

# Girl Running

Runner's World Complete Book of Women's Running - Dagny Scott Barrios 2007-10-30

An updated guide specifically aimed at the growing population of women runners considers the challenges and problems faced by women when running, from clothing, injuries, safety, and nutrition to running during pregnancy and menopause, and includes expert advice on nutrition, weight loss, body image, and more for women of all fitness levels. Original.

*Girls Who Run the World: 31 CEOs Who Mean Business* - Diana Kapp 2019-10-15

The perfect graduation gift for future entrepreneurs! Part biography, part business how-to, and fully empowering, this book shows that you're never too young to dream BIG! With colorful portraits, fun interviews and DIY tips, *Girls Who Run the World* features the success stories of 31 leading ladies today of companies like Rent the Runway, PopSugar, and Soul Cycle. Girls run biotech companies. Girls run online fashion sites. Girls run environmental enterprises. They are creative. They are inventive. They mean business. Girls run the world. This collection gives girls of all ages the tools they need to follow their passions, turn ideas into reality and break barriers in the business world. INCLUDES: Jenn Hyman, Rent the Runway Sara Blakely, Spanx Emma Mcilroy, Wildfang Katrina Lake, Stitch Fix Natasha Case, Coolhaus Diane Campbell, The Candy Store Kara Goldin, Hint Water Anne Wojcicki, 23andMe Rachel Haurwitz, Caribou Bioscience Nina Tandon, EpiBone Jessica Matthews, Uncharted Power Jane Chen, Embrace Emily Núñez Cavness, Sword & Plough Hannah Lavon, Pals Leslie Blodgett, Bare Escentuals/Bare Minerals Katia Beauchamp, Birchbox Emily Weiss, Glossier Christina Stembel, Farmgirl Flowers Mariam Naficy, Minted Maci Peterson, On Second Thought Stephanie Lampkin, Blenddoor Sarah Leary, Nextdoor Amber Venz, RewardStyle Lisa Sugar, Pop Sugar Beatriz Acevedo, MiTu network Julie Rice and Elizabeth Cutler, Soul Cycle Suzy Batiz, Poo-Pourri Tina

Sharkey, Brandless Jesse Genet, Lumi Tracy Young, Plan Grid

Girl Running - Annette Bay Pimentel 2018-02-06

\* "A bright salutation of a story, with one determined woman at its center."--Kirkus Reviews, starred review The inspiring story of the first female to run the Boston Marathon comes to life in stunningly vivid collage illustrations. Because Bobbi Gibb is a girl, she's not allowed to run on her school's track team. But after school, no one can stop her--and she's free to run endless miles to her heart's content. She is told no yet again when she tries to enter the Boston Marathon in 1966, because the officials claim that it's a man's race and that women are just not capable of running such a long distance. So what does Bobbi do? She bravely sets out to prove the naysayers wrong and show the world just what a girl can do.

**Running Like a Girl** - Alexandra Heminsley 2013-10-08

The inspiring, hilarious memoir of a "Bridget Jones-like writer" (The Washington Post) who transforms her life by learning to run, with stories of miserable defeat, complete victory, and learning to choose the right shoes. When Alexandra Heminsley decided to take up running, she had hopes for a blissful runner's high and immediate physical transformation. After eating three slices of toast with honey and spending ninety minutes creating the perfect playlist, she hit the streets—and failed spectacularly. The stories of her first runs turn on its head the common notion that we are all "born to run"—and exposes the truth about starting to run: it can be brutal. *Running Like a Girl* tells the story of getting beyond the brutal part, how Alexandra makes running a part of her life, and reaps the rewards: not just the obvious things, like weight loss, health, and glowing skin; but self-confidence and immeasurable daily pleasure, along with a new closeness to her father—a marathon runner—and her brother, with whom she ultimately runs her first marathon. But before her first marathon, she has

to figure out the logistics of running: the intimidating questions from a young and arrogant sales assistant when she goes to buy her first running shoes, where to get decent bras for the larger bust, how not to freeze or get sunstroke, and what (and when) to eat before a run. She's figured out what's important (pockets) and what isn't (appearance), and more. For any woman who has ever run, wanted to run, tried to run, or failed to run (even if just around the block), Heminsley's funny, warm, and motivational personal journey from nonathlete extraordinaire to someone who has completed five marathons is inspiring, entertaining, practical, and fun.

