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Run Strong, Stay Hungry: 9 Keys To Staying In The Race



Synopsis

In *Run Strong, Stay Hungry*, running journalist Jonathan Beverly reveals the secrets of veteran racers who are still racing fast and loving the sport decades after they got their start. Beverly collects the habits and mindsets of more than 50 runners including Bill Rodgers, Joan Benoit Samuelson, Deena Kastor, Benji Durden, Colleen De Reuck, Dave Dunham, Kathrine Switzer, and Roger Robinson. *Run Strong, Stay Hungry* shares 9 keys from these veteran racers that let them keep running strong and staying hungry for competition. Are they biomechanically gifted? Stubborn? Simply lucky to have avoided injury? Turns out, there's a lot more to it. In his comprehensive research, Beverly discovers that these runners all share specific perspectives and habits that allow them to adapt to changing life circumstances, accept declining abilities, and rebound from setbacks. These keys not only keep them on their feet, but also allow them to continue to draw the same enjoyment from the sport whether they are winning championships or finishing in the middle of the pack, cranking out 100-mile weeks and doing blazing speed work on the track, or squeezing in just enough miles into a busy schedule to simply feel fit and fast and occasionally test that fitness in a race. Beverly interviews over 50 runners including Bill Rodgers, Joan Benoit Samuelson, Deena Kastor, Benji Durden, Colleen De Reuck, Dave Dunham, Kathrine Switzer, and Roger Robinson. From training methods to mental attitudes to finding community among their fellow runners, there are specific keys that help these masters runners to adapt, accept, and rebound from the hurdles that life and aging put in their path. By adopting the practices of these lifetime competitors, you too can enjoy a lifelong, healthy running career as well as boost your enjoyment of running and your racing performance.

Book Information

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Customer Reviews

“Sitting down with Run Strong, Stay Hungry is like going for a Sunday long run with multiple generations of running’s wisest and most-experienced. Jonathan Beverly puts you smack in the middle of a wide-ranging discussion on the sport that conveys the passion, mindset, and training methods of lifelong runners. The only disappointment is that the conversation, like a great run, must eventually come to an end.”

• Pete Magill

“In Run Strong, Stay Healthy, Jonathan Beverly interviews dozens of runners who have trained and raced hard through the decades. Their advice is clear, proven, and useful exactly what all runners are looking for.”

• Amby Burfoot, 1968 Boston Marathon winner, Runner’s World editor at large

“Jonathan Beverly has expertise, knowledge, and love of the sport of distance running. His book, Run Strong, Stay Hungry, is for runners who get that running is not about one race or rival. Running is about you, your path, and your lifetime of running.”

• Bill Rodgers, four-time Boston Marathon champion and Olympian

“Running is so challenging it makes you wise. Running is such fun it keeps you young. Jonathan Beverly captures the wisdom and the fun in his masterly distillation of the thoughts of 50 lifelong runners that’s two thousand years of experience in one fascinating book.”

• Roger Robinson, PhD, author and masters runner

“Jonathan Beverly mines new material in Run Strong, Run Hungry. He focuses on the heroes of yesterday to learn their secrets what contributed to their success and, perhaps equally interesting, how they failed and what they learned. A masterful read.”

• Hal Higdon, Contributing Editor, Runner’s World

“Jonathan Beverly’s book, Run Strong, Stay Hungry, is fantastic for runners who want to continue running and for runners who have been running for decades. I found myself nodding and saying ‘Yes!’ at each chapter.”

• Dave Dunham, mountain running champion with over 135,000 lifetime miles

Run Strong, Stay Hungry discovers the 9 keys to help you run strong, stay hungry, and keep in the race for a lifelong running career.

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