

The Secret Runners Of New York

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2022-12-21

ALANA JAZLYN

The Secret Runners of New York Meyer & Meyer Sport

In a deeply personal history of running, the novelist-author of *The Plagiarist* traces the evolution of the sport from the ancient world to the present day while reflecting on his personal, decades-long devotion to and experiences of the sport.

Running Bonnier Zaffre Ltd.

The heartbreaking story of college athlete Madison Holleran, whose life and death by suicide reveal the struggle of young people suffering from mental illness today in this #1 New York Times Sports and Fitness bestseller *Instant New York Times Bestseller* #1 New York Times Monthly Sports and Fitness bestseller If you scrolled through the Instagram feed of 19-year-old Maddy Holleran, you would see a perfect life: a freshman at an Ivy League school, recruited for the track team, who was also beautiful, popular, and fiercely intelligent. This was a girl who succeeded at everything she tried, and who was only getting started. But when Maddy began her long-awaited college career, her parents noticed something changed. Previously indefatigable Maddy became withdrawn, and her thoughts centered on how she could change her life. In spite of thousands of hours of practice and study, she contemplated transferring from the school that had once been her dream. When Maddy's dad, Jim, dropped her off for the first day of spring semester, she held him a second longer than usual. That would be the last time Jim would see his daughter. **WHAT MADE MADDY RUN** began as a piece that Kate Fagan, a columnist for *espnW*, wrote about Maddy's life. What started as a profile of a successful young athlete whose life ended in suicide became so much larger when Fagan started to hear from other college athletes also struggling with mental illness. This is the story of Maddy Holleran's life, and her struggle with depression, which also reveals the mounting pressures young people, and college athletes in particular, face to be perfect, especially in an age of relentless connectivity and social media saturation.

Strides Turtleback

Bestselling author Matthew Reilly takes you on a thrilling treasure hunt in *Seven Ancient Wonders*. It is the biggest treasure hunt in history with contesting nations involved in a headlong race to locate the Seven Wonders of the Ancient World. 4500 years ago, a magnificent golden capstone sat at the peak of the Great Pyramid of Giza. It was a source of immense power, reputedly capable of

bestowing upon its holder absolute global power. But then it was divided into seven pieces and hidden, each piece separately, within the seven greatest structures of the age. Now, the coming of a rare solar event means it's time to locate the seven pieces and rebuild the capstone. Everyone wants it - from the most powerful countries on Earth to gangs of terrorists . . . and one daring coalition of eight small nations. Led by the mysterious Captain Jack West Jr, this determined group enters a global battlefield filled with booby-trapped mines, crocodile-infested swamps, evil forces and an adventure beyond imagining. 'More action, hair-raising stunts and lethal hardware than you'd find in four Bond movies. Reilly is the hottest action writer around' - Evening Telegraph

The Six Sacred Stones Simon and Schuster

"After years of rumors and speculation, Matt Hart sets out to peel back the layers of secrecy that protected the most powerful coach in running. What he finds will leave you indignant—and wondering whether anything in the high-stakes world of Olympic sport has truly changed." —Alex Hutchinson, New York Times bestselling author of *Endure* *Game of Shadows* meets *Shoe Dog* in this explosive behind-the-scenes look that reveals for the first time the unsettling details of Nike's secret running program—the Nike Oregon Project. In May 2017, journalist Matt Hart received a USB drive containing a single file—a 4.7-megabyte PDF named "Tic Toc, Tic Toc. . . ." He quickly realized he was in possession of a stolen report prepared a year earlier by the United States Anti-Doping Agency (USADA) for the Texas Medical Board, part of an investigation into legendary running coach Alberto Salazar, a Houston-based endocrinologist named Dr. Jeffrey Brown, and cheating by Nike-sponsored runners, including some of the world's best athletes. The information Hart received was part of an unfolding story of deception which began when Steve Magness, an assistant to Salazar, broke the omertà—the Mafia-like code of silence about performance-enhancing drugs among those involved—and alerted USADA. He was soon followed by Olympians Adam and Kara Goucher who risked their careers to become whistleblowers on their former Nike running family in Beaverton, Oregon. Combining sports drama and business exposé, *Win at All Costs* tells the full story of Nike's running program, uncovering a corporate win-at-all-costs culture.

A Runner's Secret: One Run Will Get It Done Penguin

This book has been the most popular and the best selling running book of all time.

The Secret Book of Running Random House Reference

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.

