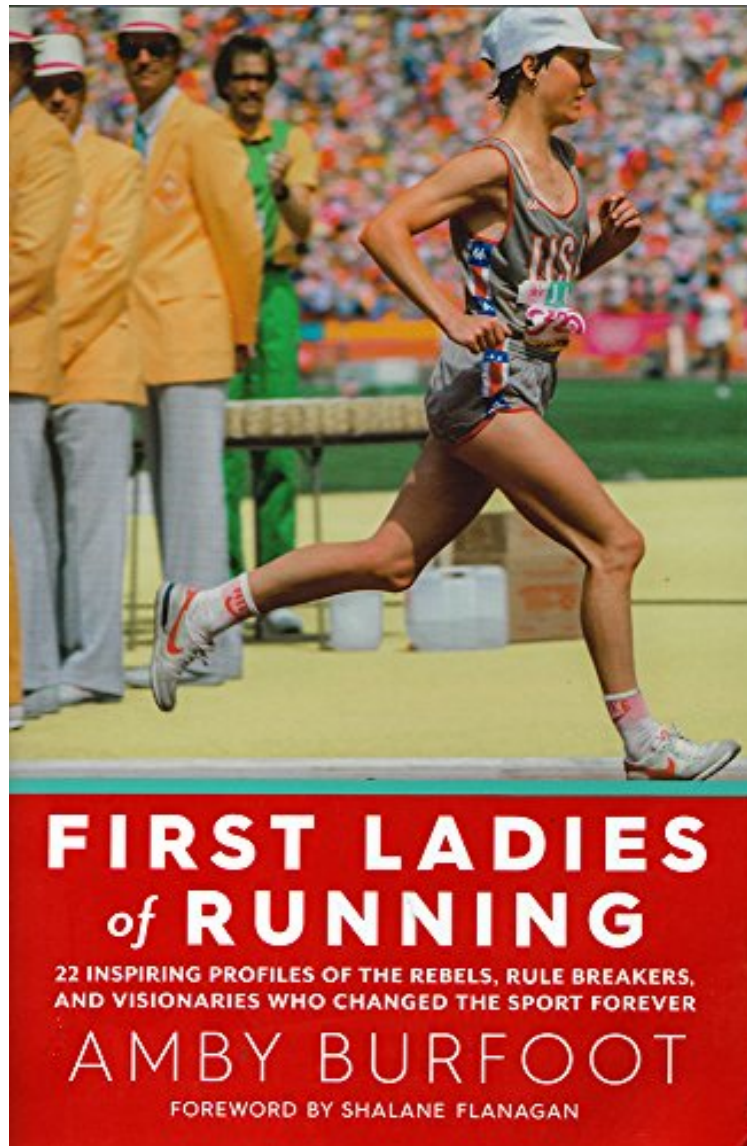


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First Ladies of Running: 22 Inspiring Profiles of the Rebels, Rule Breakers, and Visionaries Who Changed the Sport Forever

Amby Burfoot

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Amby Burfoot : First Ladies of Running: 22 Inspiring Profiles of the Rebels, Rule Breakers, and Visionaries Who Changed the Sport Forever before purchasing it in order to gauge whether or not it would be worth my time, and all praised First Ladies of Running: 22 Inspiring Profiles of the Rebels, Rule Breakers, and Visionaries Who Changed the Sport Forever:

