University

Mary Emma Fitzgerald: Jesse's mother

Ruth Solomon: Jesse's wife

5. Plot Summary

This is a biography of Jesse Owens, an African-American sprinter, focusing on the 1936 Berlin Olympic and hurdles he faced.

Jesse Owens started running under Coach Charles Riley at East Technical High School in Cleveland, where he caught attention by setting a world record in 100-yard dash (9.1m). He attended Ohio State

University, where Coach Larry Snyder trained him. He won many competitions, including the NCAA championship and Big Ten meet, but also at the Olympic Games, where set world records in the 100-yard dash and 220-yard dash.

The highlight of this book is the 1936 Berlin Olympic Games, where Jesse crushes the hopes of Adolf Hitler, who wants to let people to witness “Aryan’s supremacy”. Jesse Owens enters four events- 100m, 200m, long jump and 4x100mR- and defeats athletes from several countries. His winning suppresses the spectators, and Owens is besieged by those who want autographs and to shake hands with him. His popularity makes Hitler, a white supremacist, indignant.

The author writes about Owens’ athletic career, casting the light on both national and international meets and focuses on his success in the Berlin Olympic Games.

6. Terms

Athletes

Jesse Owens (1913-1980): An American sprinter, who won three gold medals at the 1936 Berlin Olympics, known as the most successful African-American athlete. He graduated from Ohio State University, where he trained under Coach Larry Snyder.

Harold Abrahams (1899-1978): a British sprinter, gold medalist at the 1924 Paris Olympics in the 100m, who graduated from Cambridge University and worked as a lawyer and journalist after graduation.

Erich Borchmeyer (1905-2000): a German sprinter, who won a silver medal at the 1934 European Championships in the 100m and a bronze medal at the 1936 Berlin Olympic Games.

Ben Johnson (1961-): #5

Lee Orr (1917- 2009): a Canadian sprinter, who won a gold medal at the 1938 Sydney Olympics in the 4x440m yard relay. He graduated from Washington State University, where he trained under a famous coach, Karl Schlademan.

For more information:

<http://www.sports-reference.com/olympics/athletes/or/lee-orr-1.html>

Mack Robinson (1914-2000): an American sprinter, a silver medalist at the 1936 Berlin Olympic Games, who graduated from the University of Oregon.

Athletic Organizations

Amateur Athletic Union (AAU): #3

United States Olympic Committee (USOC): an organization based in Colorado Springs, which dispatches elite athletic teams for the Olympic, Paralympic, and Pan American Games.

For more information: <http://www.teamusa.org>

International Olympic Committee (IOC): #4

Major Competitions

National Collegiate Athletic Association (NCAA): #10

Big Ten Conference (BiG10): an athletic conference in the United States established in 1895 by James H. Smart, the president of Purdue University.

For more information:

<http://www.bigten.org/sports/w-track/big10-w-track-body.html>

C. Commentary

One of the few biographies in this collection about an African-American athlete gives a framework of the painful difficulties faced by an African-American in both sports and the world situation, highlighting the 1936 Berlin Olympic Games. Owens's athletic career brings out many interesting points, such as that, in spite of his fame he could not accept a scholarship to Ohio State because of his skin color, which forced him to work while he trained. This situation no longer exists at present. The other curious point in this book is that Germany, the host country for the Olympic, held the Games with the intention of showing the supremacy of the Aryan race. Readers can enjoy Owens' athletic life but also the historical aspect of his achievements.

D. Major Secondary Sources

Amazon.com. Rev. of *Triumph: Jesse Owens and Hitler's Olympics* by Jeremy Schaap. n.d. Web. Accessed 21 June 2016.

<https://www.amazon.com/Triumph-Untold-Story-Hitlers-Olympics/prod>

uct-reviews/B001CB29Z0/ref=cm_cr_dp_qt_see_all_top/163-1098654-9
590238?ie=UTF8&reviewerType=avp_only_reviews&showViewpoints=1
&sortBy=helpful.

Goodreads.com Rev. of *Triumph: Jesse Owens and Hitler's Olympics* by
Jeremy Schaap. n.d. Web. Accessed 21 June 2016.

[https://www.goodreads.com/book/show/376585.Triumph#other_](https://www.goodreads.com/book/show/376585.Triumph#other_reviews)
reviews.

#26. Ottati, Dean. *The Runner and the Path: An Athlete's Quest for Meaning in Postmodern Corporate America*. Breakaway, Halcottsville, 2008. 272p.

A. Author (n.d.)

An American author who graduated from the Kellogg Graduate School of Management. He works for in the video-technology industry but is also a swimming-coach. He currently lives in California with his wife and son.

B. Work

1. Genre

Autobiography

2. Period Covered

1980s to 2000s

3. Setting

California

4. Main Characters

Chris: Dean's wife, who is also an exercise physiologist by training

Dean Ottati: the author and protagonist

Zach: Dean and Chris's son

5. Plot Summary

This is the story of Dean Ottati, a runner, cooperate executive and author. Dean Ottati begins running to get back in shape. As he runs, he comes to think of and seek the meaning of life. For him, running is a time to meditation. To find the answers, he keeps running alone or sometimes with his friends and family. Through the whole story, he writes about the difficulties he faced and the way to conquer them through running.

C. Commentary

Dean Ottati inserts quotations by famous authors such as Henry David Thoreau, Herman Melville, and Mark Twain in each chapter. The following quotation by John Muir is one example: says following.

“Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off

like autumn leaves” (91).

Each quotation seems to fit with his mental state. The author actually runs in the mountains, where the steep-terrain challenges him but the strenuous exercise and mountain air refresh him. The author develops each chapter following the theme of the inserted quotation. However, as some reviews say he is a novice at running, so this account may make the experience unsatisfying for readers who get an inspiration from the book.

D. Major Secondary Sources

Amazon.com. Rev. of *The Runner and the Path: An Athlete's Quest for Meaning in Postmodern Corporate America* by Dean Ottati. n.d. Web. Accessed 11 January 2016.

<https://www.amazon.com/Runner-Path-Athletes-Postmodern-Corporate/dp/1891369822>.

Goodreads.com Rev. of *The Runner and the Path: An Athlete's Quest for Meaning in Postmodern Corporate America* by Dean Ottati. n.d. Web. Accessed 11 January 2016.

https://www.goodreads.com/book/show/376585.Triumph#other_reviews.

#27. Reed, Pam. *The Extra Mile*. Rodale, Emmaus, PA, 2008. 280p.

A. Author (1961-)

An American ultramarathoner, born in Michigan. She is the first woman to become a winner of the Badwater Ultramarathon in 2002, called the toughest in the world.

B. Work

1. Genre

Autobiography

2. Period Covered

1990s to 2000s

3. Setting

Palmer, Michigan

4. Main Characters

Andrew and Bacal: Pam's sons

Benny Linkhart: the first person to urge Pam to try an ultramarathon

Chuck Giles: an ultracyclist and Pam's friend

Debbie Wickstorm: Pam's sister

Jim: Pam's husband

Karen: Pam's mother

Pam Reed: an ultramarathoner and the protagonist in the book

Roy Saari: Pam's father

Susy Bacal: Pam's best friend

5. Plot Summary

This book is the story of Pam Reed, and it is separated into two main aspects, her personal life and her life as an athlete.

In the first part of the book, her private life is described. Karen, her mother, is a hardworking woman keeping a balance between her entrepreneurial career and family, and Roy, her father, who is also a determined person, raise her.

In the latter part, her athletic life is described. She starts running at the suggestion of Benny Linkhart, one of her friends, who urges her to try ultrarunning, which requires both psychological and physiological elements. After entering the Mule Mountain Marathon for her first race, she starts to attend many races including the Badwater, called the toughest race in the world. She becomes the first women winner in this competition. Describing her entire life, she shares her challenges and experiences in this book.

6. Terms

Athletes

John Geesler (n.d.): a silver medalist at the 2009 USA 24-Hour Run National Championship.

Katharine Switzer (1947-): an American marathoner who was the first woman to run the Boston Marathon.

Ryoichi Sekiya (1967-): a Japanese ultramarathoner and a current

Asian record holder of the 24-Hour Run.

Scott Jurek (1973-): an American ultramarathoner and a public speaker, known as a one of the most dominant ultramarathoner in the world, winner of many famous races.

Stephanie Ehret (1963-): an American ultramarathoner, winning a 24-hour track run in record time.

Sumie Inagaki (1966-): a Japanese ultramarathon runner from Hokkaido who is the holder of the current women's record in the 24-hour run Indoor.

Major Competitions

Badwater Ultramarathon: an ultramaathon, said to be the world's toughest foot race, held in the Badwater Basin in California and ending at Mount Whitney.

For more information: <http://www.badwater.com>

Big Sur International Marathon: an annual marathon held in California, attracting more than 4,000 participants.

Boston Marathon: #11

Chicago Marathon: #18

Hardrock Hundred Mile Endurance: an ultramarathon of 100 miles with 33,992 feet of climb and 33,992 feet of descent for a total elevation change of 67,984.

Leadville Trail 100 Run: an ultramarathon begun in 1983 on trails and dirt roads near Leadville Colorado, through the heart of the Rocky

Mountains. In most years, few people complete the race within the 30-hour time limit.

London Marathon: #14

New York City Marathon: #11

Pikes Peak Marathon: a marathon beginning at the base of Pikes Peak in Colorado with 7,815 feet of climb.

Rock'n Roll Marathon: a marathon combined with, travel and entertainment, begun in 1998 in San Diego, CA.

St. George Marathon: #11

Physiology and Symptoms Common for Athletes

Anorexia (nervosa): The more serious athletes are, the easier they come to be anorexic. There are several features: an extreme aversion to gaining weight, a rejection of eating and having a distorted body image.

Hypernatremia (water intoxication): a symptom caused by drinking excessive amounts of water, leading to a low concentration of sodium in the blood.

C. Commentary

This book is about her life story but also about her challenge in breaking the stereotypical thoughts held by men, which shows one aspect of feminism.

The ultramarathon, called one of the extreme sports requiring both

strong physical and psychological elements, had been thought of as a men's sport. In the book, she provides a brief sports history and her experience, saying, "What makes men even more uncomfortable is the possibility of a woman beating them" (126), and "From childhood, it's ingrained in all of us that guys are stronger, tougher, faster. This stereotype is so strong that it takes constant struggle to break through it, even in my own family" (127). One reviewer calls it "the story of the woman who shocked the running world", for Pam Reed broke such a stereotypical way of thinking through competing in many "ultra" races, where she defeats male athletes, and becoming the first woman winner of the Badwater. Her challenge and endeavor are so inspirational and epoch-making in cultivating a new field for female athletes.

D. Major Secondary Sources

Amazon.com. Rev. of *The Extra Mile: One Woman's Personal Journey to Ultra-Running Greatness* by Pam Reed. n.d. Web. Accessed 23 January 2016.

<http://www.amazon.com/The-Extra-Mile-Ultrarunning-Greatness/dp/1594867305>.

Goodreads.com Rev. of *The Extra Mile: One Woman's Personal Journey to Ultra-Running Greatness* by Pam Reed. n.d. Web. Accessed 23 January 2016.

https://www.goodreads.com/book/show/239386.The_Extra_Mile.

2009

#29. Jurek, Scott, and Steve Friedman. *Eat and Run: My Unlikely Journey to Ultramarathon Greatness*. Mariner Book, New York, 2013. 288p.

A. Authors

Scott Jurek (1973-)

An American ultramarathoner, born in Minnesota to a poor working-class family. He graduated from Proctor High School in Minnesota and entered the College of St. Scholastica in Duluth, Minnesota, graduating with a Bachelor Degree in Health Science and a Master's Degree in physical therapy, physical medicine, and rehabilitation specialty.

Steve Friedman (n.d.)

Born in St. Louis and graduated from Stanford University, currently living in New York City. He is a writer, working for the Rodale Sports Group. His major works are *Lost on Treasure* (Skyhorse, New York, 2011) *Island* and *The Agony of Victory* (Arcade Pub., New York, 2007). Steve Friedman helped Scott publish this book.

