

# Running Like A Girl

**Running Free** - Richard Askwith 2015-03-05

A passionate and inspiring case for runners to get back to nature Richard Askwith wanted more. Not convinced running had to be all about pounding pavements, buying fancy gear, and racking up extreme challenges, he looked for ways to liberate himself. His solution: running through muddy fields and up rocky fells, running with his dog at dawn, running because he's being (voluntarily) chased by a pack of bloodhounds, running to get hopelessly, enjoyably lost, running fast for the sheer thrill of it. Running as nature intended. Part diary of a year running through the Northamptonshire countryside, part exploration of why we love to run without limits, Running Free is an eloquent and inspiring account of running in a forgotten, rural way, observing wildlife and celebrating the joys of nature. An opponent of the commercialisation of running, Askwith offers a welcome alternative, with practical tips (learned the hard way) on how to both start and keep running naturally--from thawing frozen toes to avoiding a stampede when crossing a field of cows. Running Free is about getting back to the basics of why we love to run.

**Run Like a Girl** - Mina Samuels 2011

Large print.

**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.

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.

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?

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

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.

**Zest Running Made Easy** - Susie Whalley 2008-01-21

Currently the number-one selling running book on Amazon.co.uk, "Running Made Easy" is quite simply the easiest, friendliest, most inspiring running book ever written. Fully revised and updated, this must-have guide is designed to get everyone who thought they could never run on their way to a better body, bags of confidence and soaring energy levels. 'Running Made Easy' takes things right back to basics with the easiest-ever beginner's plan, fill-in charts and diary sections, plus all the jargon-free tips and advice you need to learn to love running. This book is there to support you with amazing stories and tips from runners just like you, and also has chapters on goal setting, self-hypnosis and mind games to get you back on track. Read this book and we guarantee that you'll run away with a healthier mind and body, feeling empowered to succeed at whatever challenge you set yourself - whether that's running a lap of your local park, tackling your first race or marathon, or just changing your life for the better.

This Girl Ran - Helen Croydon 2018-02-08

When Helen's friends all started settling down and having kids, she was determined to fill her weekends with something other than cocktails. So she threw herself into the world of endurance sport. From glamorous party girl to marathon runner, ocean swimmer and even, perhaps, a Team GB triathlete, this is Helen's inspiring and hilarious story.

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!

Leap In - Alexandra Heminsley 2017-01-12

'Remarkable' Observer 'A joy to read' Daily Telegraph 'Soaringly beautiful' Sunday Times Magazine 'Genuine and persuasive' Guardian Alexandra Heminsley thought she could swim. She really did. It may have been because she could run. It may have been because she wanted to swim; or perhaps because she only ever did ten minutes of breaststroke at a time. But, as she learned one day while flailing around in the sea, she really couldn't. Believing that a life lived fully isn't one with the most money earned, the most stuff bought or the most races won, but one with the most experiences, experienced the most fully, she decided to conquer her fear of the water. From the ignominy of getting into a wetsuit to the triumph of swimming from Kefalonia to Ithaca, in becoming a swimmer, Alexandra learns to appreciate her body and still her mind. As it turns out, the water is never as frightening once you're in, and really, everything is better when you remember to exhale. What Hemmo's

readers are saying: 'This book is funny, engaging, entertaining, informative, suspenseful, motivating, and inspiring... I've never read anything quite like it' - Nina on Goodreads, 5 stars 'Just like Running Like a Girl, this was an absolute joy to read. A beautifully written story of swimming, family and being a woman' - Violet on Amazon, 5 stars 'Fantastic book... Entertaining - often laugh-out-loud funny - and full of really useful advice' - J. Edwards on Amazon, 5 stars 'A fabulous book that's beautifully written' - Nik on Goodreads, 5 stars 'I can't recommend this book enough! I absolutely love Alexandra Heminsley's writing, her attitude towards exercise and her passion for swimming' - Sarah on Goodreads, 5 stars 'an inspirational and encouraging read' - Stephanie on Goodreads, 5 stars 'the author's enthusiasm is contagious... one cannot help but yearn to join in. ... A thoroughly inspiring book with a likeable narrator unafraid to share her personal life' - Eleanor on Goodreads, 5 stars 'This is a delightful book, a pleasure to read... Unbelievably well written, it flows like the water she loves' - Bobby on Amazon, 5 stars

The Complete Book Of Running For Women - Claire Kowalchik  
1999-03-01

More women than ever are discovering the unique benefits of running -- for stress relief, weight management, endurance, and self-esteem. Women's bodies are not the same as men's, and though we can train just as hard and with the same passion for excellence, we have certain special concerns. Finally, there is a comprehensive guide exclusively for women who experience the pure joy of running, or want to. It's the simplest, fastest, most accessible way to fitness and good health known to woman. You don't need a partner, equipment, or even much time. Now, Claire Kowalchik, former managing editor of Runner's World magazine, answers every question about the overwhelmingly popular activity that builds endurance, melts fat, and even prevents illness. In this total running book for women, you'll learn: How to get started and stay motivated What to eat for optimal nutrition How to run during pregnancy and after menopause Why running is the most effective form of exercise How to prevent and treat injury What to wear -- from sports bras to running shoes How to prepare for everything from a 5K to a marathon Authoritative and friendly, *The Complete Book of Running for Women* is a sourcebook for both beginners and long-time runners. Along with wisdom drawn from the author's personal experience, you'll find advice from the experts: coaches, exercise physiologists, nutritionists, doctors, and other women runners. Including question-and-answer sections and a complete list of resources, *The Complete Book of Running for Women* tells you everything you need to know to be off and running toward better health and richer living.

