

BOULDER RUNNING JOURNAL 2015



Boulder Running Journal 2015

Lingsheng Yao



Boulder Running Journal 2015:

Boulder Running Journal 2015 Todd Straka, Peter N. Jones, Michael Sandrock, 2015-12-01 The inaugural Boulder Running Journal is a celebration of all things running in Boulder From the track to the trail the mountain to the road the Boulder Running Journal highlights all of the amazing achievements in 2015 by the runners who call Boulder home From the US Cross Country Championships Fastest Known Times top race results ultra adventures Olympic Qualifying Standards and the U S s most celebrated 10k the Boulder Boulder Boulder runners achieved an unbelievable number of records top finishes and epic feats locally and around the world With over 200 color photos throughout its 186 pages you will be inspired through the iconic imagery and the stories of elite and every day athletes alike which is part of what makes Boulder a truly incredible place

Breakthrough Women's Running Neely Spence Gracey, Cindy Kuzma, 2022-04-06 Breakthrough Women's Running propels female runners past their challenges to become the best runners they can be It includes training plans exercises and stretches to build strength and stamina and it offers guidance on training through the menstrual cycle while pregnant and after childbirth

Urban Marathons Jonas Larsen, 2021-10-20 This original social science text approaches marathon running as an everyday practice and a designed event to draw upon and contribute to the literature on practice theory urban events rhythm analysis and mobility It bridges sport studies and discussions within sociology and geography about practice movement and the city Inspired by theoretical debates about embodied and multi sensuous mobilities social and material practices and urban rhythms this book explores the characteristics of marathon running as a bodily practice on the one hand and on the other marathon training grounds and events as unique places This account takes marathon running seriously using sociological and geographical theory to understand the practice in and of itself Based on original empirical research and accessible to readers taking them to training sessions in Copenhagen and to marathons in Tokyo Kyoto Berlin Frankfurt Valencia and Copenhagen it draws out the globalised codified and generic nature of marathon practices and design yet also brings out the significant local differences The book examines in ethnographic detail how marathon practices and places are produced by various materialities cultural scripts experts runners and spectators and practiced in embodied multi sensuous and emplaced ways by ordinary runners It develops a sociological practice approach to marathon running and geographical understanding of marathon places and rhythms It demonstrates that marathon running is of broad interest because it calls for and allows lively and expressive ways of conducting and writing research and understanding the becoming of bodies the intertwining of biological and mechanical rhythms and the eventful potential of streets It will appeal to postgraduate students and scholars in sport studies geography and sociology interested in running active mobility and ethnography as well as tourism and urban events The book will also appeal to general readers with an interest in marathon running

Run Strong, Stay Hungry Jonathan Beverly, 2017-11-21 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

On Muscle Bonnie Tsui, 2025-04-22 From the bestselling author of *Why We Swim* comes a mind expanding exploration of muscle from our ancient obsession with the ideal human form to the modern science of this amazing and adaptable tissue that will change the way you think about what moves us through the world Remarkable A singular book about the true meanings of strength and flexibility about our ability to define who we are and who we might be Ed Yong New York Times bestselling author of *An Immense World* and *I Contain Multitudes* In *On Muscle* Bonnie Tsui brings her signature blend of science culture immersive reporting and personal narrative to examine not just what muscles are but what they mean to us Cardiac smooth skeletal these three different types of muscle in our bodies make our hearts beat push food through our intestines blood through our vessels babies out the uterus attach to our bones and allow for motion Tsui also traces how muscles have defined beauty and how they have distorted it through the ages and how they play an essential role in our physical and mental health Tsui introduces us to the first female weightlifter to pick up the famed Scottish Dinnie Stones then takes us on a 50 mile run through the Nevada desert that follows the path of escape from a Native boarding school and gives the concept of endurance new meaning She travels to Oslo where cutting edge research reveals how muscles help us bounce back after injury and illness an important aspect of longevity She jumps into the action with a historic Double Dutch club in Washington D C to explain anew what Charles Darwin meant by the brain body connection Woven throughout are stories of Tsui s childhood with her Chinese immigrant artist dad a black belt in karate who schools her from a young age in a kind of quirky in house Muscle Academy *On Muscle* shows us the poetry in the physical and the surprising ways muscle can reveal what we re capable of