B. Work

1. Genre

Autobiography

2. Period Covered

1980s to 2000s

3. Setting

Duluth, Minnesota, and Boulder, Colorado

4. Main Characters

Dave Terry: a runner and one of Scott's close friends

Dusty Olson: a talented athlete and Scott's lifelong friend

Gordon Jurek: Scott's father

Jenny Jurek: Scott's wife

Lynn Jurek: Scott's mother, who contracts multiple sclerosis

Scott Jurek: the author and an American ultramarathoner

5. Plot Summary

This is a story of Scott Jurek, who finds a value in running and challenging something people cannot achieve easily. The answer for him is to run an ultramarathon.

Scott Jurek begins running long distances when he belongs to the cross-country team in high school, where he is advised to strengthen his stamina by his cross-country coach. His effort to be a strong athlete bears fruit, and he becomes a top fifteen skier in Minnesota, which leads him to get a school recommendation to the University of

Minnesota Duluth, where his close friend Dusty suggests that he run an ultramarathon.

In his first ultra-race, he comes in second place, finding a taste for long distances. Taking this opportunity, he takes part in many ultramarathon races. While he wins fame as an athlete, he confronts setbacks: marriage and divorce, discord with Dusty, the deaths of his mother and Dave Terry, one of his close friends, and an injury through overloaded training

Jurek writes about his personal life, which is full of difficulties, explains his reasons for running ultramarathons, and provides training tips.

C. Commentary

Scott Jurek shares his personal and athletic life, making this a useful book for training, training logs and running tips. Readers, whether are runners or not, can enjoy this book for the story itself and as a running book. As reviews have said, this book is more like a novel than an autobiography. He writes both good and bad events, exciting the reader, which is unlike most other running literature, with its emphasis on the positive aspects of running. This confession-like story makes it possible that this is not just an autobiography.

D. Major Secondary Sources

Scott Jurek (his own webpage): <http://scottjurek.com/eatandrun/>

Amazon.com. Rev. of *Eat and Run: My Unlikely Journey to Ultramarathon Greatness* by Scott Jurek and Steve Friedman. n.d. Web. Accessed 10 December 2015.

<http://www.amazon.co.uk/Eat-Run-Unlikely-Ultramarathon-Greatness/dp/1408833409>.

Goodreads.com Rev. of *Eat and Run: My Unlikely Journey to Ultramarathon Greatness* by Scott Jurek and Steve Friedman. n.d. Web. Accessed 10 December 2015.

<https://www.goodreads.com/book/show/13202092-eat-and-run>.

#30. Lomong, Lopez, and Mark A. Tabb. *Running for My Life: One Lost Boy's Journey from the Killing Fields of Sudan to the Olympic Games*. Thomas Nelson, Nashville, 2012. 240p.

A. Authors

Lopez Lomong (1985-)

Born in Kimotong, South Sudan, a naturalized citizen of U.S in 2007 and an American distance runner. He currently works for philanthropic activities such as Team Dafur, an international association of athletes, and the Lopez Lomong Foundation.

Mark Tabb (n.d.)

An author who often writes biographies of athletes. His other works are *Greater Than: Unconventional Thoughts on the Infinite God* (THINK, Colorado Springs, CO, 2005) and *The Sacred Acre: The Ed Thomas Story* (Zondervan, Grand Rapids, MI, 2011).

B. Work

1. Genre

Autobiography

2. Period Covered

1980s to 2012

3. Setting

Kimotong, South Sudan; Kakuma, Kenya; New York; Eugene, Oregon; Flagstaff, Arizona

4. Main Characters

Abaham and John: Lopez's brothers

Dominic: Lopez's wife

Grace: Lopez's sister

Host family: taking care of Lopez in the United States

John Hayes: Lopez's track coach, a head coach of ATX Elite Coaching

Lopez Lomong: a middle distance runner, the protagonist

5. Plot Summary

This autobiography tells of Lomong's childhood in South Sudan

to being an Olympian representing the U.S.A. Lopez Lomong was born in Kimotong, South Sudan. When he was six years old, he was kidnapped by Sudanese rebel soldiers and taken to a training camp.

He and other kidnapped boys decided to escape from the village and were able to get to the Kenya border successfully, where they were taken to a UN refugee camp in Kakuma. He knew of an opportunity to go to the United States by fulfilling one condition, making a good result in an essay contest, which required him to write in English, a language he did not know. Due to his effort he made it to the United States, where he was taken in by a host family and got an education. He started running seriously when he was a high school student and belonged to the cross-country team. After he entered Northern Arizona University in Flagstaff, Arizona, he won national championships and became a successful Olympian. In his autobiography, he writes about his experience in South Sudan and his athletic career.

6. Terms

Athletes

Michael Johnson (1967-): a former American sprinter, a gold medalist at the 1996 and 2000 Olympic Games in the 200m and 400m.

For more information: <http://michaeljohnsonperformance.com>

Bernard Lagat (1974-): a Kenyan-American middle- and long-distance runner, who has won at the World Championship and

Olympic Games.

For more information:

<http://www.sports-reference.com/olympics/athletes/la/bernard-lagat-1.html>

Major Competitions

Prefontaine Classic: an annual track and field meet held in Eugene, Oregon, by the Oregon Track Club, which draws elite athletes from around the world.

For more information: <http://preclassic.runnerspace.com>

C. Commentary

This autobiography focuses on his childhood in South Sudan unlike so his background is remarkably different. Unlike many successful athletes, he was not in a good environment, and it was even difficult to dream of an athlete from South Sudan doing great in international competitions. In spite of such a situation, he made heroic effort in academics and as a runner. This book gives us knowledge of one of the unusual ways to become a great runner but also describes the historical background of South Sudan at that time.

D. Major Secondary Sources

Lopez Lomong (his own web page): <http://www.lopezlomong.com>

Mark Tabb (his own web page): <http://www.marktabb.com>

Amazon.com. Rev. of *Running for My Life: One Lost Boy's Journey from the Killing Fields of Sudan to the Olympic Game* by Lopez Lomong. n.d. Web. Accessed 28 October 2016.
<https://www.amazon.com/Running-My-Life-Journey-Killing/dp/1595555153>.

Goodreads.com Rev. of *Running for My Life: One Lost Boy's Journey from the Killing Fields of Sudan to the Olympic Game* by Lopez Lomong. n.d. Web. Accessed 28 October 2016.
<https://www.goodreads.com/book/show/14487872-running-for-my-lif>.

#31. Wilson, Julian. *Complete Surrender: A Biography of Eric Liddell, Olympic Medalist and Missionary*. Authentic, Franklin, TN, 2012. 160p.

A. Author

Julian Wilson (n.d.)

The author writes mostly biographies of the eminent person. His personal information is not available. His other publications are *Lester Piggott: The Pictorial Biography* (Macdonald, London, 1985) and *Wigglesworth: The Complete Story: A New Biography of the 'Apostle of Faith' Smith Wigglesworth* (Authentic Pub., Milton Keynes, 2002).

B. Work

1. Genre

Biography

2. Period Covered

1893 to 1945

3. Setting

Drymen, Scotland; Tientsin, China; Nottingham, England

4. Main Characters

Eric Liddle: a sprinter, the protagonist

James Dunlop Liddell: Eric's father

Kenneth McAll: a surgeon at the mission hospital in north China

Mary Reddin: Eric's mother

Rob Liddell: Eric's brother

Tom McKerchar: Eric's track coach

5. Plot Summary

This is a biography of Eric Liddell, a Scottish sprinter, covering his childhood in China, his athletic performance in his university days, and his life after graduation.

Eric Liddell was born in Tientsin, north China, and raised by James Dunlop Liddell and Mary Reddin, who were missionaries of the London Missionary Society. He lived in China until he was six years old, and then moved to Eltham College in London, where he played both cricket and rugby, attracting attention because of his speed. He

entered Edinburgh University and joined the rugby and track and field clubs. His sprinting ability paved the way to becoming an Olympian.

He continued running after graduation but had a desire to work as a missionary. He returned to Northern China to serve as a missionary like his parents, where he experienced the Manchurian Incident. His health was gradually eroded by the poor sanitary conditions, overwork, and malnourishment, leading to a brain tumor and his death.

In this biography, Liddell's athletic life is described, but his personal life and historical events are also depicted.

6. Terms

Athletes

Horatio Fitch (1900-1985): an American sprinter who won the silver medal at the 1924 Paris Olympic Games in the 400m.

Harold Abrahams (1899-1978): #25

Jackson Scholz (1897-1986): an American sprinter but also a writer, who won a gold medal in the 200m and a silver medal in the 100m at the 1924 Paris Olympic Games.

Charley Paddock (1900-1943): an American sprinter and an actor, who died in a plane crash.

Eric Liddell (1902-1945): a British sprinter who later works as missionary in China and dies of a brain tumor.

Geoffrey Brown (1915-1995): a British sprinter, a silver medalist in

the 400m at the 1936 Berlin Olympic Games.

C. Commentary

One of the interesting points is that Eric Liddell was a strong religious person. His devotion to God had a great influence on his athletic life. He always went to church on Sunday and prioritized such a habit above all things. For example, he withdrew from the Olympic 100m final because it was held on Sunday. The title of this book, “Complete Surrender”, means the surrender of his will to God. It seems rare things to abandon an Olympic dream easily. Among all the books in this biography, there is not another example of Liddell’s unique story. This book also gives knowledge of historical events, which makes it possible to read this book for its various aspects such as the life of strong religious person and the history of his era.

D. Major Secondary Sources

Amazon.com. Rev. of *Complete Surrender: A Biography of Eric Liddell, Olympic Medalist and Missionary* by Julian Wilson. n.d. Web. Accessed 12 November 2016.

https://www.amazon.com/Complete-Surrender-biography-Eric-Liddell/dp/1860248411/ref=sr_1_1?s=books&ie=UTF8&qid=1478498639&sr=1-1.

Goodreads.com Rev. of *Complete Surrender: A Biography of Eric Liddell, Olympic Medalist and Missionary* by Julian Wilson. n.d. Web.

Accessed 12 November 2016.

<https://www.goodreads.com/book/show/20324956-complete-surrender>.

#32. Wint, Valerie. *The Longer Run: A Daughter's Story of Arthur Wint*. Ian Randle, Miami, 2012. 198p.

A. Author (n.d.)

The eldest daughter of Arthur Wint, the first Jamaican Olympic gold medalist. Valerie Wint, who graduated from Glendon College, York University in Toronto, is currently a Yoga instructor, living in Toronto with her family.

B. Work

1. Genre

Biography

2. Period Covered

1920s to 1990s

3. Setting

Manchester, Nova Scotia, Free State

4. Main Characters

Arthur Wint: a Jamaican sprinter and middle-distance runner, the protagonist

Herbert MacDonald: Arthur's track and field coach

Norma Wint: a daughter of Arthur Wint, the storyteller

Valerie Wint: Arthur's wife

5. Plot Summary

This is a biography of Arthur Wint, legendary Jamaican athlete, told by Valerie Wint, his daughter, with descriptions of his personal and athletic life.

Arthur Wint was born in Manchester, Jamaica, in 1920, the second child of Revered John Wint and Hilda Smith.

He was a natural talented athlete, and when he was eleven years old, he began to show his talent. He boarded at Calabar High School in Kingston and becomes famous as a star athlete at the school. He won most competitions he entered. He transferred to Excelsior High School, where he met Norma Dorothea, his wife.

In 1937, he was selected as the Jamaica Boy Athlete of the Year, and he won first place in the 800m at the 1938 Central American Games, setting a new Central American record. While he was enhancing his athletic career, however, the world comes to be on the brink of war.

He joined the British Commonwealth Air Training kept training in Canada, where he won the 400m and set the Canadian record.

The author writes about his athletic life and the situation of the world at that time.

