

# The Perfect Mile Three Athletes One Goal And Less Than Four Minutes To Achieve It Neal Bascomb

The Perfect Mile **The Perfect Mile** 3:59.4 The Race of the Century: The Battle to Break the Four-Minute Mile **Born to Run** **Twin Tracks** **Sub 4:00** *Running with the Buffaloes* **No Meat Athlete** **Pre Life on the Run** **Bowerman and the Men of Oregon** *10 000 Pigs Can't Be Wrong* **The Race of the Century: The Battle to Break the Four-Minute Mile (Scholastic Focus)** **The Impossible Mile** **Once a Runner** **The Self-made Olympian** **Running Science** **Developing Endurance** *The Extra Mile* *The Miler* **The Brave Athlete** *From Last to First* **The Four-minute Mile** **26 Marathons** *Run the Mile You're In* **Runner's Guide to London** **A HISTORY OF AMERICAN AMATEUR ATHLETICS AND AQUATICS** *The Escape Artists* **Sports-Related Concussions in Youth** *Racing the Rain* **The Running Athlete** *What I Talk About When I Talk About Running* *The Athletic world and journal of English sports* **Athletics** 3:59.4 **The End of Amateurism in American Track and Field** **The Amateur Athlete** *The Landy Era* *Anatomy for Runners*

As recognized, adventure as capably as experience very nearly lesson, amusement, as with ease as bargain can be gotten by just checking out a book **The Perfect Mile Three Athletes One Goal And Less Than Four Minutes To Achieve It Neal Bascomb** as a consequence it is not directly done, you could assume even more almost this life, re the world.

We have enough money you this proper as without difficulty as easy mannerism to acquire those all. We pay for **The Perfect Mile Three Athletes One Goal And Less Than Four Minutes To Achieve It Neal Bascomb** and numerous books collections from fictions to scientific research in any way. along with them is this **The Perfect Mile Three Athletes One Goal And Less Than Four Minutes To Achieve It Neal Bascomb** that can be your partner.

**The Running Athlete** Mar 03 2020 This book explores running in a broad range of sport disciplines providing a full spectrum coverage on this extremely important and commonly diffused activity. The volume opens with basic information, such as biomechanics, physiology, training principles, nutrition and then presents discipline-specific aspects of running in several individual and team sports. Each chapter is structured organically to offer a uniform and thorough information. For each sport, the authors examine biomechanical, physiological and training specificities as well as injury epidemiology and preventive measures. Filling a gap in literature this book appeals not only to sports physicians, orthopaedic surgeons, trainers, coaches, fellows, and researchers but also to athletes in the various disciplines. Written by experts in the field, this book will be a useful toolkit for all those readers who are seeking a state of the art update on the running athlete.

*Anatomy for Runners* Jun 25 2019 Running has become more and more popular in recent years, with thousands of people entering marathons, buying new running shoes with the latest

technology, and going for a daily jog, whether on the track or on a treadmill. Unfortunately, with running comes injuries, as a result of wrong information and improper training. Author Jay Dicharry was tired of getting the same treatments from doctors that didn't heal his joint and muscle pain from running, so he decided to combine different fields of clinical care, biomechanical analysis, and coaching to help you avoid common injuries and become the best runner you can be. Along with clear and thorough explanations of how running influences the body, and how the body influences your running, this book answers many of the common questions that athletes have: Do runners need to stretch? What is the best way to run? What causes injuries? Which shoes are best for running? Is running barefoot beneficial? The mobility and stability tests will assess your form, and the corrective exercises, along with step-by-step photos, will improve your core and overall performance, so that you can train and run with confidence, knowing how to avoid injuries!

*Racing the Rain* Apr 03 2020 From the author of the New York Times bestselling *Once a Runner* comes that novel's prequel, the story of a world-class athlete coming of age.