**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.

The View on the Way Down - Rebecca Wait 2013-04-11

'Brilliant' - Stylist 'Unforgettable' - Easy Living Emma used to have two brothers, but five years ago Kit died and on the day of his funeral Jamie left home and never came back. Their parents never talk about what drove their son away. But now Emma is older she is beginning to ask questions - and she's never given up hope that she will see Jamie again. Told with honesty and warmth, *The View on the Way Down* is the story of a devastating act of brotherly love that will open your eyes even as it breaks your heart. From the acclaimed author of *I'm Sorry You Feel That Way*. 'So compassionate, so heartbreaking . . . the story wouldn't let me go' - Shelley Harris 'It lingers with you, and for those who have suffered similar things, it echoes truth.' - Guardian

**Running Like a Girl** - Alexandra Heminsley 2014-06-10

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

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I Can Run - Amy Lane 2020-04-16

*I CAN RUN* is not a running book for 'runners' - it's the must-have running book for anyone who has ever experienced a moment of defeatism and had the little voice in their head make the excuse, 'I can't run'. In 12 chapters, you will discover that you can. You will dig deep to find your inner athlete. You'll learn how to train smart, recover well, sync your runs to your menstrual cycle and fuel right. *I CAN RUN* will ensure you never again wait until you're thin enough, fast enough, athletic enough, whatever-next enough to call yourself a runner, because if you put one foot in front of the other, repeatedly, you are a runner. Getting outside, surrounding yourself in nature and moving your body is more important than ever in these anxiety-inducing times, and Amy's debut will give you the encouragement and know-how that you need to do this. *I CAN RUN* recognises that this is hard and that committing to consistent training is often more of an accomplishment than the 10K, half marathon or marathon race itself. You will find comfort and encouragement in Amy's experience of cramps, chafing and the occasional little sick, while learning from leading experts about how to set yourself up for success and get the very best from your runs both physically and mentally. This book is real talk about the keys to going well far. We're all in it for the long run, together. We CAN do this!

**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.

Running Out of Time - Margaret Peterson Haddix 1995-10

When a diphtheria epidemic hits her 1840 village, thirteen-year-old Jessie discovers it is actually a 1996 tourist site under unseen observation by heartless scientists, and it's up to Jessie to escape the village and save the lives of the dying children.

Some Body to Love - Alexandra Heminsley 2021-01-14

'A treatise on empathy and grace in extraordinary circumstances' Jojo Moyes What does it mean to be a woman? To live in a woman's body? Alexandra Heminsley thought she knew, but then her world turned inside out. Having just resurfaced from fertility issues, childbirth and early parenthood, she was told her then-husband was going to transition. *Some Body to Love* is Alex's profoundly open-hearted memoir about losing a partner but gaining a best friend, and together bringing up a baby in a changing world. By baring her own unique scars, Heminsley makes a vital manifesto on the unifying resilience that can be found in modern motherhood. Praise for *Some Body to Love*: 'Insightful and wise, generous and kind' David Nicholls 'A brave, thoughtful and timely book' Naomi Alderman 'A testament to how family

and love can be whatever shape we want them to be' Red 'It took my breath away' Bryony Gordon 'A book with a wild, deep, joyous, tender love of people at its heart' Emma Jane Unsworth

**Run Like a Girl 365 Days a Year** - Mina Samuels 2019-07-09

No matter how hard it is to get out the door, it's on the road that we meet our strengths and weaknesses, have the space to contemplate our hopes and dreams and ultimately find what makes us happy. Not every workout is an epiphany. Instead, each time out on the road—no matter how much of a battle it was to get there—is an exercise in getting to know ourselves a little bit better. It's on that road that we learn our strengths and weaknesses, ponder our hopes and dreams, and ultimately

discover what makes us happy. For women who draw even a portion of their strength from being active, Run Like a Girl 365 Days a Year serves as a Book of Days. It's practical, inspirational, and personal, with a dash of the existential and neurotic, it's a fresh take on the popular thought-a-day books, geared toward women athletes. Containing 365 entries for a full year of running inspiration, Run like a Girl 365 Days a Year revels in the joys we discover as we greet our athletic selves each new day, and confront the obstacles thrown in our way by the world, by our bodies and, most importantly, by our minds. Some of the topics include balance, body image, the battle of the sexes, sisterhood, and aging. Light-hearted, honest, and authentic, Run Like a Girl 365 Days a Year is an inspiring daily reminder of every woman's strength and potential.

## Running Like A Girl:

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