6. Terms

Athletes

Roger Bannister (1929-): #4

Mal Whitfield (1924-2015): an African-American sprinter and middle distance runner, who won a gold medal in the 800m and a silver medal at the 1948 London Olympic Games.

For more information:

https://www.washingtonpost.com/sports/mal-whitfield-three-time-olympic-gold-medalist-dies-at-91/2015/11/19/12300ba2-8f08-11e5-ae1f-af46b7df8483_story.html

Herb McKenley (1922-2007): a Jamaican sprinter, who won silver medals in the 100m and 400m at the 1952 Helsinki Olympic Games.

Bert Cameron (1959-): a former Jamaican sprinter, a gold medalist in the 400m at the 1983 Helsinki World Championships.

For more information:

<http://www.sports-reference.com/olympics/athletes/ca/bert-cameron-1.html>

Major Competitions

Commonwealth Games: #18

C. Commentary

This book focuses mainly on Wint's athletic and personal life, but

also points out historical conditions, such as the significance of skin color at the time: “Kingston, Jamaica in the 1930s was still very much colonial town, where white residents had the privileges, and those who had African blood were lower down the scale” (17).

Valerie Wint also mentions the racial bias that accompanied the appearance of black athletes in sports competition. Her biography of her revered father describes the life of one of the first black athletes who pursued athletics while combating against prejudice and the wartime situation.

D. Major Secondary Sources

Amazon.com. Rev. of “*The Longer Run: A Daughter’s Story of Arthur Wint.*

n.d. Amazon.com. Web. Accessed 13 March 2016.

http://www.amazon.com/The-Longer-Run-Daughters-Arthur/product-reviews/9766375186/ref=cm_cr_dp_qt_see_all_top?ie=UTF8&showViewpoints=1&sortBy=helpful.

Goodreads.com Rev. of “*The Dirtiest Race in History: Ben Johnson, Carl*

Lewis and the Olympic 100m Final. n.d. Goodreads.com Web. Accessed 13 March 2016.

<https://www.goodreads.com/book/show/12999224-the-longer-run>.

2013

#33. Savage, Jeff. *Usain Bolt*. Lerner Publications, Minneapolis, 2013.
32p.

A. Author (1963-)

An American biographer, born in Oakland. He has worked as the CEO of an Internet company, a plumber, a French chef, and a radio talk show host. His other works are *Monster Trucks* (Capstone, Edina, 2010) and a series of *Amazing Athlete*. In the *Amazing Athlete* series, he writes about athletes in various sports.

B. Work

1. Genre

Biography

2. Period Covered

2000s

3. Setting

Kingston, Jamaica

4. Main Characters

Sadiki and Sherine: Usain's brother and sister

Usain Bolt: a world-record holder in the 100m and 200m

Wellesley and Jennifer Bolt: Usain's father and mother

5. Plot Summary

This is a brief biography of Usain Bolt, who is currently the fastest runner in the world, focusing mainly on his athletic life.

Usain Bolt was born with a condition called scoliosis, with his spine curved more than normal, and raised by Wellesley, his father and Jennifer, his mother. He was active, playing soccer and cricket, his favorite sports, in childhood. When he was nine, his family was concerned that he was too focused on sports, and his father took him to the hospital.

He began running at the age of ten years old and joined a track and field club. He soon became the fastest runner in primary school. In high school, he also won many races and became widely known, called a hero in his country. This book describes the process of his growth as an athlete, and it is aimed at a juvenile readers.

6. Terms

Athletes

Yohan Blake (1989-): a Jamaican sprinter, a teammate of Usain Bolt, a silver medalist in the 100m and 200m at the 2012 London Olympic Games.

For more information:

<https://www.iaaf.org/athletes/jamaica/yohan-blake-208640>

Justin Gatlin (1982-): an American sprinter, who won a gold medal

in the 100m at the 2004 Athens Olympic Games, and who was later banned from competition for two years for illegal drug use.

For more information:

<https://www.iaaf.org/athletes/united-states/justin-gatlin-176453>

Physiology and Symptoms Common for Athletes

Core muscles: “a group of muscles that connect the upper and lower body and support the spine. These include abdominals as well as muscles in the hips and lower back” (30).

Scoliosis: abnormal lateral curvature of the spine.

C. Commentary

This book is for juvenile reader, and the author adds annotations to explain the meanings of each words. This book also has an abundant index, a list of recommended readings and websites, and a list of Bolt’s major achievement. This book includes useful sources to learn more about the life of a famous athlete, but the variety of vocabulary is also an educational consideration for children.

D. Major Secondary Sources

Amazon.com. Rev. of *Usain Bolt* by Jeff Savage. n.d. Web. Accessed 25 February 2016.

<https://www.amazon.co.uk/Usain-Bolt-Amazing-Athletes-Paperback/dp/1467710970>.

Goodreads.com Rev. of *Usain Bolt*. by Jeff Savage. n.d. Web. Accessed 25 February 2016.

<https://www.goodreads.com/book/show/16195700-usain-bolt>.

#34. Stracher, Cameron. *Kings of the Road: How Frank Shorter, Bill Rodgers, and Alberto Salazar Made Running Go Boom*. Houghton Mifflin Harcourt, Boston, 2013. 245p.

A. Author (n.d.)

A writer, law professor, and media lawyer who graduated from Amherst, Harvard Law School and earned an MFA from the Iowa Writers Workshop. He is also the author of *The Laws of Return* (W. Morrow, New York, 1996), his first book, and his other book is *Double Billing: A Young Lawyer's Tale of Greed, Sex, Lies, and the Pursuit of a Swivel Chair* (W. Morrow, New York, 1998).

B. Work

1. Genre

Biography

2. Period Covered

1970s to 1980s

3. Setting

Boston and Falmouth, Massachusetts

4. Main Characters

Alberto Salazar: a long-distance runner, winner of 1982 World Cross Country Championships

Bill Rodgers: an American long-distance runner and a former record holder of the Boston Marathon

Bob Geigengack: Shorter's track coach

Elmer: a track coach at Wesleyan University

Frank Shorter: a former American long-distance runner who won the gold medal in the marathon at the 1972 Summer Olympic Games

5. Plot Summary

The author writes about three legendary distance runners, Frank Shorter, Bill Rodgers, and Alberto Salazar, the races they ran, and the running boom in the 1970s.

Frank Shorter is a distance runner, a gold medalist at the 1972 Summer Olympic Games and known as a pioneer of the running boom, Bill Rodgers is a marathoner, known for his four victories in the Boston Marathon, and Alberto Salzar is an American record holder in the 5,000m.

The biographies of the three American runners, their achievement in the track and field world, and their influence on ordinal people are described in this book.

6. Terms

Athletes

Alberto Salazar (1958-): a former world-class runner and currently head coach of the Nike Oregon Project.

Bill Rodgers (1947-): #11

Craig Virgin (1955-): a former American long-distance runner, who awards “High School Athlete of the Year” in *Track and Field News* in 1973.

For more information:

<http://www.billrogersrunningcenter.com/privacypolicy.html>

Frank Shorter (1947-): #4

Garry Bjorklund (1951-): a former American middle- and long-distance runner, the U.S representative in the 10,000m at the 1976 Olympic Games, who later became a marathoner and set a national age group record.

Martha White (1959-): a former American long-distance runner, the 10,000-meter road record holder.

Athletic Organizations

National Collegiate Athletic Association (NCAA): #10

Nike Oregon Project: a group sponsored by Nike to promote American long-distance running.

For more information: <http://nikeoregonproject.com>

Major Competitions

Falmouth Road Race: a 7-mile road race held annually in the town of Falmouth, Massachusetts.

For more information:

<http://www.falmouthroadrace.com/index.cfm?fuseaction=home.main>

C. Commentary

This book explains how the “running boom” happened in the 1970s followed Frank Shorter’s success in the 1972 Summer Olympic Games and the success of other famous athletes, Alberto Salazar and Bill Rodgers. Regarding the boom, this book makes the following claim: “During the decade from 1972 to 1982, three American men became world champions in the sport of distance running. Their victories were celebrated on the front page of newspapers, heralded on magazine covers, and trumpeted by television commentators. In their footsteps, running boomed, and an industry worth billions was born.” (53). This quotation gives a framework for the running boom in the 1970s, and the book’s combination of biography and history makes it a useful source for anyone who studies the running boom in United States.

D. Major Secondary Sources

Amazon.com. Rev. of *Kings of the Road: How Frank Shorter, Bill Rodgers,*

and Alberto Salazar Made Running Go Boom. n.d. Amazon.com. Web. Accessed 30 September 2016.

https://www.amazon.com/Kings-Road-Shorter-Rodgers-Alberto/product-reviews/054777396X/ref=cm_cr_dp_qt_see_all_top?ie=UTF8&reviewerType=avp_only_reviews&showViewpoints=1&sortBy=helpful.

Goodreads.com Rev. of *Kings of the Road: How Frank Shorter, Bill Rodgers, and Alberto Salazar Made Running Go Boom*. n.d. Goodreads.com Web. Accessed 30 September. 2016.

<https://www.goodreads.com/book/show/4666680-running-wild>.

2014

- #35. Devers, Gail, and Braxton Cosby. *Gail Devers, My Life in Story: Stronger*. Cosby Media Productions, Atlanta, 2014. 196p.

A. Authors

Gail Devers (1966-)

A former American sprinter, a three-time Olympic champion. She, born in Seattle, Washington, and graduated from the University of California at Los Angeles. She retired from athletic life at the age of 40. She

was elected to the National Track and Field Hall of Fame in 2011 and was announced as a recipient of the NCAA Silver Anniversary Award.

Braxton Cosby (n.d.)

An author, the CEO of Cosby Media Productions, and a certified personal trainer and sports nutritionist. He also has a doctorate in Physical Therapy. His other publications are *Supernova* (Tate, Mustang, OK, 2015) and *Protostar* (Tate, Mustang, OK, 2015).

B. Work

1. Genre

Autobiography

2. Period Covered

1980s to 2007

3. Setting

Los Angeles and National City, California, and Seattle, Washington

4. Main Characters

Coach Bob Kersee: Devers' track coach, an assistant coach at UCLA

Coach Gene Alim: Devers' track coach in high school

Gail Devers: a sprinter, the protagonist

Kenneth: a brother-like friend for Devers

5. Plot Summary

This autobiography tells the framework of Gail Devers' life as an athlete from her childhood to adulthood. This book consists of three

parts.

In the first part, Gail Devers tells of her childhood to high school days. She starts running at the age of six. She runs against her brother and neighbor boys all the time, which makes her both quick and strong. As she plays with boys, she and her parents realize her athletic talent. She starts seriously training under Coach Gene Alim when she enters in high school.

The second parts focuses on her university days. She enters UCLA and trains under well-known coach, Bob Kersee, where she enhances her fame as being national representative athlete. When she cannot improve her times, she thinks it is a “slump”. However, it turns out that she has Grace’ Disease.

The third part is about her days to fight against Grace’ Disease, which makes her depressed. The disease her body to swell, and she cannot even jog. Radioactive therapy leads to her gradual recovering. She begins dreaming of running faster and setting a world record. As she restarts daily training and her condition gets better, she becomes an Olympian and sets a world record in a sprit event.

6. Terms

Athletes

Gail Devers (1966-): a former American track and field athlete, who kept competing at the age of 40.

For more information:

<http://www.biography.com/people/gail-devers-40831>

Athletic Organizations

IAAF World Cross Country Championship: #18

Major Competitions

National Collegiate Athletic Association (NCAA): #10

Prefontaine Classic: #30

Millrose Games: an annual track and field meet held in New York by
The Millrose Track Club.

For more information: <http://www.nyrmillrosegames.org/#2016>

Physiology and Symptoms Common for Athletes

Grace's Disease: a disease, causing an immune system disorder that
results in the overproduction of thyroid.

For more information:

<http://www.mayoclinic.org/diseases-conditions/graves-disease/basics/definition/con-20025811>

C. Commentary

This autobiography is unlike other athletic ones in that Devers introduces her athletic career interview-style. She tells about herself by answering children's questions at an elementary school or visiting a track and field club. Her way of speaking seems to be a new development in running literature.

