

And Then the Vulture Eats You



**True tales about ultramarathons
and those who run them**

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And Then The Vulture Eats You

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And Then The Vulture Eats You:

And Then the Vulture Eats You James E. Shapiro, Kenny Moore, 1990-11 Parker Jr., 2011 The cult classic ultramarathon book now available to the trade

And Then the Vulture Eats You John L. Not Just Child's Play Felicia R. McMahon, 2009-10-20 Winner of the 2008 Chicago Folklore Prize Felicia R McMahon breaks new ground in the presentation and analysis of emerging traditions of the Lost Boys a group of parentless youths who fled Sudan under tragic circumstances in the 1990s With compelling insight McMahon analyzes the oral traditions of the DiDinga Lost Boys about whom very little is known Her vibrant ethnography provides intriguing details about the performances and conversations of the young DiDinga in Syracuse New York It also offers important insights to scholars and others who work with refugee groups The author argues that the playful traditions she describes constitute a strategy by which these young men proudly position themselves as preservers of DiDinga culture and as harbingers of social change rather than as victims of war Drawing ideas from folklore linguistics drama and play theory the author documents the danced songs of this unique group Her inclusion of original song lyrics translated by the singers and descriptions of conversations convey the voices of the young men Well researched and carefully developed this book makes an original contribution to our understanding of refugee populations and tells a compelling story at the same time

Marathon, Revised and Updated 5th Edition Hal Higdon, 2020-03-03 Now completely updated and revised a new edition of the long running marathon training guide that has helped more than half a million people reach their goals Marathon The Ultimate Training Guide is among the bestselling running books of all time for many reasons but above all others is this one It works Marathon running has changed in the seven years since the fourth edition there are more runners than ever before the popularity of half marathons has grown immensely and guidelines for best recovery and diet practices have changed This revised fifth edition includes a new chapter on ultramarathons along with material on recovery techniques several new training programs and advice on how to win a Boston qualifying race and improve your personal record At its core remains Hal Higdon s clear and essential information on injury prevention training and nutrition Marathon demystifies the marathon experience and allows each runner to achieve peak performance without anguish or pain taking the guesswork out of marathon training whether it s for your first or fiftieth With Higdon s comprehensive approach and tried and tested methods any runner will learn how to optimize their training and achieve their marathon goals

The Unforgiving Hours Shannon Hogan, 2025-04-08 From the frozen wilds of Alaska s treacherous trails to the unyielding currents of Puget Sound and Canada s Inside Passage from the rugged majesty of Colorado s peaks to the vibrant depths of Costa Rica s rainforests Hogan offers us an intimate window into the toughest contests in sports Whether it s a blistering race across the furnace trails of gold country in the Sierra Nevadas a grueling swim in frigid water to break the Ice Mile Distance record or a competition on the biggest triathlon stage with a determination beyond perceived limitations each journey reveals the resilience and humor it takes to face the unknown with only the guarantee of discomfort

ahead These stories of ordinary women and men who kept going even when things went wrong especially when the weather and tides did not cooperate attest to the drive grit and patience that exists in all of us Through exhaustion setbacks and moments of darkness and doubt these athletes prove that greatness isn't about perfection it's about perseverance Their triumphs large and small are a testament to the power of adaptability passion and the sheer will to keep going one breath one step one stroke and one mile at a time Amazon.com

The Longest Race Ed Ayres, 2013-08-20 It soon becomes clear that this book isn't just about an athletic race It's also about the human race Bloomberg Businessweek Having run in more than six hundred races over the span of fifty five years Ed Ayres is a legendary distance runner and this book is his urgent exploration of the connection between individual endurance and a sustainable society The Longest Race begins in 2001 at the starting line of the JFK 50 Mile the nation's oldest and largest ultramarathon and like other such races it's an epic test of human limits and aspiration At age sixty his sights set on breaking the age division record Ayres embarks on a course over the rocky ridge of the Appalachian Trail along the headwind buffeted towpath of the Potomac River and past momentous Civil War sites such as Harpers Ferry and Antietam But even as Ayres focuses on an endurance runner's familiar concerns starting strong and setting the right pace controlling his breathing overcoming fatigue and staying mindful of the course ahead he finds himself as preoccupied with the future of our planet as with the finish line A veteran journalist and environmental editor Ayres reveals how the skills and mindset necessary to complete an ultramarathon are also essential for grappling anew with the imperative to endure not only as individuals but as a society and not just for fifty miles but over the real long haul in a unique meditation that ought to be required reading even for people who have never run a step The Boston Globe He seamlessly moves between discussing running to exploring larger life issues such as why we run our impact on the environment and the effects of the nation's declining physical fitness Thought provoking Booklist To read this book is to run alongside a seasoned athlete a deep thinker and a great storyteller And Ayres doesn't disappoint He is the best kind of running companion generously doling out hilarious stories and hard won insights into performance conditioning and the human condition His lifetime of ultra running and environmental writing drive his exploration of what keeps us running long distances and what it might take to keep the planet from being run into the ground Nature Conservancy magazine

Once a Runner John L. Parker, 2009-04-07 The undisputed classic of running novels and one of the most beloved sports books ever published *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war Inspired by the author's experience as a collegiate champion the novel follows Quenton Cassidy a competitive runner at fictional Southeastern University whose lifelong dream is to run a four minute mile He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department After he becomes involved in an athletes protest Cassidy is suspended from his track team Under the tutelage of his friend and mentor Bruce Denton a graduate student and former Olympic gold medalist Cassidy gives up his scholarship his girlfriend and possibly his future to

withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history A rare insider s account of the incredibly intense lives of elite distance runners Once a Runner is an inspiring funny and spot on tale of one individual s quest to become a champion **Racing the Rain** John L. Parker,2016-09-13 From the author of the New York Times bestselling Once a Runner The best novel ever written about running Runner s World comes that novel s prequel the story of a world class athlete coming of age in the 1950s and 60s on Florida s Gold Coast Quenton Cassidy s first foot races are with nature itself the summer storms that sweep through his subtropical neighborhood Shirtless barefoot and brown as a berry Cassidy is a skinny mouthy kid with aspirations to be a great athlete As he explores his primal surroundings along the Loxahatchee River and the nearby Atlantic Ocean he is befriended by Trapper Nelson the Tarzan of the Loxahatchee a well known eccentric who lives off the land In junior high school quite by chance Cassidy discovers an ability to run long distances but his real dream is to be a basketball star Still Cassidy absorbs Nelson s view of running as a way of relating to and interacting with the natural world Though he is warned of Nelson s checkered past Cassidy dismisses the stories as superstitious gossip until his small town is stunned by the disappearance of a prominent judge and his wife Cassidy s loyalty to his friend is severely tested just as his opportunity to make his mark as a gifted runner comes to fruition John Parker s prequel to the New York Times bestseller Once a Runner vividly captures how a runner is formed and the physical endurance determination and mindset he develops on the way to becoming a champion Racing the Rain is an epic coming of age classic about the environments and friendships that shape us all Hausa Tales and Traditions Neil Skinner,2013-12-19 First Published in 1969 This is a translation from Hausa of Frank Edgar s three volumes of his African folktale Tatsunijoyi Na Hausa his major work The Hausa whose folklore Edgar recorded so industriously are the largest ethnic group in Northern Nigeria and number many millions *You Can Fly Like the Eagle* ,

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