

FIRST MARATHONS

Personal Encounters With
the 26.2-Mile Monster



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GAIL WAESCHE KISLEVITZ

First Marathons Personal Encounters With The 26 2 Mile Monster

Gail Waesche Kislevitz



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First Marathons Gail Waesche Kislevitz, 2014-04-28 Inspiring reading The Wall Street Journal One of the scariest things about running a marathon for the first time isn't the distance the muscle pain the chafing or the blisters It's not knowing what's going to happen That's why this disarmingly honest collection of first time accounts is so refreshing Runner's World UK First Marathons is the collected stories of 37 runners told in their own words describing the experience of running their first marathon Everything is covered from the early flickerings of desire all the way to full blown obsession the training the food the emotions every mile of this incredible journey First Marathons is the best instruction book you will ever find because you learn from the heartfelt life experience of others Illumination and inspiration are on every page These runners are old and young fat and thin men and women Some are famous like Grete Waitz Ted Corbitt and Bill Rodgers and others are just ordinary people all of whom have achieved something truly extraordinary Their collective message anyone can run a marathon everyone should It will change your life forever **The Publishers Weekly**, 1999 First Marathons Gail W. Kislevitz, 1999-07-01 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 miles be so difficult This was the information I craved I spoke with friends and strangers who had run marathons They answered my questions with such passion such fever and excitement for the event that I was mesmerized I inhaled their stories as they captured every moment of the race the lows of utter despair and pain the highs of inner strength They became my role models That was the beginning of this book I am going to let runners speak for themselves famous runners unknowns fast and slow old and young Through their experiences you will feel the pain and the glory of running the marathon Their lives h

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Chicago Tribune Index, 2003 **The DVD-laser Disc Newsletter**, 2001 *Who's who of American Women*, 1984

26. 2 Miles to Grace Rick Hightower, 2020-07-27 What does running over 25 marathons and being married for over 22 years have in common? Apparently a lot. Whether you are running your first marathon or thinking about getting married, Rick has weaved together an awe-inspiring story of hard work and perseverance throughout his life. With bumps and bruises along the way, he tells a story with focus, charm, and spiritual guidance. This is a story of preparation, inspiration, and perspiration. Running a marathon is hard, and some say and many more believe marriage is hard too, but with proper preparation, determination, and guidance, success is in your future. 26.2 miles to Grace leads you every step of the way to train for a marathon as well as preparation on navigating a fulfilling marriage. This book is not the authority on marathons or marriage; it is one man's attempt to make sense of both. One key ingredient is the presence of grace. The story leads you through the weeks of training while he coaches you along his journey of 26.2 miles and 22 years. You will be beset with surprises and lessons you will learn, and maybe you will encounter a few miracles in the mix. Written in a straightforward yet motivational tone, 26.2 miles to Grace helps you navigate the questions about running marathons, marriage, and much more. You will take a satisfying journey without running the miles or without buying the ring yet. **Me, You & 26.2** Denise Sauriol, 2018-08-28 Don't think you can run a marathon. This book is for YOU. Through her own experience completing over 100 marathons and from transforming hundreds of first-timers into many-time marathoners, Coach Denise Sauriol aka the Marathon Whisperer equates training for a marathon to taking a class. When you sign up for a class, you get a syllabus, training plan, you do your

homework training runs and then you take your final run the marathon right Training for a marathon is as methodical as taking a class You just have to add heart Signed up for a marathon and feeling SCITED Scared Excited This book is also for YOU This book is all you need for running your first marathon The chapters are laid out into 26 miles and kick off with a personal story of inspiration from a first timer that Denise has coached She has coached runners from 18 to 82 years old and she can help you too Within each mile she shares her tips tricks and lessons learned from competing in over 250 races across 6 continents Following these insightful and inspirational miles you will find your syllabus for Marathoning 101 When was the last time you did something that you were SCITED about YOU too can do 26 2 **Me, You and 26. 2 - Black and White Edition** Denise Sauriol, 2018-11-14 Don t think you can run a marathon This book is for YOU Through her own experience completing over 100 marathons and from transforming hundreds of first timers into many time marathoners Coach Denise Sauriol a k a the Marathon Whisperer equates training for a marathon to taking a class When you sign up for a class you get a syllabus training plan you do your homework training runs and then you take your final run the marathon right Training for a marathon is as methodical as taking a class You just have to add heart Signed up for a marathon and feeling SCITED Scared Excited This book is also for YOU This book is all you need for running your first marathon The chapters are laid out into 26 miles and kick off with a personal story of inspiration from a first timer that Denise has coached She has coached runners from 18 to 82 years old and she can help you too Within each mile she shares her tips tricks and lessons learned from competing in over 250 races across 6 continents Following these insightful and inspirational miles you will find your syllabus for Marathoning 101 When was the last time you did something that you were SCITED about YOU too can do 26 2

Whispering the Techniques of Language: An Mental Quest through **First Marathons Personal Encounters With The 26 2 Mile Monster**

In a digitally-driven earth wherever displays reign great and quick conversation drowns out the subtleties of language, the profound techniques and mental nuances concealed within phrases frequently move unheard. However, nestled within the pages of **First Marathons Personal Encounters With The 26 2 Mile Monster** a captivating fictional value pulsing with natural thoughts, lies an exceptional journey waiting to be undertaken. Penned by a skilled wordsmith, this enchanting opus invites readers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the very fabric of each and every word. Within the emotional depths with this touching review, we shall embark upon a genuine exploration of the book is core styles, dissect their fascinating publishing design, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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