1 of 1 people found the following review helpful. A great read for every woman runner
By Aggiegirl
Thanks to Amby Burfoot for compiling this compelling history! Women runners owe Amby (and all the women he profiled) a big thanks. It was eye-opening to learn that so many giant advances in womens running have occurred in the past 55 years. The first time a woman ran in a road race was 1961, and she had to sneak on the racecourse to compete. Women couldnt run longer than 800 meters in Olympic competition until 1972, when the 1500 meter metric mile became a womens event; the Olympic womens marathon didnt become a reality until 1984. First Ladies of Running tells many other almost-unbelievable things, like the ill-fitting and borrowed clothing the early women runners wore, the sexist newspaper articles, the women who ran in remote places to avoid stares and unwanted attention, and the often-repeated falsehood that women were incapable of running marathons. But the book was also heartwarming in its portrayal of the quiet and humble Grete Waitz, who won the New York City Marathon an astounding nine times. And then there was Merry Lepper, who in 1963, became the first woman to run a certified marathon. When her running partner dropped out after 16 miles, Merry soldiered on so she could kill the misconception that women couldnt run a marathon. I came to admire Dr. Joan Uillyot, who not only ran sub-three-hour marathons, but also wrote a book that dispelled some of the myths about womens running. It made me smile to read how the men at road races often encouraged and supported the women running pioneers; it was the fat old guys (race organizers and officials) who tried to force female runners off racecourses. This book, written by someone who knew many of the women well, is a great read. It has earned a prominent place on my bookshelf.
1 of 1 people found the following review helpful. Not for runners only: for everyone!
By Jacqueline M. Ganim
I was going to wait until I finished this amazing book before I wrote this, but I want others to enjoy it while I am doing so! Amby has captured such an important part of "our" history. It's not just about running, it's about the pursuit of something bigger than yourself, it's about finding peace of mind and friendship. I am not a runner, but so appreciate these precious vignettes of ladies that came from all walks of life with the common theme of running that eventually brought them together. Having personally met many of them at the recent Boston Marathon, the oral histories were so powerful and inspiring. Globally and in the US, these profiles stand on their own and Amby's intimate knowledge having run with many of these women makes it ever so personal. He is a champion of running, of history, of women, and a great writer and lovely human being. I hope everyone reads his book.
2 of 2 people found the following review helpful. This is a great book, with the exception of the last chapter
By seminolestan
This is a great book, with the exception of the last chapter, where Oprah Winfrey is included amongst runners who are way out of her league. Oprah in no way deserved to be included in this book of such historic and ground breaking women runners, many of whom were excluded for years just because they were women. Thankfully, nowadays women have the full rights in the running world as do men. Many really great runners are highlighted in this book.

Today, millions of women and girls around the world enjoy running and entering races. It wasnt always so:
* In 1961, when Julia Chase edged to the start of a Connecticut 5-miler, officials tried to push her off the road.
* At the 1966 Boston Marathon, Roberta Gibb hid behind a forsythia bush, worried that police might arrest her.
* The next year at Boston, Kathrine Switzer was assaulted mid-race by a furious race organizer.
* In the mid-60s, Indianapolis high schooler Cheryl Bridges was told not to run anywhere near the boys track team because she might distract them.
* When Charlotte Lettis signed up for the University of Massachusetts cross-country team in the fall of 1971, she was told to use the mens locker room.
* A few years later in coastal Maine, young Joan Benoit would stop her workouts to pretend she was picking roadside flowers, embarrassed that her neighbors might spot her running.
First Ladies of Running tells the inspiring stories of these and other fiercely independent runners who refused to give up despite the cultural and sports barriers they faced. Legends such as Doris Brown, Francie Larrieu, Mary Decker, Jackie Hansen, Miki Gorman, and Grete Waitz are chronicled by Runners World editor Amby Burfoot. Burfoot even runs the 1994 Marine Corps Marathon with Oprah Winfrey, whose successful finish opened the floodgates for other women runners. First Ladies of Running is a beautiful and long-overdue tribute to the pioneers of womens running, and a gift of empowerment for female runners everywhere.

First Ladies of Running is filled with inspirational stories of the courage, endurance, determination and rebellion of the pioneer women runners. Whether or not my 5-year-old daughter chooses to run, I will read her the heroic stories that fill this book. Deena Kastor, bronze medalist, 2004 Olympic Marathon; American record holder in the marathon
This isnt a book just for women. It will also be enjoyed by the many men, like me, who shared the roads with the remarkable pioneer runners. Its especially great for those of us with daughters, who we hope will follow the healthy running lifestyle. Bill Rodgers, four-time winner, Boston Marathon; four-time winner, New York City Marathon
First Ladies of Running is a must read for runners and women everywhere. The stories here from Doris Brown to Joan Benoit will stay with you through your miles on the tracks, roads, and trails of life. Mary Wittenberg, CEO, Virgin Sport; former CEO and Race Director, New York City Marathon
"This was the best book that I have read in a long time. Aside from general facts, Burfoot's firsthand experience with these athletes and their events makes for entertaining storytelling, readers will feel like they are on one of those euphoric runs and will not be able to put 'First Ladies of Running' down.

Burfoot's book should be put right alongside any major historical running book joining many others who have masterfully woven the history of Sport from their perspective. Burfoot not only rewards us with that perspective, but also his laser-like focus which has brought him success as in the past. RunBlogRunAbout the Author Amby Burfoot has been a Runners World editor since 1978. He won the 1968 Boston Marathon, has run more than 110,000 miles in his life, and is the author or co-author of six previous books. He lives in Mystic, Connecticut.