Another pertinent thing about this book is that her story is not only

about being an internationally famous athlete but also an emphasis on her mental toughness. Most athletes suffer from bad performance, known as a slump, and it is often mentioned in an autobiography. In her case, a serious disease caused her bad performance. Readers can know how she conquers her affiliation and the type of suffering she endured.

D. Major Secondary Sources

Amazon.com. Rev. of *Gail Devers, My Life in Story: Stronger* by Gail Devers and Braxton Cosby. n.d. Web. Accessed 9 November 2016.

<https://www.amazon.com/Gail-Devers-My-Life-Story/dp/1537713329>.

Goodreads.com Rev. of *Gail Devers, My Life in Story: Stronger* by Gail Devers and Braxton Cosby. n.d. Web. Accessed 9 November 2016.

<https://www.goodreads.com/book/show/23638123-my-life-in-story>.

#36. Foreman, Ken. *The Fragile Champion: Doris Brown, Who Always Ran the Extra Mile*. Tate, Mustang, OK, 2014. 170p.

A. Author

Ken Foreman (1922-)

A former national head coach best known for Team USA, the USA World Cross Country Team, and who also served as the AAU Women's LDR Chair. He currently lives in Hawaii, where he coaches cross country and

track and field team. His other publications are *Track and Field Techniques for Girls and Women* (W.C. Brown, Dubuque, IA, 1965), *Coaching Track and Field Techniques* (W.C. Brown, Dubuque, IA, 1982) and *A Coach's Journey: From a Sand Lot to the Olympic Stadium* (Tate Pub, Mustang, OK, 2010).

B. Work

1. Genre

Biography

2. Period Covered

1960 to 1998

3. Setting

Seattle, Washington; New York City, New York; and Tacoma, Washington

4. Main Characters

Doris Brown: a distance runner, the protagonist

Ed Temple: “the most widely respected women’s coach in the world”
(13).

Ken Foreman: Doris’ track coach at Seattle Pacific University

Vicki Foltz, Trina Hosmer, Laurel Miller and Debbie Quatier: Doris’
running teammates

5. Plot Summary

Her coach Ken Foreman writes this biography of Doris Brown,

with a main focus on her athletic career during her college days.

Ken Foreman, a famous track and field coach known for developing female athletes, was working at Seattle Pacific University. He first knew Doris Brown when he saw her jogging hard outside while wrapping her leg hard. He wondered who she was and why she wrapped her leg while jogging.

A few days after her saw her, Doris visited his office, where she talked about her running and her dream of being a successful runner. Ken Foreman began coaching her from the next day. She trained mostly with men who belonging to the track and field team there. Under Ken's hard training and mental support, she won successively the World Championship in cross-country and at the Pan American Games. As she became widely known and the recognition of women's sports, donations for supporting her were provided. In this biography, Ken Foreman writes about her athletic career and the days they spent together.

6. Terms

Athletes

Beth Bonner (1952-1998): a former American distance runner, the first winner of the women's division of the New York City Marathon.

Cheryl Bridges (1947-): a former American marathoner who held the world record in the marathon.

Cindy Bremser (1953-): a former American distance runner, who

won a silver medal in the 1500m at the 1983 Pan American Games.

Doris Brown (1942-): a former American middle-distance runner, the first woman to run a sub-5 minute 1,500m.

For more information:

<http://www.usatf.org/halloffame/TF/showBio.asp?HOFIDs=24>

Jim Ryun (1947-): #4

Roger Bannister (1929-): #4

Athletic Organizations

The Athletics Congress (TAC): #4

Amateur Athletic Union (AAU): #3

National Collegiate Athletic Association (NCAA): #10

Major Competitions

Pan American Games: #5

Injuries

Shin splints: a pain along the shin bone (tibia), which is caused by overuse.

C. Commentary

The abundant appendix and detailed biography is notable in this book. The appendix includes the improvement of her records and training log. These sources give runners hints for their own training. In this point, this book can be read as training book. Another interesting point is this is merely one woman's biography. Foreman writes about Doris' athletic career

precisely but also about his trouble occurred by coaching women athletes at that time, when women were not allow to enter a stadium and train with men. Coaching Doris increased confusion among other track coaches. Ken also confesses his distress in this book. Not only her biography but also historical aspects of the gradual recognition of women in sports are introduced in this book.

D. Major Secondary Sources

Amazon.com. Rev. of *The Fragile Champion: Doris Brown Who Always Ran the Extra Mile* by Ken Foreman. n.d. Web. Accessed 29 October 2016.

<https://www.amazon.com/Fragile-Champion-Doris-Brown-Always/dp/1598861190>.

Goodreads.com Rev. of *The Fragile Champion: Doris Brown Who Always Ran the Extra Mile* by Ken Foreman. n.d. Web. Accessed 29 October 2016.

https://www.goodreads.com/book/show/809553.The_Fragile_Champion

#37. McCracken, James M. *Running*. CreateSpace, North Charleston, SC, 2014. 46p.

A. Author (n.d.)

Born and raised in Pendleton, Oregon. He worked for a telecommunications company. While working, he pursued a career as a writer. He published his first novel, *Secrets the Wallace Family* (CreateSpace, North Charleston, SC, 1998), and his other work is *The Millionth Year* (CreateSpace, North Charleston, SC, 2012).

B. Work

1. Genre

Novel

2. Period Covered

2000s

3. Setting

Eugene, Oregon

4. Main Characters

Donald and Jeffrey: boys bullying Ollie

Gray: Ollie's friend

Ollie: the protagonist who loves running

Ollie's parents

Uncle Tavor: Ollie's uncle, a psychologist working in San Francisco

5. Plot Summary

Ollie, the protagonist, narrates the story of his exposure to and acceptance of the fact he is gay. He comes to think of himself through a traumatic experience when Donald and Jeffrey rape him.

Ollie is a high school student who loves running. He often goes to the track and runs. One day, when he is on the way home, his classmates Donald and Jeffrey hide on the street where he runs and sexually assault him. They punched him, and took his clothes off. When they rape him, he feels confused and then good. From the incident, he wonders whether he is gay or not.

His mother senses his trouble and finally tells her suspicions to uncle Trevor, who is also a gay and currently works as psychologist. By meeting with uncle Trevor, Ollie comes to know who he is and accepts the fact. This story is about a boy's pain and realization of his sexuality.

C. Commentary

Unlike other running books, this book is about a boy who loves running and realizes he is gay. For Ollie, running is one of the ways to escape from emotional things-his sadness, confusion and unease-rather than as a serious athlete. In this point, it is unique and the first book to mention sexuality in running literature.

D. Major Secondary Sources

James McCracken (his own web page): <http://www.jamesmmccracken.com>
Amazon.com. Rev. of *Running*, by James McCracken. n.d. Web. Accessed 21
October 2016.

<https://www.amazon.com/Running-James-M-McCracken/dp/1502828146>.

Goodreads.com Rev. of *Running*, by James McCracken. n.d. Web. Accessed
21 October 2016.

<https://www.goodreads.com/book/show/28118299-running>.

#38. Odeh, Rami F. *Quiet the Noise: A Trail Runner's Path to Hearing God*. Tate, Mustang, OK, 2014. 164p.

A. Author (n.d.)

An author, amateur triathlete, and runner who graduated from American College with two degrees, one in Industrial Psychology and the other in Exercise Physiology. He is currently the president of FormWell Personal Fitness Training. He also had eleven years of experience at a hospital in the department of Exercise Physiologist, and he worked as a presenter related to health issues.

B. Work

1. Genre

Autobiography

2. Period Covered

1976 to 2011

3. Setting

Sandy Springs, Georgia and New York City, New York

4. Main Characters

Heather: Rami's wife

Matt: "a very accomplished triathlete and endurance sport coach" (63)

Mike: Rami's half-brother

Rami F. Odeh: a runner, the protagonist

Ryan and Hana: Rami's son and daughter

5. Plot Summary

This book follows his childhood to present day life, with his experience of integrating with nature and hearing God through running.

The author first hated running but started after watching on a triathlon (swim, bike, run) TV, which gave him an impression of the participant's toughness. He comes to pour his energy into training. After four years, he entered his first sprint triathlon (750 m swim, 20k-bike ride and 5k-run) and then his first marathon, too. After

finishing his first competition, he repeatedly challenges marathons and trail runs.

Through running great distances his nature, he experiences a mysterious moment, hearing God's voice. In this book he writes about his lifetime, the reason he runs, and its influence on his life.

6. Terms

Major Competitions

Mountain Mist 50K: a marathon held in Monte Sano State Park, where runners are required to ascend 3526 feet, hosted by the Huntsville Track Club.

Pine Mountain Trail Run: 40-mile ultramarathon held in Pine Mountain, Georgia, where runners must run over rocky single-track trails.

For more information:

<https://ultrasignup.com/register.aspx?did=38479>

Walt Disney World Marathon: a marathon held in Orland, Florida, with distances ranging from 5K, 10K, half-marathon to a full marathon. This marathon started in 1994, when 5,588 runners attended and now 55,000 gather annually.

For more information:

<http://www.rundisney.com/disneyworld-marathon/>

C. Commentary

This book not only introduces running tips, food intake, training plans and setting goals, but also has a strong religious taste. (He is Catholic.) The “Noise” in the title of the book means the anxiety, pain, and chatter in his head when he runs great distances and is in a harsh situation. In that situation, he erases such “noise(s)” and comes to listen to God. He wants to experience that moment more than winning competitions. In this respect, this book is unlike other running books.

D. Major Secondary Sources

FormWell (his company’s web page): <http://www.formwell.com>

Amazon.com. Rev. of *Quiet the Noise: A Trail Runner's Path to Hearing God*, by Rami F. Odeh. n.d. Web. Accessed 15 August 2016.

<https://www.amazon.com/Quiet-Noise-Rami-F-Odeh/dp/1629021121>.

Goodreads.com Rev. of *Quiet the Noise: A Trail Runner's Path to Hearing God*, by Rami F. Odeh. n.d. Web. Accessed 15 August 2016.

<https://www.goodreads.com/book/show/19834754-quiet-the-noise>.

#39. Webb, Margaret. *Older Faster Stronger: What Women Runners can Teach us all about Living Younger, Longer*. Rodale, Emmaus, PA, 2014. 304p.

A. Author (1960-)

A distance runner, author, journalist, and screenwriter, who graduated from the University of Toronto. She is the author of *Apples to Oysters: A Food Lover's Tour of Canadian Farms* (Viking Canada, Toronto, 2008), a winner of the Canadian Culinary Award in food writing. She also co-wrote the film *Margarita*, a romantic comedy on Netflix³ in 2014.

B. Work

1. Genre

Autobiography

2. Period Covered

1980s to 2013

3. Setting

Toronto, Canada

4. Main Characters

Carol: Margaret's sister

Cindy: Carol's daughter, an experienced runner

Elaine McCrea: Margaret's running coach

³ An American entertainment company, which provides video online and by DVD by mail.

Margaret Webb: the protagonist, a distance runner

Margaret's mother: one of the motivations for Webb's athletic career

Mary: Margaret's running partner

5. Plot Summary

This is an autobiography of Margaret Webb, who writes about the way she is motivated to run, going to the World Masters Games while overcoming injuries, health problem and daily training.

Margaret Webb began running at the age of 50 “to test herself on the world stage by competing in the half-marathon at the World Masters Games in Turin, Italy, to see where I stood amongst some of the fittest 50-year-old women in the world” (2). She was also inspired to attend a half-marathon by her sister, Carol, who was indifferent to sports in her adolescence. Carol suddenly started going to a gym, where she saw an advertisement and decided to enter. Carol finished second in her age group, and asked Margaret to run together with her. While becoming famous as a marathoner, she faces injuries and health problems. In this book, she shares her experience of each competition and of becoming a subject for sports science researchers, but also the way she overcomes her problems.