Runner's World Your Best Stride Jonathan Beverly, 2017-06-13 Run the Way You Were Born to Run Every runner wants a smooth light powerful and resilient stride But there isn't one ideal form all runners should try to emulate Instead research and experience show that people can run effectively in a wide variety of patterns with some universal elements In lively accessible prose author Jonathan Beverly details his search for common ground among physical therapists podiatrists biomechanics researchers and coaches and reveals how individual runners can apply those principles and improve their performance avoid injury and enhance their enjoyment on the run With specific illustrated exercises that show how to counteract tight muscles from excessive sitting improve limited arm mobility from hunching over electronic devices strengthen your feet for better balance and improve speed by lengthening your stride **Runner's World Your Best Stride** is an approachable guide to human movement and a practical tool for improved running performance

parkrun David Hindley, 2022-06-01 This is the first book to take an in depth look at parkrun the free weekly timed 5km run on a Saturday morning and to examine why its participants love it so much and why it has been such an astonishing success Author David Hindley a self described middle of the pack parkrunner draws on new research including interviews with other runners volunteers and organisers to shine a light on the unique combination of ingredients in parkrun's magic formula Tracing the development of parkrun from its first event in the UK in 2004 to the global network of today he takes a close look at themes like inclusion volunteering community green space health and well being and unpacks the mantra of it's a run not a race that has come to define the spirit of parkrun for so many of its participants Part sporting event part social movement and part public health intervention parkrun perhaps offers a model for sustainable public participation in other areas of social life This book is compulsory behind the scenes reading for all parkrunners and parkrun volunteers and anybody working in sport development events recreation public health volunteering or community organising

Sport and Militarism Michael L. Butterworth, 2017-06-14 The institutional relationship between sport and the military appears to be intensifying In the US for example which faced global criticism for its foreign policy during the war on terror militaristic images are commonplace at sporting events The growing global phenomenon of conflating sport with war calls for closer analysis This critical interdisciplinary and international book seeks to identify intersections of sport and militarism as a means to interrogate interrupt and intervene on behalf of democratic peaceful politics Viewing sport as a crucial site in which militarism is made visible and legitimate the book explores the connections between sport the military and the state and their consequent impact on wider culture Featuring case studies on sports such as association football baseball and athletics from countries including the US UK Germany Canada South Africa Brazil and Japan each chapter sheds new light on the shifting significance of sport in our society This book is fascinating reading for all those interested in sport and politics the sociology of sport communication studies the ethics and philosophy of sport or military sociology

Designing Cities with Children and Young People Kate Bishop, Linda Corkery, 2017-05-25 Designing Cities with Children and Young People focuses on

promoting better outcomes in the built environment for children and young people in cities across the world This book presents the experience of practitioners and researchers who actively advocate for and participate with children and youth in planning and designing urban environments It aims to cultivate champions for children and young people among urban development professionals to ensure that their rights and needs are fully acknowledged and accommodated With international and interdisciplinary contributors this book sets out to build bridges and provide resources for policy makers social planners design practitioners and students The content moves from how we conceptualize children in the built environment what we have discovered through research how we frame the task and legislate for it and how we design for and with children *Designing Cities with Children and Young People* ultimately aims to bring about change to planning and design policies and practice for the benefit of children and young people in cities everywhere *Deep End of the Pool Workouts* Melisenda Edwards,Katalin Wight,2017-06-30 A guide to the hottest new trend in full body no impact exercise pool workouts where your feet never touch the bottom Whether you re a professional athlete or general fitness enthusiast wouldn t you prefer a workout that s kinder to your joints while also producing amazing results Thanks to the higher force required to move your body against water s resistance and the absence of any impact during the exercises the workouts in this book do just that By detailing proper form and technique this handy guide makes sure you gain maximum benefit from your water workout including greater SPEED POWER STRENGTH FLEXIBILITY

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