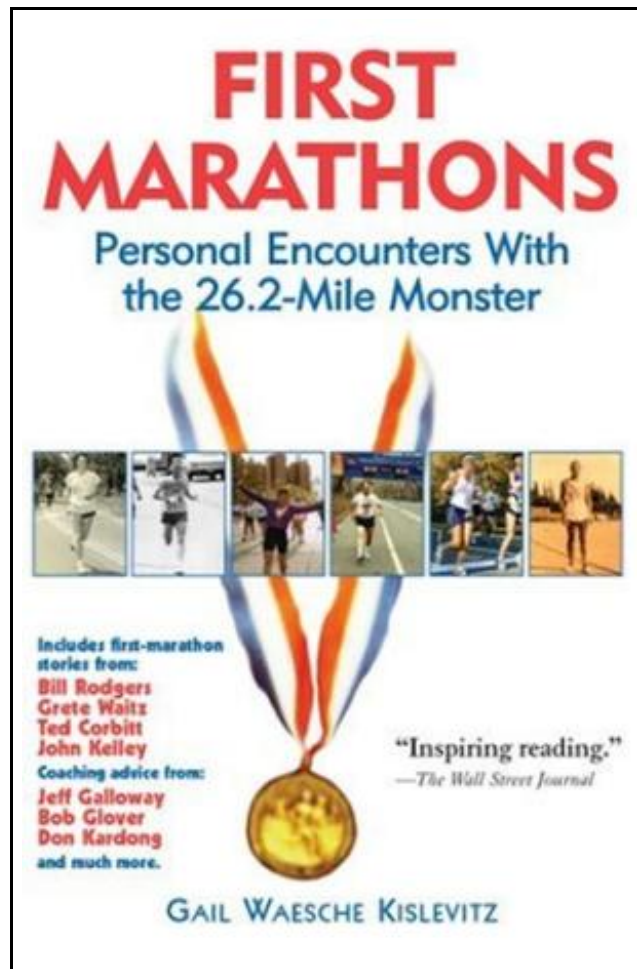


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BREAKAWAY BOOKS, 1999. Paperback. Condition: New. Language: English . Brand New Book. Introduction by Gail Waesche Kislevitz If you have the passion, you have the power. I had already been pounding pavement for twenty-four years when I made the decision to run my first marathon. Growing up in the late sixties when women s sports was called cheerleading, I had no formal training in running techniques. I just ran, pure and simple. I ran for the joy of it, the thrill of it, the escape of it. During college, I played lacrosse because there wasn t a women s track team and it seemed like the next best thing to do. But I still remained faithful to my daily run. I ran through the bitter-cold winters of Michigan during graduate school, through two pregnancies and countless other miles that seem to blend into one long life s run.I don t know when I made the transformation from running as a sport to running as part of my life. I can t separate the two. When I run, my mind and body fuse together, creating an energy source that empowers me. It is my private time, my therapy, my religion. Ultimately I had to test myself, to see just how far I could go. I wanted to train correctly, so I bought running books filled with important information: training routines, nutrition guides, stretching techniques, injury prevention, speed work, pace and performance guidelines. Everything I needed to know about the technical aspects of running a marathon, except the most important thing to me-its soul. No book took on the task of describing the feeling, the heart, the core of a marathon. What would it be like? What would I feel out there? Would I hit the mythical wall? Could the last six...

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