6. Terms

Athletes

Dean Karnazes (1962-): an American ultramarathoner, a winner of many prestigious races such as Badwater Ultramarathon, Death

Valley and Western States Endurance Run.

Ellie Greenwood (1979-): a British ultramarathoner, a two-time 100km World Champion, who started running in 2008.

Jeanne Daprano (1936-): a former American distance runner and teacher, the first woman over 75 to run under seven minutes in the mile.

Karla Del Grande (1953-): a Canadian sprinter, who set three world records, in the 100m, 200m and 400m, at the World Master Athletics Championship.

Killian Jornet Burgada (1987-): a Spanish ultramarathoner and ski mountaineer, who wins many ultramarathons and is recognized as an elite distance runner.

Linda Somers Smith (1961-): a winner of the Chicago Marathon in 1992 and the California International in 1993, and also competing in the 1996 Olympic Games.

Lizzy Hawker (1976-): a British distance runner, a world record holder for 24-hour road running.

Pam Reed (1961-): an American ultramarathoner, the first woman to become the overall winner of the Badwater Ultramarathon, known as one of the toughest ultramarathons.

Rory Bosio (1984-): an American ultramarathoner, a former winner of Ultra-Trail Mont-Blanc.

Steve Prefontaine (1951-1975): #3

Major Competitions

Boston Marathon: #11

New York City Marathon: #11

Badwater Ultramarathon: #27

Vancouver Half-Marathon: a marathon held in Vancouver, British Columbia, Canada, the second-largest international marathon in Canada.

For more information: <http://bmovanmarathon.ca>

Nike Women's Half Marathon: a marathon, started in 2003, which is run on the street of San Francisco, and which attracts over 20,000 runners each year.

Spartathlon Ultra Race: an ultramarathon held in Athens, where runners run 246 kilometers, taking place since 1983.

For more information: <http://spartathlon.gr/en/>

Injuries

Achilles Tendonitis: #3

Repetitive-strain injuries (RSI): an injury occurring through repetitive motion and overuse, giving the pain felt in muscles, nerves, and tendons.

Training Methods

Active recovery: an exercise to “facilitate lactate and metabolic waste removal by maintain blood flow in muscles during recovery”

For more information:

<http://medical-dictionary.thefreedictionary.com/active+recovery>

Carbohydrate loading: a strategy involving changes to training and nutrition that can maximize muscle glycol (carbohydrate) stores prior to endurance competition.

For more information:

http://www.ausport.gov.au/ais/nutrition/factsheets/competition_and_training/carbohydrate_loading

Circuit training: a fast-paced training in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise.

For more information:

<http://www.dummies.com/health/exercise/what-is-circuit-training/>

Dynamic stretching: a functional-based exercise, which uses sport-specific movements to prepare the body for movement.

For more information:

<http://www.elitesoccerconditioning.com/Stretching-Flexibility/DynamicStretchingvsStaticStretching.htm>

Plyometric: an exercise involving repeated rapid stretching and contracting of muscles to increase muscle power.

For more information:

<http://www.merriam-webster.com/dictionary/plyometrics>

Periodization: a strategy to promote long-term training and performance improvements with preplanned, systematic variations

in training specificity, intensity, and volume organized in periods or cycles within an overall program.

For more information:

<http://www.famu.edu/CampusRec/UserFiles/File/Trainer%20and%20Intern%20Resources/CSCS%20Track/Periodization%20CSCS%20.pdf>

Strength training: a method of improving muscular strength by gradually increasing the ability to resist force through the use of free weights, machines, or the person's own body weight.

For more information:

<http://medical-dictionary.thefreedictionary.com/strength+training>

Physiology and Symptoms Common for Athletes

VO2 Max: #24

Anaerobic threshold (AT): #24

Athlete Burnout: physical and emotional exhaustion, which leads to the athlete becoming sunk in depression.

Athletic Organizations

International Women's Sports Federation: an international organization, founded in 1921, to support women athletes to compete in international sports events.

For more information:

<http://www.sportsbiz.bz/womensportinternational/>

C. Commentary

This is not just her training log or report on each competition, but it is also more like a training journal. She introduces 22 researchers, including professors of sports science, and some of the research outcomes are quoted in this book. She writes an inspiring story as an athlete giving useful tips on running with a scientific aspect, which makes it possible to benefit from both aspects.

D. Major Secondary Sources

Margaret Webb (her own web page): <http://margaretwebb.com>

Amazon.com. Rev. of *Older Faster Stronger: What Women Runners can Teach us all about Living Younger, Longer* by Margaret Webb. n.d. Web. Accessed 16 June 2016.

https://www.amazon.com/Older-Faster-Stronger-Runners-Younger/dp/1623361699/ref=asap_bc?ie=UTF8.

Goodreads.com Rev. of *Older Faster Stronger: What Women Runners can Teach us all about Living Younger, Longer* by Margaret Webb. n.d. Web. Accessed 16 June 2016.

<https://www.goodreads.com/book/show/20696045-older-faster-stronger>.

2015

#40. Angie, Jill. *Running with Curves: Why You're not too Fat to Run, and the Skinny on how to Start Today*. Difference, Washington, 2015. 128p.

A. Author (n.d.)

An author, personal trainer, and runner. Her educational and adult background are not motioned. Her other book is *Not Your Average Half Marathon: A Practical Training Plan for Beginning Runners* (Difference, Washington, 2016), which is sold in Kindle. She writes mostly on the reason she started running, losing weight and its experience.

B. Work

1. Genre

Autobiography

2. Period Covered

2001 to 2013

3. Setting

Philadelphia, Pennsylvania

4. Main Characters

Abby and Gina: a runner and Jill's running friend

Jill Angie: runner and the protagonist

Ken: Jill's husband

5. Plot Summary

This is the story of Angie Jill, who shares sympathetically her experience and provides running tips.

Jill Angie, who weighed 278 pounds (126 kg) at her peak, first tried to lose weight when she was 12. She had cultivated her complex about her body from childhood. She tried to lose weight many times by excessive dieting, which leads her to lose 30 to 50 pounds successfully. Even when she neared 200 pounds, she could not gain self-confidence and her complex became even stronger. She feels the limit to losing weight by herself.

One day, however, she decides to start running as a new method to lose weight, but she also signs up for a trainer. She finally loses 100 pounds through running. She gains confidence and improves her self-esteem through running and communicating with people she meets when she runs. In this book, she writes her experience, the process of improving from being obese to fit, and also gives running tips.

6. Terms

Athletes

Dean Karnazes (1962-): #39

Major Competitions

Broad Street Run: the largest 10-mile road race in the United States,

which attracts over 40,000 runners each year.

For more information: <http://www.broadstreetrun.com>

Physiology and Symptoms Common for Athletes

Achilles tendonitis: #3

Shin splints: #36

Patellar tendinitis: an injury to the tendon connecting the kneecap to the shinbone, known as jumper's knee and common for athletes whose sports involve frequent jumping.

For more information:

<http://www.mayoclinic.org/diseases-conditions/patellar-tendinitis/basics/definition/con-20024441>

C. Commentary

This book is full of tips on running she recommends, unlike other running books with a description of an ordinary athlete who comes to be recognized as a great runner. In this sense, this book can be read as a “how to start running” guide for beginners or people needing to lose weight. She is not a professional athlete, and she starts running to lose weight, so her successful experience seems convincing. The story itself can be read as the way she gains confidence and becomes fit, but she frequently advertises her website in the book, which is an unfortunate point.

D. Major Secondary Sources

Jill Angie (her own web page): www.NotYourAverageRunner.com

Amazon.com. Rev. of *Running with Curves: Why You're not too Fat to Run, and the Skinny on how to Start Today* by Jill Angie. n.d. Web. Accessed 11 October 2016.

<https://www.amazon.com/dp/B00H1FJKA8>.

Goodreads.com Rev. of *Running with Curves: Why You're not too Fat to Run, and the Skinny on how to Start Today*, by Jill Angie. n.d. Web. Accessed 11 October 2016.

<https://www.goodreads.com/book/show/19278426-running-with-curves>.

#41. Ayers, Dana L. *Confessions of an Unlikely Runner: A Guide to Racing and Obstacle Courses for the Averagely Fit and Halfway Dedicated*. Difference, Washington, D.C., 2015. 168p.

A. Author (n.d.)

An author and runner, who has a Master's degree in communication. Her first job was as a White House staffer and she currently works for a management-consulting firm in Washington, D.C.

B. Work

1. Genre

Autobiography

2. Period Covered

2002 to 2014

3. Setting

Washington, D.C.

4. Main Characters

Dana Ayer: former White House staffer and runner, the protagonist

Matt and Kami: Dana's friends

Tiffani: Dana's best friend from college

5. Plot Summary

This is an autobiography of Dana Ayer, describing her life as a runner rather than how private life.

Dana Ayer is not naturally athletic and she grew up as more of a book nerd. When she was in high school, she belonged to a basketball team but realizes she does not have great reflexes. In her collegiate days, she plays no sports. After graduation, she begins working as a White House staffer, and gradually realizes that Washington is full of runners.

Inspired by people running outside as seen from her office and by the 5K race President Bush created, she decides to start running. In that year, she runs another 5K race and becomes addicted to running. With this as a turning point in her running life, she runs many marathons, including the Nike Women's Marathon, the Army Ten-Miler, and the Tough Mudder.

She writes about her days from elementary school to college, where she is disappointed at her lack of athletic ability, and in working, when she abruptly starts running and her experience in marathons.

6. Terms

Major Competitions

Army Ten-Miler (ATM): the second largest ten-mile race in the United States, held in Arlington, VA and Washington, DC, which is sponsored by the U.S. Army Military District of Washington.

For more information: <http://www.armytenmiler.com>

Nike Women's Half Marathon: #39

Tough Mudder: a 12-mile running course with 26 obstacles along the way, and which is “touted as something only the fiercest people could finish” (34).

For more information: <https://toughmudder.com>

Ranger Relay: “It occurs in various regions across the U.S. Teams typically consist of 12 people. The routes are a total of 200 miles and take about 25 to 35 hours to complete. The race is continuous, so teams must have a runner on the course the entire time” (50).

For more information: <https://www.runragnar.com>

Boston Marathon: #11

Training Methods

Cross-training: “Training in two or more sports in order to improve fitness and performance, especially in a main sport” (83).

C. Commentary

Eight marathons are mentioned in this book with Dana's experiences, and it is rare for women to attend so many marathons, but also tell about them in one book. One of the most curious marathons she mentions is the Nike Women's Marathon, which began in 2003 inspired by the victory of Joan Benoit Samuelson at the 1984 Summer Games in Los Angeles. Until then, the Olympic marathon had been only a men's event. By 2000, runners like Pam Reed, the woman ultramarathoner, showed that women could compete equally with men in that sport. The founding of the Nike Women's Marathon changed consciousness about the event, and the number of running book by women may continue to increase.

D. Major Secondary Sources

Amazon.com. Rev. of *Confessions of an Unlikely Runner: A Guide to Racing and Obstacle Courses for the Averagely Fit and Halfway Dedicated*, by Dana Ayer. n.d. Web. Accessed 10 October 2016.

<https://www.amazon.com/Confessions-Unlikely-Runner-Averagely-Dedicated-ebook/dp/B014OKNOS6>.

Goodreads.com Rev. of *Confessions of an Unlikely Runner: A Guide to Racing and Obstacle Courses for the Averagely Fit and Halfway Dedicated*, by Dana Ayer. n.d. Web. Accessed 10 October 2016.

<https://www.goodreads.com/book/show/26204920-confessions-of-an-u>

nlikely-runner.

#42. McDougall, Christopher. *Natural Born Heroes: Mastering the Lost Secrets of Strength and Endurance*. Alfred A. Knopf, New York, 2015. 352p.

A. Author (1962-)

An American author and journalist, but also a runner who graduated from Harvard University. He is also the author of the best-selling *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World has never Seen* (London: Profile, 2015). McDougall is now a contributing editor for *Men's Health* and is a three-time National Magazine Award finalist.