*Jake Maddox Girl: Running Rivals* - Jake Maddox  
Contemporary stories about teamwork and sportsmanship.

**The Lazy Runner** - Laura Fountain 2015-04  
The Lazy Runner follows Laura Fountain from starting out as a novice runner--unfit, clueless about running, and incredibly lazy--to finishing her first marathon, and beyond. At first unable to run 400 meters without stopping, Laura has now completed five marathons, the most recent in under four hours. Along the way, Laura learns countless lessons about running, most of them the hard way. But most importantly, this self-confessed couch potato learns to love running. As well as offering inspiration and motivation to get out there and run, her book offers tips on how to make running easier and more enjoyable. Offering practical information on buying the right kit, choosing the best race, and what to do on race day, it also tackles the important running questions you might be embarrassed to ask--like when will it get easier? And what happens if I need the toilet?

*Woman Running in the Mountains* - Yuko Tsushima 2022-02-22

Set in 1970s Japan, this tender and poetic novel about a young, single mother struggling to find her place in the world is an early triumph by a modern Japanese master. Alone at dawn, in the heat of midsummer, a young woman named Takiko Odaka departs on foot for the hospital to give birth to a baby boy. Her pregnancy, the result of a brief affair with a married man, is a source of sorrow and shame to her abusive parents. For Takiko, however, it is a cause for reverie. Her baby, she imagines, will be hers and

hers alone, a challenge that she also hopes will free her. Takiko's first year as a mother is filled with the intense bodily pleasures and pains that come from caring for a newborn. At first she seeks refuge in the company of other women—in the hospital, in her son's nursery—but as the baby grows, her life becomes less circumscribed as she explores Tokyo, then ventures beyond the city into the countryside, toward a mountain that captures her imagination and desire for a wilder freedom.

*Girl Running, Boy Falling* - Kate Gordon  
2018-10-15

Do you ever look at the sky and think that's where we belong? Like maybe the world is the wrong way around and we're meant to be up there, floating? *Girl Running, Boy Falling* is a raw read about a girl and boy—who are beautifully flawed.

**Running as a Woman** - Linda Witt 1995-08-01  
Women have become a strong force in electoral politics, as candidates, office holders, and vocal constituents. In *Running as a Woman*, Linda Witt, Karen Paget, and Glenna Matthews explore the significant issues for women in public life: their marital status, the threat of sexual innuendo, what's involved in becoming a credible candidate, and raising enough money to run. They also explain how voters are mobilized to vote for women, how the media cover them, how they get their campaign message out, what it's like to lose, and what difference women make once elected. In addition, *Running as a Woman* includes a compelling history of women in politics that both records the political role women have played throughout the last two centuries and explains how and why women have continually been stifled in their attempts to enter political life. While the 1992 elections were hailed as a giant leap forward for women, the 1994 elections created a skepticism that real, permanent changes occurred. In *Running as a Woman*, the authors set the record straight with a chapter that analyzes the results of the 1994 elections and their relevance for women today.

*Girl on the Run* - Jane Costello 2011-04-14  
LACE UP YOUR RUNNING SHOES AND CATCH THIS FUN ROMANTIC COMEDY FROM THE SUNDAY TIMES TOP TEN BESTSELLING AUTHOR He's a real catch . . . if only she could

catch him up. Abby Rogers has been on health kicks before - they involve eating one blueberry muffin for breakfast instead of two. But since starting her own business, after watching one too many episodes of *The Apprentice*, the 28-year-old's waistline has taken even more of a back seat than her long-neglected love life. When Abby is encouraged to join her sporty best friend's running club - by none other than its gorgeous new captain - she finds a mysterious compulsion to exercise. Sadly, her first session doesn't go to plan. Between the obscenely unflattering pink leggings, and the fact that her lungs feel as though they've been set on fire, she vows never to return. Then her colleague Heidi turns up at work and makes a devastating announcement, one that will change her life - and Abby's - forever. Full of warmth, friendship, fun and laughter, *Girl on the Run* is a novel to devour! One for anyone who feels inspired to run, or who wants to run, but sometimes curling up on the couch with a good book feels like a better idea than Couch to 5k...!