Contest Pan Macmillan

Now available in a deluxe keepsake edition! A Time Best YA Book of All Time (2021) Run away to the Metropolitan Museum of Art with E. L. Konigsburg's beloved classic and Newbery Medal-winning novel *From the Mixed-Up Files of Mrs. Basil E. Frankweiler*. When Claudia decided to run away, she planned very carefully. She would be gone just long enough to teach her parents a lesson in Claudia appreciation. And she would go in comfort—she would live at the Metropolitan Museum of Art. She saved her money, and she invited her brother Jamie to go, mostly because he was a miser and would have money. Claudia was a good organizer and Jamie had some ideas, too; so the two took up residence at the museum right on schedule. But once the fun of settling in was over, Claudia had two unexpected problems: She felt just the same, and she wanted to feel different; and she found a statue at the Museum so beautiful she could not go home until she had discovered its maker, a question that baffled the experts, too. The former owner of the statue was Mrs. Basil E. Frankweiler. Without her—well, without her, Claudia might never have found a way to go home.

Area 7 Human Kinetics

'More action and hair-raising stunts than you'll find in four Bond movies' EVENING TELEGRAPH
'Thrilling, action-packed adventure' GUARDIAN DISCOVER THIS WILDLY-ENTERTAINING, GLOBE-TROTTERING ADVENTURE FROM INTERNATIONAL BESTSELLER MATTHEW REILLY * * * * * What if the greatest lost cities of legend are still out there... Jack West has just won the Great Games and thrown the four legendary kingdoms into turmoil. Now these dark forces are coming after him... in ruthless fashion. With the end of all things rapidly approaching, Jack and his crew must find the Three Secret Cities - three incredible lost cities of legend. It's an impossible task by any reckoning, but Jack must do it while being hunted... * * * * * PRAISE FOR THE JACK WEST THRILLERS 'Thrilling, action-packed adventure from cover to cover' Guardian 'Nobody writes action like Matthew Reilly' Vince Flynn 'Get ready for a wild ride' Daily Telegraph 'Exciting and entertaining' Chicago Sun-Times * * * * * READERS LOVE THE JACK WEST THRILLERS 'Indiana Jones in a book . . . Immensely entertaining' 'A super duper kick ass soldier' 'A first class all-action historical thriller' 'Heart-pounding stuff' 'Enjoy the rollercoaster ride'

Seven Ancient Wonders Rodale

Peter Sagal, the host of NPR's *Wait Wait...Don't Tell Me!* and a popular columnist for *Runner's World*, shares "commentary and reflection about running with a deeply felt personal story, this book is winning, smart, honest, and affecting. Whether you are a runner or not, it will move you" (Susan

Orlean). On the verge of turning forty, Peter Sagal—brilliant Harvard grad, short bald Jew with a disposition towards heft, and a sedentary star of public radio—started running seriously. And much to his own surprise, he kept going, faster and further, running fourteen marathons and logging tens of thousands of miles on roads, sidewalks, paths, and trails all over the United States and the world, including the 2013 Boston Marathon, where he crossed the finish line moments before the bombings. In *The Incomplete Book of Running*, Sagal reflects on the trails, tracks, and routes he's traveled, from the humorous absurdity of running charity races in his underwear—in St. Louis, in February—or attempting to "quiet his colon" on runs around his neighborhood—to the experience of running as a guide to visually impaired runners, and the triumphant post-bombing running of the Boston Marathon in 2014. With humor and humanity, Sagal also writes about the emotional experience of running, body image, the similarities between endurance sports and sadomasochism, the legacy of running as passed down from parent to child, and the odd but extraordinary bonds created between strangers and friends. The result is "a brilliant book about running...What Peter runs toward is strength, understanding, endurance, acceptance, faith, hope, and charity" (P.J. O'Rourke).

The Three Secret Cities Simon and Schuster

Former high school classmates reckon with the death of a friend in this stunning debut novel. Along the Intracoastal waterways of North Florida, Daniel and Aubrey navigated adolescence with the electric intensity that radiates from young people defined by otherness: Aubrey, a self-identified "Southern cracker" and Daniel, the mixed-race son of Jamaican immigrants. When the news of Aubrey's death reaches Daniel in New York, years after they'd lost contact, he is left to grapple with the legacy of his precious and imperfect love for her. At ease now in his own queerness, he is nonetheless drawn back to the muggy haze of his Palm Coast upbringing, tinged by racism and poverty, to find out what happened to Aubrey. Along the way, he reconsiders his and his family's history, both in Jamaica and in this place he once called home. Buoyed by his teenage track-team buddies—Twig, a long-distance runner; Desmond, a sprinter; Egypt, Des's girlfriend; and Jess, a chef—Daniel begins a frantic search for meaning in Aubrey's death, recklessly confronting the drunken country boy he believes may have killed her. Sensitive to the complexities of class, race, and sexuality both in the American South and in Jamaica, *All the Water I've Seen Is Running* is a novel of uncommon tenderness, grief, and joy. All the while, it evokes the beauty and threat of the place Daniel calls home—where the river meets the ocean.