B. Work

1. Genre

Essay

2. Period Covered

1940s to 2000s

3. Setting

Crete, a Greek island in the eastern Mediterranean; Pennsylvania

4. Main Characters

Checkley Edwin: the advocate of the Natural Method Training

Christopher McDougall: an author and the protagonist

Erwan Le Corre: the advocate of the Natural Method

Friedrich-Wilhelm Müller: a general in the German Army

George Psychoundakis: a Greek Resistance fighter, serving as a
dispatch runner

Heinrich Kreipe: a German career soldier, serving in World War II

Patric Leigh Fermor: a member of the SOE, Special Operations
Executive

Phil Maffetone: the advocate of the Maffetone Method
Resident on Crete Island

William Stanley Moss: a member of the SOE

5. Plot Summary

This book consists of two main parts: first, on the Battle of Crete and on fitness, introducing some theories in the second part.

During World War II, a pack of resistance fighters abducts a German general from the heart of the Nazi occupation. He wonders how the untrained resistance in Crete could accomplish such a feat, which required them to run a great distance without rest. He finds them and experiences their life style to find the answer. After his adventure on Crete, he goes back to a laboratory and elucidates their strength based on the modern physiological perspective.

C. Commentary

The fascination of this book is that this story can be read as a

dramatic historical account of the Battle of Crete, but the analysis on his research based on the modern physiological science, introduces training new methods. The story of the adventure on Crete is engaging, but this book also contributes to the modern running world.

D. Major Secondary Sources

Christopher McDougall (his own web page):

<http://www.chrismcdougall.com/buy-natural-born-heroes-from-these-sellers/>

Amazon.com. Rev. of *Natural Born Heroes: How a Daring Band of Misfits Mastered the Lost Secrets of Strength and Endurance* by Christopher McDougall. n.d. Web. Accessed 20 January 2016.

<http://www.amazon.com/Natural-Born-Heroes-Mastered-Endurance-ebook/dp/B00NRQI5U6#customerReviews>.

Goodreads.com Rev. of *Natural Born Heroes: How a Daring Band of Misfits Mastered the Lost Secrets of Strength and Endurance* by Christopher McDougall. n.d. Web. Accessed 20 January 2016.

<https://www.goodreads.com/book/show/22889750-natural-born-heroes>.

#43. Sandrock, Michael. *Frank Shorter-The Man Who Invented Running: Running with the Legends*. Bauu, Golden, CO, 2015. 28p.

A. Author (n.d.)

The author is an award-winning sport journalist and runner. His publications often appear in *Running Times*, *Runner's World*, *Marathon & Beyond*, and *Trail Runner*. He is also a founder of the Shoes for Africa project, which sends used equipment to underprivileged athletes around the world.

B. Work

1. Genre

Biography

2. Period Covered

1970s to 1980s

3. Setting

Gainesville, Florida; Eugene, Oregon; and New York City, New York

4. Main Characters

Bob Geigengack: Yale's longtime track coach, a United States Olympic coach

Frank Shorter: a former American long-distance runner who won the gold medal in the marathon at the 1972 Summer Olympics

Katherine Shorter: Frank's mother

Samuel Shorter: Frank's father, a former United States Army doctor stationed in Germany

5. Plot Summary

This is a biography of Frank Shorter, who won a gold medal at the 1972 Summer Olympic Games.

Frank Shorter was born in Munich, Germany, and grew up in New York. He started running seriously when he was a junior student at Mt. Hermon prep school. As he trained, he became one of the top runners in Massachusetts. In his collegiate days, he trained under Coach Bob Geigengack, a U.S. Olympic coach, and he enhanced his athletic fame by winning a gold medal at the 1972 Summer Olympic. This book describes his life from childhood to adulthood, but also includes influences on society at that time.

6. Terms

Athletes

Abebe Bikila (1932-1973): #1

Albert Michelsen (1893-1964): an American long-distance runner, the first person to break 2:30 in the marathon.

Amby Burfoot (1946-): #4

Arturo Barrios (1962-): a former Mexican long-distance runner, a gold medalist in the 5,000m at the 1987 and 1991 Pan American Games.

Bill Rodgers (1947-): #11

Buddy Edelen (1937-): a former American marathoner, a first man to run a marathon faster than 2 hours and 15 minutes, who lived in England for most of his prime competitive years.

Karel Lismont (1949-): a former Belgian long-distance runner, who won silver and bronze medals in the marathon at 1972 Munich and the 1976 Montreal Olympic Games.

Kenny Moore (1943-): a former American long-distance runner, a fourth-place finisher in the marathon at the 1972 Munich Olympic Games, who trained under Bill Bowerman, a famous coach and a co-founder of Nike.

Kip Keino (1940-): a former Kenyan middle- and long-distance runner, a gold medalist in the 1,500m at the 1968 Mexico City Olympic Games, who currently is chairman of the Kenyan Olympic Committee.

Ron Clarke (1937-2015): #3

Athletic Organizations

Amateur Athletic Union (AAU): #3

International Olympic Committee (IOC): #3

Major Competitions

Boston Marathon: #11

New York City Marathon: #11

Fukuoka Marathon: an annual marathon held in Fukuoka Prefecture, Japan, an IAAF Gold Label international marathon race.

For more information: <http://www.fukuoka-marathon.com/en/>

Lake Biwa Mainichi Marathon: an annual marathon held in Shiga Prefecture, Japan, an IAAF Label international marathon.

For more information:

http://www.lakebiwa-marathon.com/index_e.html

C. Commentary

This book gives the reader knowledge of the origin of the first running boom, but it also details Shorter's significance in running history in the 1970s to 1980s, which is a precious source for learning about the movement. There are only two books, this book and Cameron Stracher's *Kings of the Road*, that stress the significance of a few famous runners in beginning the running boom, on which the current running habit was founded. This book not only gives us a biography of Shorter but also lets us know the changes in the running world.

D. Major Secondary Sources

Amazon.com. Rev. of *Frank Shorter-The Man Who Invented Running*:

Running with the Legends by Michael Sandroock. n.d. Web. Accessed 15 September 2016.

https://www.amazon.com/Frank-Shorter-Invented-Running-Legends-ebook/dp/B00XAK9472/ref=sr_1_1?ie=UTF8&qid=1483937054&sr=8-1&keywords=Frank+Shorter+the+man+who+invented.

Goodreads.com Rev. of *Frank Shorter-The Man Who Invented Running: Running with the Legends* by Michael Sandrock. n.d. Web. Accessed 15 September 2016.
https://www.goodreads.com/book/show/1437773.Running_with_the_Legends.

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[J]

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McKenley, Herb, #32

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[N]

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[O]

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[P]

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B: Athletic Organizations

[A]

Amateur Athletic Union (AAU), #3, #25, #36, #43

[B]

Big Ten Conference (BIG10), #25

[I]

International Association of Athletics Federations (IAAF), #4

International Olympic Committee (IOC), #4, #25, #43

International Women's Sports Federation, #39

[N]

National Collegiate Athletic Association (NCAA), #10, #25, #34, #35, #36

Nike Oregon Project, #34

[T]

The Athletics Congress (TAC), #4, #5, #36

[U]

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C: Major Competitions

- [A]**
Army Ten-Miler, #41
- [B]**
Badwater Ultramarathon, #27, #29
Big Sur International Marathon, #27
Boston Marathon, #11, #12, #14,
#21, #27, #39, #41, #43
Broad Street Run, #40
- [C]**
Chevron Houston Marathon, #14
Chicago Marathon, #18, #27
Commonwealth Games, #18, #32
Comrades Marathon, #11
- [F]**
Falmouth Road Race, #34
Fukuoka Marathon, #43
- [G]**
Grandma's Marathon, #21
- [H]**
Hardrock Hundred Mile Endurance,
#27
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Championship, #18, #35
- [L]**
Lake Biwa Mainichi Marathon, #43
Leadville Trail 100 Run, #27
London Marathon, #14, #18, #27
- [M]**
Marine Corps Marathon (MCM),
#11
Millrose Games, #25
Mountain Mist 50K, #38
- [N]**
New York City Marathon, #11, #14,
#16, #21, #27, #39, #43
Nike Women's Half Marathon, #39,
#41

[P]

Pan America Games, #5, #35

Pikes Peak Marathon, #27

Pine Mountain Trail Run, #38

Polytechnic Marathon (Polly), #12

Prefontaine Classics, #30, #35

[R]

Ranger Relay, #41

Rock'n Roll Marathon, #27

[S]

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[A]

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[R]

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[D]

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[H]

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[I]

Interval training, #2, #24

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[C]

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[H]

Hypernatremia, #27

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[I]

Iliotibial Band Syndrome, #17

[L]

Lactic Acid, #2, #24

V. Appendixes

A: Athletes

[A]

Abebe Bikila (1932-1973), #1, #43: an Ethiopian marathoner, a gold medalist at 1960 Rome and 1964 Tokyo Olympic Games, famous for running barefoot.

Albert Michelsen (1893-1964), #43: an American long-distance runner, the first person to break 2:30 in the marathon.

Alberto Salazar (1958-), #21, #34: a long-distance runner, winner of 1982 World Cross Country Championships.

Allan Wells (1952-), #5: a former British sprinter, who became a champion at the 1980 Olympic Games in 100m.

Angela Bailey (1962-), #5: a former Canadian track and field athlete, who accomplished good results in international competitions.

Amby Burfoot (1946-), #4, #11, #43: an American marathoner, winner of the 1968 Boston Marathon, who currently works as an editor of the Runner's World.

Amos Biwott (1947-), #3: a former Kenyan distance runner, winner of the 3000m steeplechase at the 1968 Olympics.

Bob Beamon (1946-), #3, #5: a former American long jumper, who set a world record at the 1968 Olympics in the long jump.

Arther Newton (1883-1950), #12: an American Olympian, specializing in long-distance races, a fourth-place finisher at the 1900 Olympic Marathon.

Arturo Barrios (1962-), #43: a former Mexican long-distance runner, a gold medalist in the 5,000m at the 1987 and 1991 Pan American Games.

[B]

Barbara Jones (1973-), #16: a former American sprinter, a winner in the 100m and 4x100mR at the 1955 Pan American Games in Mexico City.

Ben Johnson (1961-), #5, #25: a Jamaican-born Canadian sprinter, who was a world-record holder at the 1987 World Championship.

Benji Durden (1951-), #4: a former American distance runner. He could not achieve a major result in international competition but was widely known as one of the successful runners in the U.S.

Bernard Lagat (1974-), #30: a Kenyan-American middle- and long-distance runner, who has won at the World Championship and Olympic Games.

Bert Cameron (1959-), #32: a former Jamaican sprinter, a gold medalist in the 400m at the 1983 Helsinki World Championships.

Beth Bonner (1952-1998), #36: a former American distance runner, the first winner of the women's division of the New York City Marathon.

Betty Cuthbert (1938-), #16: a former Australian sprinter, a world record holder in the 200m at the 1956 Olympic Games.

Bill Rodgers (1947-), #11, #21, #34, #43: an American distance runner and a record holder of the Boston Marathon.

Bob Beamon (1946-), #3, #5: a former American long jumper, who set a world record at the 1968 Olympics in the long jump.

Buddy Edelen (1937-), #12, #43: a former American marathoner, a first man to run a marathon faster than 2 hours and 15 minutes, who lived in England for most of his prime competitive years.

Butch Reynolds (1964-), #5: a former American sprinter, a champion of the 1993 World Indoor champion, who was later suspended for two years by the IAAF for the illegal drug use.

[C]

Charley Paddock (1900-1943), #31: an American sprinter and an actor, who died in a plane crash.

Cheryl Bridges (1947-), #36: a former American marathoner who held the world record in the marathon.

Cindy Bremser (1953-), #36: a former American distance runner, who won a silver medal in the 1500m at the 1983 Pan American Games.