*Kid Got Shot* - Simon Mason 2016-10-06

It's exam season - but Five Mile is in shock. A teenage boy was shot last night, with no clear motive and no clues. Garvie Smith - reprobate, genius and waster - was just getting down to a spot of revision. But he knows he's the only one who has any idea where to look for the answers. Starting with his best friend's girlfriend. Exams. What exams?

*The Fat Girls' Guide to Marathon Running* - Julie Creffield 2017-10-25

Thinking about running your first marathon? Or maybe you already have a place for an upcoming race and are now wondering what the hell you have done. And ladies, if you are carrying some extra weight and don't look or feel much like a marathon runner right now, you may be feeling a little overwhelmed by the wealth of marathon training advice out there...none of which seems relevant for you. DO NOT PANIC!!!! You have plenty of time to get yourself organised and prepared for the biggest adventure of your life....and plus size marathon runner and life coach Julie Creffield will walk you through every stage of the process with her unique mix of humour, realism and practicality. Covering everything from chesticle chaffing, to mingeres...swamp arse, to blister popping. This

book goes where no other book dares to go, with its warts and all account of training as a larger lady. Julie committed to running her first marathon back in 2005 weighing in at 20 stone and unable to run to the top of her road. She has gone on to run 4 marathons, a 40 mile ultra marathon and hundreds of other races as well as inspiring and coaching thousands of women around the world to survive and thrive in the world of long distance running. As the creator of the award winning blog *The Fat Girls Guide to Running* she has transformed the landscape of plus size running, and has worked closely as a coach with more than 100 women to help them train for their first ever marathon. She knows the kind of doubts that women have about their own abilities, and the complexity of marathon training while working and raising a family. Many of the marathon training books out there are great in an ideal world, but let's face it, how many of us live in that ideal world. This is a marathon book for those of us in the real world...and you won't find a more honest account of what preparing for and completing your first marathon feels like. The book will cover everything from- Deciding if the distance is even for you- Securing your race place- Reviewing your habits and deciding your approach- Creating a robust and doable plan- The types of running sessions you need to include- How to get rid of the negative voices in your head- Avoiding injury- Fuelling your marathon journey- Building your support team- What to expect on race day- How to deal with the aftermath...and what to do with your medal. This book will give you the confidence, know how and common sense to see you through what is sure to be some of the toughest months of training you will ever do. It will also help you see that so many of the skills and behaviours you pick up during marathon training are applicable to other areas of your life too. If you want to get to the start line and the finish line in one piece...this is the book for you.

*Running Girl* - Simon Mason 2015-06-04

Meet Garvie Smith. Highest IQ ever recorded at Marsh Academy. Lowest ever grades. What's the point? Life sucks. Nothing surprising ever happens. Until Chloe Dow's body is pulled from a pond. His ex-girlfriend. DI Singh is already on the case. Ambitious, uptight, methodical - he's

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determined to solve the mystery - and get promoted. He doesn't need any 'assistance' from notorious slacker, Smith. Or does he?

*Portrait of a Girl Running* - J. Chicoine  
2013-10-07

All Leila wants is to get through her senior year at her new high school without drawing undue attention. Not that she has any big secret to protect, but her unconventional upbringing has made her very private. At seventeen, she realizes just how odd it was that two men raised her—one black, one white—and no mother. Not to mention they were blues musicians, always on the move. When her father died, he left her with a fear of foster care and a plan that would help her fall between the cracks of the system. Three teachers make that impossible—the handsome track coach, her math teacher from hell, and a jealous gym instructor. Compromising situations, accusations of misconduct, and judicial hearings put Leila's autonomy and even her dignity at risk, unless she learns to trust an unlikely ally.