*From Last to First* Dec 12 2020 Charlie Spedding describes himself as 'not particularly talented' at least, compared to the group of people he had chosen to find himself among. These were the athletes in the Olympic marathon. So how did he end up with a bronze medal? How did he win the London Marathon? And why does he still hold the English record for the distance? In this remarkable autobiography he explains how someone who was almost bottom of the class when he first went to school, and even worse at sport, eventually turned himself into a genuinely world-class athlete, competing in top marathons all over the world, and genuinely going from last to first. As well as the enthralling life story of one of our finest distance runners, this book is a wonderfully clear and inspiring piece of life coaching for anyone who wants to make the most of their talents. But more than this, as Spedding says at the start, 'I believe that on occasions you can create the circumstances in which you can perform at a higher level than your talent says you can'. Spedding's own story, and his chronicle of the big races he excelled in, proves it's true. For anyone aspiring to run a marathon, or indeed anyone who wants to set themselves a goal they think beyond their reach and achieve it this is an essential book.

**The Impossible Mile** Aug 20 2021 An incredible story of Johnny Agar, born with cerebral palsy and whom doctors thought would never walk, overcoming the odds to compete in Ironman triathlons. Featured on ESPN, NBC Nightly News, The Today Show, and other media outlets, Johnny delivers a moving memoir that is a testament to the power of family, faith, and extraordinary courage. Johnny's story shows the impact of a life lived to its fullest, from the first difficult steps in training, to becoming a brand ambassador for global apparel company Under Armour. He now serves as an inspiration for not only other professional athletes, but for anyone facing their own impossible mile. Come walk a mile in Johnny's shoes, and realize, as Johnny did, you never walk alone, and anything is possible, if you'll just take on life one step at a time.

**Running Science** May 17 2021 A comprehensive guide to all things running explains running physiology, biomechanics, medicine, genetics, biology, psychology, training, and racing.

**The Perfect Mile** Nov 03 2022 A stirring account of athleticism in the face of adversity follows the remarkable journey of three young men--John Landy, Wes Santee, and Roger Bannister--who suffered defeat at the Helsinki Olympics in 1952 but nevertheless vowed to break the four-minute mile, training tirelessly to accomplish their goal. Reprint. 50,000 first printing.

**Twin Tracks** May 29 2022 It was a blustery late spring day in 1954 and a young Oxford medical student flung himself over the line in a mile race. There was an agonising pause, and then the timekeeper announced the record: three minutes, fifty-nine point four seconds. But no one heard anything after that first word - 'three'. One of the most iconic barriers of sport had been broken, and Roger Bannister had become the first man to run a mile in under four minutes. To this day,

more men have conquered Mount Everest than have achieved what the slender, unassuming student managed that afternoon. Sixty years on and the letters still arrive on Roger Bannister's doormat, letters testifying to the enduring appeal of the four-minute mile and the example it set for the generation of budding athletes who were inspired to attempt the impossible. In this frank memoir, Sir Roger tells the full story of the talent and dedication that made him not just one of the most celebrated athletes of the last century but also a distinguished doctor, neurologist and one of the nation's best-loved public figures. With characteristically trenchant views on drugs in sport, the nature of modern athletics and record breaking, the extraordinary explosion in running as a leisure activity, and the Olympic legacy, this rare and brilliant autobiography gives a fascinating insight into the life of a man who has lived life to the fullest.

Life on the Run Dec 24 2021 This is the story of one athlete of the 20th century and a record of the changing world of athletics during that period. It has been written because of the vast changes in sport, and athletics in particular, over a period of fifty or more years. There have been many changes but very few have brought about higher standards. Stanley Edward Eldon was born in the Royal Borough of Windsor on 1st May 1936. He grew up in Windsor during the Second World War, and during his time at Windsor County Boys' School he started his athletics career, running 880 yards and cross-country races. On leaving school he joined the Berkshire Constabulary as one of its first police cadets before his National Service call-up where he served in the Royal Military Police and became Army 3 mile champion. As a young runner from the age of sixteen years, he was ranked in the first three in the country at the one mile, and progressed by the time he was twenty years old to two World Best Performances for a junior at the 3 miles and 6 miles. After Military Service he rejoined the Berkshire Police as a constable where he further progressed his running career, including winning AAA Championships at both 3 and 6 miles; British records at 5 and 6 miles, as well as the 10,000 metres and International Cross-Country Champion (the forerunner of what are now the World Championships). He also won many international races on the track at various distances, as well as setting records in many road races. In 1961 he left the police and was the first athlete to start a retail sports business under his own name, and ran a successful sports business for over twenty-five years, which included introducing the first specialist road running shoes in this country. In 1983 he was instrumental in setting up the Reading Half Marathon, which for many years was, and still is, one of the largest and most successful events of its kind in the country. This 'hobby' eventually took over his life and more similar event organisation followed.