The Storm Runner Pan Australia

A blockbuster thriller from bestselling author Matthew Reilly. Four centuries ago, a precious idol was hidden in the jungles of Peru. To the Incan people, it is still the ultimate symbol of their spirit. To William Race, an American linguist enlisted by the U.S. Army to decipher the clues to its location, it's the ultimate symbol of the apocalypse... Carved from a rare stone not found on Earth, the idol possesses elements more destructive than any nuclear bomb—a virtual planet killer. In the wrong hands it could mean the end of mankind. And whoever possesses the idol, possesses the unfathomable—and cataclysmic—power of the gods... Now, in the foothills of the Andes, Race's team has arrived—but they're not alone. And soon they'll discover that to penetrate the temple of the idol is to break the first rule of survival. Because some treasures are meant to stay buried..and forces

are ready to kill to keep it that way...

Hover Car Racer Older Yet Faster Publications Pty Ltd

From Australia's favourite novelist and the author of both the Scarecrow and Jack West Jr series with new novel *The One Impossible Labyrinth* out now. 'Think Mean Girls vs Back to the Future with a little bit of apocalyptic sci-fi thrown in' *THE AGE* *THE COMING END* When Skye Rogers and her twin brother Red move to Manhattan, rumours of a coming global apocalypse are building. But the young elite of New York keep partying without a care. *CAN YOU KEEP A SECRET?* And then suddenly Skye is invited to join an exclusive gang known as the Secret Runners of New York. This is no ordinary clique - they have access to an underground portal that can transport them into the future. And what Skye discovers in the future is horrifying... *PRAISE FOR THE SECRET RUNNERS OF NEW YORK*

'Addictive...extremely entertaining and a lot of fun to read' *CANBERRA TIMES* 'A page-turning pleasure' *SYDNEY MORNING HERALD* 'Thrills and chills aplenty...a hell of a ride' *HERALD SUN* 'Bloodily exuberant thriller.. ingenious time-travel plotting' *FINANCIAL TIMES*

Born to Run Simon & Schuster

A Scarecrow novella from Australia's favourite novelist, author of the Jack West Jr series and new novel *The One Impossible Labyrinth* out now. It is an island that doesn't appear on any maps. A secret place, where classified experiments have been carried out. Experiments that have gone terribly wrong. Four crack special forces units are dropped in. One of them is a team of Marines, led by Captain Shane Schofield, call-sign: SCARECROW. Nothing can prepare Schofield's team for what they find there. You could say they've just entered hell. But that would be wrong. This is much, much worse. Fans of Clive Cussler, Tom Clancy and Michael Crichton will love Matthew Reilly. *GET MORE SCARECROW IN: ICE STATION, AREA 7, SCARECROW AND SCARECROW AND THE ARMY OF THIEVES*

Running to the Edge Anchor

Older Yet Faster (English and French editions with illustrations and photos, and online lesson and exercise videos) is a manual for teaching runners how to transition to efficient running and to help them to avoid incurring almost all of the common running injuries as they do so. It is ideal for beginners to learn how to run well and for experienced runners to changeover to good technique. Coaches can also use this book as a reference on how to implement technique change for their clients, and we expect it to become the go-to manual for medical professionals, to help them deal with running related injuries caused by bad technique and footwear. After learning how injuries are caused and then gaining a good understanding of running technique in the early chapters you will be prepared to read about our technique-change system which we call "OYF Running". This consists of "Keith's Lessons" used in combination with "Heidi's Strengthening Exercises" and forms the main body of the book." Keith shows you how to run efficiently in a simple, step-by-step guide both in the book and with videos. Each Lesson provides exercises set out in a format which is both easy to understand and implement. The first three lessons teach you the basics of running correctly and the last three help you put these into practice and help you to refine your technique over the period of your transition. This program is set up so that runners can teach themselves in conjunction with the online videos and forum. Heidi's Strengthening Exercises consists of a well-ordered series of exercises which will help your body safely adjust to the redistribution of the workload and are