**Big Fit Girl** - Louise Green 2017-03-18

"Finally—a fitness book for the rest of us! . . . [Big Fit Girl] is sure to usher in a new generation of tough, curvy athletes." —Jessamyn Stanley, author of *Every Body Yoga In Big Fit Girl*, Louise Green describes how the fitness industry fails to meet the needs of plus-size women and thus prevents them from improving their health and fitness. By telling her own story of how she stopped dieting, got off the couch, and unleashed her inner athlete—as well as showcasing similar stories from other women—Green inspires other plus-size women to do the same. Green also provides concrete advice, based on the latest research, about how to get started, how to establish a support team, how to choose an activity, what kind of clothing and gear work best for the plus-size athlete, how to set goals, and how to improve one's relationship with food. And she stresses the importance of paying it forward—for it is only by seeing plus-size women in leadership roles that other plus-size women will be motivated to stop trying to lose weight and get fit instead. "Big Fit Girl impressed me tremendously. Green combines compelling storytelling with practical tips—true to what we know about science—in a unique way that will get you moving." —Linda Bacon, PhD, scientist, and author of *Health at*

Every Size "Inspiring and empowering." —Taryn Brumfitt, producer and director, founder of the Body Image Movement "I'm thrilled to live in a world where Big Fit Girl will be part of the health section. Thank you Louise—it's time for every person of every size to have access to this information!" —Jes Baker, *The Militant Baker*

**Girls Running** - Melody Fairchild 2020-08-11

Running can shape a young athlete in healthy, positive ways for the rest of her life. Girls Running offers the guidance and tools girls need to thrive on their running journey, right from the start. With straight talk on training, physiology, menstruation, sports nutrition, a winning mindset, body image issues, gear, team-building, and competition, Girls Running educates and empowers young runners to achieve their potential and love running more. Inspired by high-school phenom Melody Fairchild's groundbreaking running journey, and with the coaching insight from Fairchild and coauthor Elizabeth Carey, Girls Running is a valuable toolkit for middle- and high-school runners. Backed by science, research, and over 100,000 miles of experience, this resource answers the most timely and sensitive questions that girls face when their bodies change and the miles increase. Girls, parents, and coaches will see ways to navigate puberty, mental health, eating disorders, and the pressures of competitive running. Girls Running is a go-to guide for everything girls need to know to run better and love the journey while doing it!

*Run Like a Girl* - Mina Samuels 2011

Large print.

*Marathon Woman* - Kathrine Switzer 2017-04-04

A new edition of a sports icon's memoir, coinciding with the 50th anniversary of Kathrine Switzer's historic running of the Boston Marathon as the first woman to run. In 1967, Kathrine Switzer was the first woman to officially run what was then the all-male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In one of the most iconic sports moments, Switzer escaped and finished the race. She made history—and is poised to do it again on the fiftieth anniversary of that initial race, when she will run the 2017 Boston Marathon at age 70. Now a spokesperson for Reebok, Switzer is also the founder of 261 Fearless, a foundation dedicated

to creating opportunities for women on all fronts, as this groundbreaking sports hero has done throughout her life. "Kathrine Switzer is the Susan B. Anthony of women's marathoning." - Joan Benoit Samuelson, first Olympic gold medalist in the women's marathon

*Women Who Run with the Wolves* - Clarissa Pinkola Estés Phd 1995-08-22

NEW YORK TIMES BESTSELLER • One million copies sold! "A deeply spiritual book [that] honors what is tough, smart and untamed in women."—The Washington Post Book World

Book club pick for Emma Watson's Our Shared Shelf

Within every woman there lives a powerful force, filled with good instincts, passionate creativity, and ageless knowing. She is the Wild Woman, who represents the instinctual nature of women. But she is an endangered species. For though the gifts of wildish nature belong to us at birth, society's attempt to "civilize" us into rigid

roles has muffled the deep, life-giving messages of our own souls. In *Women Who Run with the Wolves*, Dr. Clarissa Pinkola Estés unfolds rich intercultural myths, fairy tales, folk tales, and stories, many from her own traditions, in order to help women reconnect with the fierce, healthy, visionary attributes of this instinctual nature. Through the stories and commentaries in this remarkable book, we retrieve, examine, love, and understand the Wild Woman, and hold her against our deep psyches as one who is both magic and medicine. Dr. Estés has created a new lexicon for describing the female psyche. Fertile and life-giving, it is a psychology of women in the truest sense, a knowing of the soul.

**Dead Girl Running** - Christina Dodd 2018  
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