Clarence DeMar (1888-1958), #11: an American marathoner, born in Maedeira, Ohio who was a winner of the Boston Marathon seven times and who won a bronze medal at the 1924 Summer Olympics.

Cletus Clark (1962-), #5: a former American hurdler, a winner at the World Student Games in 1985 and the Pan American Games in 1991

Craig Virgin (1955-), #34: a former American long-distance runner, who awards “High School Athlete of the Year” in Track and Field News in 1973.

[D]

Dan Middleman (1969-), #10: a former American distance runner. His record ranking in 10,000m was second.

Danny Everett (1966-), #5: a former American 400m runner, a three-time NCAA winner in the 400m and 4x400mR.

Dean Karnazes (1962-), #19, #29, #40: an American ultramarathoner, a winner of many prestigious races such as Badwater Ultramarathon, Death Valley and Western States Endurance Run.

Doris Brown (1942-), #36: a former American middle-distance runner, the first woman to run a sub-5 minute 1,500m.

Dorothy Hyman (1941-), #16: a former British sprinter, who won a silver medal in the 100m and a bronze medal in the 200m at the 1960 Rome Olympic Games, and who was voted Britain's Sports Personality of the Year in 1963.

Duncan MacDonald (1949-), #3: a former American marathoner, a three-time winner of the Honolulu Marathon.

[E]

Eamonn Coghlan (1952-), #15: a former Irish long-distance runner, a three-time Olympian, who specialized in the 5,000m.

Ellie Greenwood (1979-), #39: a British ultramarathoner, a two-time 100km World Champion, who started running in 2008.

Emil Zatopek (1922-), #11: a distance runner, who is best known for winning

three gold medals at the 1952 Summer Olympics in Helsinki.

Eric Liddell (1902-1945), #31: a British sprinter who later works as missionary in China and dies of a brain tumor.

Erich Borchmeyer (1905-2000), #25 a German sprinter, who won a silver medal at the 1934 European Championships in the 100m and a bronze medal at the 1936 Berlin Olympic Games.

[F]

Frank Shorter (1947-), #4, #11, #34, #43: a former American distance runner who won the gold medal in the marathon at the 1972 Summer Olympics, and who is said to have ignited the running boom in the 1970s.

Fred Wilt (1920-1994), #12: an American long-distance runner, winning the James E. Sullivan Award for Best Amateur Athlete in 1950.

[G]

Gail Devers (1966-), #35: a former American track and field athlete, who kept competing at the age of 40.

Gary Fanelli (1950-), #4: a former American distance runner who twice competed in the Olympic marathon.

Gary Lough (1970-), #18: a middle distance runner and Paula's husband.

Garry Bjorklund (1951-), #34: a former American middle- and long-distance runner, the U.S representative in the 10,000m at the 1976 Olympic Games, who later became a marathoner and set a national age group record.

Geoffrey Brown (1915-1995), #31: a British sprinter, a silver medalist in the 400m at the 1936 Berlin Olympic Games.

Givanni Evangelisti (1961-), #5: a former Italian long jumper, known as an international athlete, winning a bronze medal in the 1984 Olympic Games.

Glenn Cunningham (1909-1988), #3: a former American middle distance runner who set a world record in the 800m.

[H]

Harold Abrahams (1899-1978) , #25, #31: a British sprinter, gold medalist at the 1924 Paris Olympics in the 100m, who graduated from Cambridge University and worked as a lawyer and journalist after graduation.

Herb McKenley (1922-2007), #32: a Jamaican sprinter, who won silver medals in the 100m and 400m at the 1952 Helsinki Olympic Games.

Horatio Fitch (1900-1985), #31: an American sprinter who won the silver medal at the 1924 Paris Olympic Games in the 400m.

[I]

Ingrid Kristianesen (1956-), #18: a former Norwegian long-distance runner, who set world records in the 5000m, 10,000m, the half-marathon, and the marathon.

[J]

Jackson Scholz (1897-1986), #31: an American sprinter but also a writer, who

won a gold medal in the 200m and a silver medal in the 100m at the 1924 Paris Olympic Games.

James Sanford (1957-), #5: a former American sprinter, a record holder at 100m until Carl Lewis set a new record.

Jeanne Daprano (1936-), #39: a former American distance runner and teacher, the first woman over 75 to run under seven minutes in the mile.

Jeff Galloway (1945-), #4: an American distance runner, who was a member of the Olympic Team in 1972 at the 10000m. He is an active runner and the Chief Executive Officer of Galloway Production.

Jesse Owens (1913-1980), #25: An American sprinter, who won three gold medals at the 1936 Berlin Olympics, known as the most successful African-American athlete. He graduated from Ohio State University, where he trained under Coach Larry Snyder.

Jim Fixx (1932- 1984), #4: a former American distance runner, known as one of the strong advocates for the health benefits of regular jogging. He died of the heart attack while jogging at the age of 52.

Jim Ryun (1947-), #3, #4, #36: a former American middle distance runner, a winner of 1,500m at the 1968 Mexico City Olympic Games, who was a member of the United States House of Representatives from 1996 to 2007.

Jimmy Carnes (1934-), #4: a head coach of the U.S. Olympic track and field team and the founder of the Florida Gators track and field team.

Joaquim Cruz (1963-), #5: a former Brazilian middle-distance runner, winner of the 800m at the 1984 Summer Olympic Games.

Joan Samuelson (1957-), #11: a marathoner, born in Cape Elizabeth, who won a gold medal at the 1984 Summer Olympics in Los Angeles, when the women's marathon was introduced.

Joe DeLoach (1967-), #5: a former American sprinter, a winner of the 200m at the 1988 Olympic Games.

John Geesler (n.d.), #27: a silver medalist at the 2009 USA 24-Hour Run National Championship.

Juan Zabala (1911-1983), #12: an American long-distance runner, a winner of 1932 Olympic Marathon in Los Angeles.

Justin Gatlin (1982-), #33: an American sprinter, who won a gold medal in the 100m at the 2004 Athens Olympic Games, and who was later banned from competition for two years for illegal drug use.

Jutta Heine (1940-), #16: a former German sprinter, a silver medalist at the 1960 Rome Olympic Games in 200m and 4x100mR, who experienced her first Olympic when she was nineteen years old.

[K]

Katharine Switzer (1947-), #27: an American marathoner who was the first woman to run the Boston Marathon.

Karel Lismont (1949-), #43: a former Belgian long-distance runner, who won silver and bronze medals in the marathon at 1972 Munich and the 1976 Montreal Olympic Games.

Karla Del Grande (1953-), #39: a Canadian sprinter, who set three world

records, in the 100m, 200m and 400m, at the World Master Athletics Championship.

Kenneth McArthur (1881-1960), #12: a winner at the Summer Olympics in 1912, who is called a noted athlete in the United States.

Kenny Moore (1943-), #43: a former American long-distance runner, a forth-place finisher in the marathon at the 1972 Munich Olympic Games, who trained under Bill Bowerman, a famous coach and a co-founder of Nike.

Killian Jornet Burgada (1987-), #39: a Spanish ultramarathoner and ski mountaineer, who wins many ultramarathons and is recognized as an elite distance runner.

Kip Keino (1940-), #43: a former Kenyan middle- and long-distance runner, a gold medalist in the 1,500m at the 1968 Mexico City Olympic Games, who currently is chairman of the Kenyan Olympic Committee.

Kevin Young (1966-), #5: a former American 400m hurdler, winner at the 1992 Olympic Games.

[L]

Lee Orr (1917- 2009), #25: a Canadian sprinter, who won a gold medal at the 1938 Sydney Olympics in the 4x440m yard relay. He graduated from Watchington State University, where he trained under a famous coach, Karl Schlademan.

Leroy Burrell (1967-), #5: a former American sprinter, who twice set the world record at 100m.

Linda Somers Smith (1961-), #39: a winner of the Chicago Marathon in 1992 and the California International in 1993, and also competing in the 1996 Olympic Games.

Linford Christie (1960-), #5: a former British Jamaican sprinter, who was banned from competition for the drug use.

Lizzy Hawker (1976-), #39: a British distance runner, a world record holder for 24-hour road running.

Lorenzo Daniel (1966-), #5: a former American sprinter, known for setting the 1985 world's best performance in the 200m.

[M]

Mack Robinson (1914-2000), #25: an American sprinter, a silver medalist at the 1936 Berlin Olympic Games, who graduated from the University of Oregon.

Mal Whitfield (1924-2015), #32: an African-American sprinter and middle distance runner, who won a gold medal in the 800m and a silver medal at the 1948 London Olympic Games.

Martha Hudson (1939-), #16: a former American sprinter, a member of 4x100mR with Wilma Rudolph, who won a gold medal at 1960 Rome Olympic Games in the 4x100mR.

Martha White (1959-), #34: a former American long-distance runner, the 10,000-meter road record holder.

Mary Decker: (1958-), #4, #5: a former American middle-distance runner, who set world records in 5000m and 10,000m.

Michael Johnson (1967-), #30: a former American sprinter, a gold medalist at the 1996 and 2000 Olympic Games in the 200m and 400m.

[O]

Ollan Cassell (1937-), #5: a former American sprinter, winner of a gold medal in the 4x400mR relay at the 1964 Olympic Games. After retiring athletics, he became the executive director of the Amateur Athletic Union (AAU).

[P]

Paavo Nurmi (1897-1973), #1, #12: a Finnish long-distance runner, a winner of 1920 Antwerp Olympic Games in 10,000m and 1924 Paris Olympic Games in 5000m.

Pam Reed (1961-), #27, #39: an American ultramarathoner, the first woman to become the overall winner of the Badwater Ultramarathon, known as one of the toughest ultramarathons.

Paula Radcliffe (1973-), #18: a British long-distance runner, the current women's world record holder in the marathon, who has won several major marathons, the London Marathon, the New York City Marathon, and the Chicago Marathon.

[R]

Roberta Gibb (1942-), #11: the first female Boston Marathon finisher, and broke prejudices and misconceptions about female athletic capability.

Roger Bannister (1929-), #4, #32, #36: an English distance runner, who had a British record in the 1500m and a career as a physician.

Ron Clarke (1937-2015), #3, #4, #43: a former Australian distance athlete, writer and politician. He set seventeen world records.

Rory Bosio (1984-), #39: an American ultramarathoner, a former winner of Ultra-Trail Mont-Blanc.

Ryoichi Sekiya (1967-), #27: a Japanese ultramarathoner and a current Asian record holder of the 24-Hour Run.

[S]

Sebastian Coe (1956-), #4: a former British middle distance runner, a two-time gold medalist at the 1980 and 1984 Olympic Games in the 1500m. He is a member of IOC.

Sergey Bubka (1963-), #5: a Ukrainian former pole vaulter who won six consecutive IAAF World Championships. He was named Athlete of the Year by Track and Field News.

Scott Jurek (1973-), #27, #29: an American ultramarathoner and a public speaker, known as a one of the most dominant ultramarathoner in the world, winner of many famous races.

Stephanie Ehret (1963-), #27: an American ultramarathoner, winning a 24-hour track run in record time.

Steve Cram (1960-), #4: a British middle distance runner, a silver medalist at the 1984 Los Angeles Olympic Games, and currently working as a television

presenter and athletic commentator.

Steve Ovett (1955-), #4: a former British middle distance runner, a winner of the 800m at the 1980 Olympic Games.

Steve Prefontaine (1951-1975), #4, #9, #39: an American middle and long-distance runner, winner of the 5,000m at the 1971 Pan-America.

Sumie Inagaki (1966-), #27: a Japanese ultramarathon runner from Hokkaido who is the holder of the current women's record in the 24-hour run Indoor.

[T]

Tarzan Brown (1914-1975), #21: “member of New England’s Narragansett Indian tribe and a two-time Boston winner” (106).

Thomas Hick (1876-1952), #12: a Britain distance runner who used strychnine and brandy before races, which disqualify him in modern games.

