

Customizable Training Plans for Your First 50K to 100-Mile Race

Krissy Moehl

A top female ultramarathon runner for two decades, with more than 100 races and 65 wins to her name

NEW EDITION

with Write-In Training Journal, Daily Tips and Motivations

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Running Your First Ultra Krissy Moehl, 2015-12 Top female ultramarathon runner Moehl will become your guide to completing a 50k 50 mile or 100 mile race Her experience translates into the most effective and easy to follow training method broken down into phases to help all runners take it to the next level Meet the Kinect Sean Kean, Jonathan Hall, Phoenix Perry, 2012-05-10 Meet the Kinect introduces the exciting world of volumetric computing using the Microsoft Kinect You ll learn to write scripts and software enabling the use of the Kinect as an input device Interact directly with your computer through physical motion The Kinect will read and track body movements and is the bridge between the physical reality in which you exist and the virtual world created by your software Microsoft's Kinect was released in fall 2010 to become the fastest selling electronic device ever For the first time we have an inexpensive three dimensional sensor enabling direct interaction between human and computer between the physical world and the virtual The Kinect has been enthusiastically adopted by a growing culture of enthusiasts who put it to work in creating technology based art projects three dimensional scanners adaptive devices for sight impaired individuals new ways of interacting with PCs and even profitable business opportunities Meet the Kinect is the resource to get you started in mastering the Kinect and the exciting possibilities it brings You ll learn about the Kinect hardware and what it can do You ll install drivers and learn to download and run the growing amount of Kinect software freely available on the Internet From there you ll move into writing code using some of the more popular frameworks and APIs including the official Microsoft API and the language known as Processing that is popular in the art and creative world Along the way you ll learn principles and terminology Volumetric computing didn t begin with the Kinect The field is decades old if you ve ever had an MRI for example you have benefitted from volumetric computing technology Meet the Kinect goes beyond just the one device to impart the principles and terminology underlying the exciting field of volumetric computing that is now wide openand accessible to the average person

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Backpacker,2004-03 Backpacker brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker's Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **Database**,1996 **New York Magazine**,1993-03-22 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

Keyboard, 1999 Sys Admin, 2000 Computer Decisions, 1984 Computer Arts, 2004

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