essential to rebuild parts of the body which have been neglected due to poor technique. It should be started as soon as possible, in order to build strength and to deal with the resultant muscle and tendon soreness that you will start to experience. We identify specific injuries and how they are caused and we show how by improving running technique, and re-strengthening these injuries are quickly cured. Podiatrists will find Heidi's experiences and advice particularly interesting, especially as they will almost certainly, be in conflict with what is still taught in universities. Chapters Twelve and Thirteen, 'Managing the changes' and 'Rehabilitation', explain what should happen during the transition and what to do should you get injured, or if you are currently injured. Chapter Fourteen is very important as you must have suitable footwear to run with good technique. There is then a chapter on how your body shape will change as you adopt your new technique and a chapter on general tips and traps a list of commonly used terms, a glossary and an index. Finally, we have included three appendices: For Coaches, For Podiatrists and a detailed look at Heidi's strengthening program. In Appendix A, Keith discusses how to implement his Lessons from a coach's point of view, in Appendix B, Heidi explains how she treats her patients who are suffering with specific injuries and in Appendix C she explains her Strengthening program in greater detail for medical professionals and interested runners.

The Secret of Running Simon and Schuster

"Bridey Sullivan, a young American woman who has fled a peculiar and traumatic upbringing in Washington State, takes up with a queer British couple, the poet Milo Rollack, and Eton drop-out Jasper Lethe. Slipping in and out of homelessness, addiction, and under-the-table jobs, they create their own kind of family as they struggle to survive"--Amazon.com.

Once a Runner Simon and Schuster

Skye finds herself joining an exclusive clique at school, known as the Secret Runners, only to discover that the clique has found a portal that can transport them into the future. The revelation is horrifying: the rumours are true and the apocalypse is coming

Women Runners Simon and Schuster

A New York Times bestseller 'A sensation ... a rollicking tale well told' - *The Times* At the heart of *Born to Run* lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals. A small group of the world's top ultra-runners (and the awe-inspiring author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long. With incredible energy and smart observation, McDougall tells this story while asking what the secrets are to being an incredible runner. Travelling to labs at Harvard, Nike, and elsewhere, he comes across an incredible cast of characters, including the woman who recently broke the world record for 100 miles and for her encore ran a 2:50 marathon in a bikini, pausing to down a beer at the 20 mile mark.

The Perfect Run Macmillan Publishers Aus.

Guide to running with detailed information on cross training, marathon training, and new trends in the field.

Win at All Costs Macmillan

The story of visionary American running coach Bob Larsen's mismatched team of elite California

runners who would win championships and Olympic glory in a decades-long pursuit of "the epic run." In the dusty hills above San Diego, Bob Larsen became America's greatest running coach. *Running to the Edge* is a riveting account of Larsen's journey, and his quest to discover the unorthodox training secrets that would lead American runners to breakthroughs never imagined. Futterman interweaves the dramatic stories of Larsen's runners with a fascinating discourse on the science behind human running, as well as a personal running narrative that follows Futterman's own checkered love-affair with the sport. The result is a narrative that will speak to every runner, a story of Larsen's triumphs--from high school cross-country meets to the founding of the cult-favorite, 70's running group, the Jamul Toads; from his long tenure as head coach at UCLA to the secret training regimen of world champion athletes like Larsen's protégé, Meb Keflezighi. *Running to the Edge* is a page-turner . . . a relentless crusade to run faster, farther.

[What Made Maddy Run](#) Hachette UK

'The Perfect Run is sure to increase your appreciation and enjoyment on the run, and that's a big payback' - Runner's World The "perfect" run, when you are in a full flow and feeling totally

unstoppable, can be elusive, but this practical expert guide, written by a celebrated Runner's World writer Mackenzie Havey, will ensure you find it time and time again and in the process transform your running performances. At some point in every runner's career they experience the "perfect" run, when they are in full flow and feel totally unstoppable. Your worries about the day and physical aches and pains melt away. Your body and mind are in complete sync and the run feels effortless. Even still, the path to achieving the perfect run remains mysterious. It often materializes in the unlikeliest of circumstances-in adverse weather or on a day when everything else seems to be going wrong. Conversely, when we try hard to create the right conditions for that perfect run, it often doesn't come about. In *The Perfect Run*, Mackenzie L. Havey reveals everyone has the potential to enjoy more joyful and flow-driven running, no matter your experience, pace, or sporting ambitions. This ground-breaking book features insights from elite athletes, neuroscientists, coaches, and everyday runners to provide a road map for how to cultivate the right conditions for the "perfect" run. These ideas will not only help facilitate the potential for more successful running but, more significantly, can also be translated into other areas of your life to help provide a sense of calmness, self-control, and fulfillment far beyond the running trails.