[W]

Wilma Rudolph (1940-1994), #8, #16: an African-American sprinter, the first American woman to win three gold medals in the 100m, 200m and 4x100mR.

[Y]

Yohan Blake (1989-), #33: a Jamaican sprinter, a teammate of Usain Bolt, a silver medalist in the 100m and 200m at the 2012 London Olympic Games

B: Athletic Organizations

[A]

Amateur Athletic Union (AAU), #3, #25, #36, #43: a multi-sports organization based in the United States, dedicated to the promotion and development of amateur sports and physical fitness program.

[B]

Big Ten Conference (BiG10), #25: an athletic conference in the United States established in 1895 by James H. Smart, the president of Purdue University.

[I]

International Association of Athletics Federations (IAAF), #4: an organization founded in 1912, governing the sport of athletics. The IAAF gives compensation to athletes for participating in international competitions.

International Olympic Committee (IOC), #4,#25, #43: an international organization based in Lausanne, Switzerland, which organized the modern Olympic Games and Youth Olympic Games held every four years.

International Women's Sports Federation, #39: an international organization, founded in 1921, to support women athletes to compete in international sports events.

[N]

National Collegiate Athletic Association (NCAA), #10, #25, #34, #35, #36: an organization to promote the athletic programs of colleges and universities in the United States and Canada.

Nike Oregon Project, #34: a group sponsored by Nike to promote American long-distance running.

[T]

The Athletics Congress (TAC), #4, #5, #36: an organization founded in 1878, which governs track and field in the U.S., and currently known as USA Track & Field (USATF).

[U]

United States Olympic Committee (USOC), #25: an organization based in Colorado Springs, which dispatches elite athletic teams for the Olympic, Paralympic, and Pan American Games.

C: Major Competitions

[A]

Army Ten-Miler (ATM), #41: the second largest ten-mile race in the United States, held in Arlington, VA and Washington, DC, which is sponsored by the U.S. Army Military District of Washington.

[B]

Badwater Ultramarathon, #27, #29: an ultramarathon, said to be the world's toughest foot race, held in the Badwater Basin in California and ending at Mount Whitney.

Big Sur International Marathon, #27: an annual marathon held in California, attracting more than 4,000 participants.

Boston Marathon, #11, #12, #14, #21, #27, #39, #41, #43: a marathon held in Eastern Massachusetts, which is known as one of six World Marathon Majors, attracting over 50,000 runners.

Broad Street Run, #40: the largest 10-mile road race in the United States, which attracts over 40,000 runners each year.

[C]

Chevron Houston Marathon, #14: an annual marathon held in Houston, Texas, which attracts over 13,000 runners.

Chicago Marathon, #18, #27: an annually held marathon in Chicago, known as one of the six World Marathon Majors; Boston, New York, London, Berlin

and Tokyo Marathons.

Commonwealth Games, #18, #27: an international meet, with participants from the fifty-three members of Commonwealth of Nations.

Comrades Marathon, #11: a marathon held annually in South Africa.

[F]

Falmouth Road Race, #34: a 7-mile road race held annually in the town of Falmouth, Massachusetts.

Fukuoka Marathon, #43: an annual marathon held in Fukuoka Prefecture, Japan, an IAAF Gold Label international marathon race.

[G]

Grandma's Marathon, #21: an annual marathon that began in 1977 when a group of local runners planned a scenic road race from Two Harbors to Duluth, Minnesota.

[H]

Hardrock Hundred Mile Endurance, #27: an ultramarathon of 100 miles with 33,992 feet of climb and 33,992 feet of descent for a total elevation change of 67,984.

[I]

IAAF World Cross Country Championship, #18, #35: an international cross

country competition organized by the IAAF, which was inaugurated in 1973, and is used as one of the screening races for choosing nation team members for the Olympics.

[L]

Lake Biwa Mainichi Marathon, #43: an annual marathon held in Shiga Prefecture, Japan, an IAAF Label international marathon.

Leadville Trail 100 Run, #27: an ultramarathon begun in 1983 on trails and dirt roads near Leadville Colorado, through the heart of the Rocky Mountains. In most years, few people complete the race within the 30-hour time limit.

London Marathon, #14, #18, #27: an annual marathon founded by Chris Brasher and John Disley, the former Olympians and sponsored by Virgin Money London Marathon.

[M]

Marine Corps Marathon (MCM), #11: a marathon usually called “The People’s Marathon”, which does not offer prize money, held in Arlington, VA.

Millrose Games, #25: an annual track and field meet held in New York by The Millrose Track Club.

Mountain Mist 50K, #38: a marathon held in Monte Sano State Park, where runners are required to ascend 3526 feet, hosted by the Huntsville Track Club.

[N]

New York City Marathon, #11, #14, #16, #21, #27, #39, #43: an annual marathon, one of the largest marathons, which usually attracts over 50,000 runners, organized by the New York Road Runners Club.

Nike Women's Half Marathon, #39, #41: a marathon, started in 2003, which is run on the street of San Francisco, and which attracts over 20,000 runners each year.

[P]

Pan American Games, #5, #35: a major sporting event in the Americas, usually held in the year before the Summer Olympic Games.

Pikes Peak Marathon, #27: a marathon beginning at the base of Pikes Peak in Colorado with 7,815 feet of climb.

Pine Mountain Trail Run, #38: 40-mile ultramarathon held in Pine Mountain, Georgia, where runners must run over rocky single-track trails.

Polytechnic Marathon (Polly), #12: a marathon held annually in London and the first marathon, which was required to run regularly over 26 miles.

Prefontaine Classic, #30, #35: an annual track and field meet held in Eugene, Oregon, by the Oregon Track Club, which draws elite athletes from around the world.

[R]

Ranger Relay, #41: an annual meet held in various regions, which ranges to a

total of 200 miles and take about 25 to 35 hours to complete. Each team runs with 12 people.

Rock'n Roll Marathon, #27: a marathon combined with, travel and entertainment, begun in 1998 in San Diego, CA.

[S]

San Francisco Marathon, #4: an annual marathon held in San Francisco, with over 27,000 runners.

Sparatathlon Ultra Race, #39: an ultramarathon held in Athens, where runners run 246 kilometers, taking place since 1983.

St. George Marathon, #11, #27: a marathon held annually in St. George, Utah, the 13th largest marathon in the United States.

[T]

Tough Mudder, #41: a 12-mile running course with 26 obstacles along the way, and which is touted as something only the fiercest people could finish.

[U]

U.S. Olympic Marathon Trials, #11: a race that decides the members of the Olympic Marathon team, which gets an entry qualification for the top three finishers who have already met the Olympic A standard.

[V]

Vancouver Half-Marathon, #39: a marathon held in Vancouver, British Columbia, Canada, the second-largest international marathon in Canada.

[W]

Walt Disney World Marathon, #38: a marathon held in Orland, Florida, with distances ranging from 5K, 10K, half-marathon to a full marathon. This marathon started in 1994, when 5,588 runners attended and now 55,000 gather annually.

Women's 5K Classic, #22: an annual race begun in 1993 to raise funds to support the Greater Leigh Valley organizations that promote fitness among women of all ages, supporting women and families affected by breast and other cancers, but also to educate women about breast cancer awareness, prevention and treatment.

D: Injuries

[A]

Achilles Tendonitis, #3, #14, #39, #40: an inflammation of the Achilles tendon.

If not resolved, the condition gets worse; the tendon loses its organized structure and is likely to develop microscopic tears.

Achilles Tendinopathy, #17: a condition common for athletes, which usually causes pain and swelling

Ankle sprain, #17: a condition referring to tearing of the ligaments of the ankle caused by an ankle fracture.

[R]

Repetitive-strain injuries (RSI), #39: an injury occurring through repetitive moment and overuse, giving the pain felt in muscles, nerves, and tendons.

[S]

Shin splints, #36, #40: a pain along the shin bone (tibia), which is caused by overuse.

Stress fracture, #18: an injury through overuse that can occur in the foot, leg and pelvis.

E: Training Methods

[A]

Active recovery, #39: an exercise to facilitate lactate and metabolic waste removal by maintain blood flow in muscles during recovery.

[C]

Carbohydrate loading, #39: a strategy involving changes to training and nutrition that can maximize muscle glycogen (carbohydrate) stores prior to endurance competition.

Circuit training, #39: a fast-paced training in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise.

Cross-training, #41: training in two or more sports in order to improve fitness and performance, especially in a main sport.

[D]

Dynamic stretching, #39: a functional-based exercise, which uses sport-specific movements to prepare the body for movement.

[F]

Fartlek, #14: a run with variable pace, usually for a distance runner.

[H]

High-altitude training, #18: a training to acclimatize to the lower level of oxygen available in the atmosphere, which improves the delivery of oxygen to the muscles.

[I]

Interval (training), #2, #24: the type of physical training that involves a series of low- to high-intensity exercise workouts interspersed with rest or relief periods.

[P]

Periodization, #39: a strategy to promote long-term training and performance improvements with preplanned, systematic variations in training specificity, intensity, and volume organized in periods or cycles within an overall program.

Plyometric, #39: an exercise involving repeated rapid stretching and contracting of muscles to increase muscle power.

[S]

Strength training, #39: a method of improving muscular strength by gradually increasing the ability to resist force through the use of free weights, machines, or the person's own body weight.

[T]

Tempo runs, #14, #23: a fast-paced workout, which improves a crucial physiological variable for metabolic fitness.

[V]

VO2 Max, #14, #23: the maximum rate of oxygen consumption as measured during incremental exercise, most typically on a motorised treadmill.

F: Physiology and Symptoms Common for Athlete

[A]

Anabolic steroid, #2, #5: a synthetic steroid hormone, which resembles testosterone in promoting the growth of muscle.

Anaerobic threshold (AT), #24, #39: the exertion level between aerobic and anaerobic training. The AT is the point during exercise when your body must switch from aerobic to anaerobic metabolism.

Anemia, #12, #14: a symptom common for distance runners. Anemia is a condition that reduces in hemoglobin, which causes dizziness, sickness and apathy.

Anorexia (nervosa), #27: The more serious athletes are, the easier they come to be anorexic. There are several features: an extreme aversion to gaining weight, a rejection of eating and having a distorted body image.

Athlete Burnout, #39: physical and emotional exhaustion, which leads to the athlete becoming sunk in depression.

[C]

Core muscles, #33: a group of muscles that connect the upper and lower body

and support the spine. These include abdominals as well as muscles in the hips and lower back.

[D]

Grace's Disease, #35: a disease, causing an immune system disorder that results in the overproduction of thyroid.

[H]

Hyponatremia (water intoxication), #27: a symptom caused by drinking excessive amounts of water, leading to a low concentration of sodium in the blood.

Homeostasis, #2: a biological system maintains stability, which adjusts to changing condition.

[I]

Iliotibial Band Syndrome, #17: the pain for regular runners, particularly long-distance runners. The iliotibial band is a fascia that runs down the length of the outer thigh from hip to knee.

[L]

Lactic Acid, #2, #24: a compound produced when glucose is broken down and oxidized. During intense exercise when oxygen levels are lower, more lactic acid is produced which can produce hydrogen ions and a burning sensation

in muscles while they are active.

[P]

Patellar tendinitis, #40: an injury to the tendon connecting the kneecap to the shinbone, known as jumper's knee and common for athletes whose sports involve frequent jumping.

Piriformis syndrome, #17: a tiny muscle that sits between the other gluteal muscles in the buttocks. One of the problems with the muscle is that it sits right over the sciatic nerve, so when someone is diagnosed with sciatica or back pain, she is sometimes suffering from an overactive piriformis muscle.

Plantar Fasciitis, #17: a pain in the heel and sole of the foot that creates a realistic sensation of either running barefoot on hot coals or wearing through your heel altogether.

[R]

Runner's high, #4: a feeling of euphoria, experienced by individuals who engage in strenuous running.

[S]

Scoliosis, #33: abnormal lateral curvature of the spine.

[Z]

Zone, #24: the mental state of operation in which a person performing an

activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.