**Bowerman and the Men of Oregon** Nov 22 2021 A portrait of the foremost track coach and founder of Nike describes how he helped contribute to numerous team titles and record achievements while working at the University of Oregon, offers insight into the 1972 Munich Olympic Games, and considers Bowerman's relationship with runner Steve Prefontaine. Reprint. 3:59.4 Oct 29 2019 'The time is three...' Lost in the roar of the crowd were the remaining words, '...minutes, fifty-nine point four seconds.' Roger Bannister's time in 1954 did not just break the world record for the mile; it broke the long-standing four-minute barrier that had defeated many top runners including Nurmi, Wooderson and Hagg. Yet it was a time that should have been run many years before. Athletes tried and failed until Bannister's legendary run. Since then, the barrier has been broken by others, including Coe, Ovett and Cram. But is a 3:40 mile, or even a 3:30 mile, possible? From Walter George to Hicham El Guerrouj, this is the authoritative statistical history of miling and more than 500 runners who have tried to break the most famous time in athletics history."

26 Marathons Oct 10 2020 NEW YORK TIMES BESTSELLER • A world-class runner and four-time Olympian shares the life lessons he's learned from each of the twenty-six marathons he's run in his storied career. "An athlete whose wisdom and lessons aren't just for

runners.”—The Washington Post When Meb Keflezighi—the first person in history to win both the Boston and New York City marathons as well as an Olympic marathon medal—ran his final marathon in New York City on November 5, 2017, it marked the end of an extraordinary distance-running career. Meb's last marathon was also his twenty-sixth, and each of those marathons has come with its own unique challenges, rewards, and outcomes. In *26 Marathons*, Meb takes readers on those legendary races, along every hill, bend, and unexpected turn of events that made each marathon an exceptional learning experience, and a fascinating story. *26 Marathons* offers the wisdom Meb has gleaned about life, family, identity, and faith in addition to tips about running, training, and nutrition. He shows runners of all levels how to apply the lessons he's learned to their own running and lives. Equal parts inspiration and practical advice, *26 Marathons* provides an inside look at the life and success of one of the greatest runners living today. Praise for *26 Marathons* “*26 Marathons* is a swift read, guaranteed to be popular with student athletes plus hard-core and recreational runners, who will undoubtedly agree that Meb is an American treasure and running ambassador who never fails to inspire.”—Booklist (starred review) “*26 Marathons* gives great insight about the ups and downs in marathon running and how to cope with them. As Meb shows, dealing with these marathon experiences help us become better in our lives.”—Eliud Kipchoge, Marathon World Record Holder and 2016 Olympic Gold Medalist “Meb’s *26 Marathons* is like opening a treasure chest full of inspiring stories that give behind-the-scenes glimpse into the mental and physical joys and obstacles that elite-level racing can bring. His advice on training, overcoming injuries, and adversity is for everyone. It’s pure gold!”—Shalane Flanagan, 2017 TCS NYC Marathon Champion

**Pre** Jan 25 2022 The story of America's greatest running legend. For five years, no American runner could beat him at any distance over a mile. But at the age of 24, with his best years still ahead, long-distance runner Steve Prefontaine finally lost. Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential, accomplished runners of our time. More than 20 years later, Pre continues to influence the running world. From his humble origins in Coos Bay, Oregon, Pre became the first person to win four NCAA titles in one event. Year after year, he was virtually unbeatable. Instead of becoming one of the new breed of professional track athletes, Pre chose to stay amateur and fight for the adequate funding he felt American amateur athletes deserved. A man of incredible desire and energy, Pre trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, "He ran every race as if it were his last." But Pre not only touched runners; his exciting technique as well as his maverick lifestyle made him a favorite of the fans. A race with Prefontaine in it was automatically an event. His brief but brilliant life—documented by author Tom Jordan—is the tale of a true American hero. This is his story. "Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative." —Steve Prefontaine \*The e-book edition does not include photos

**Runner's Guide to London** Aug 08 2020 "We have chosen the top-7 runs (plus a bonus run) based on where Londoners run, where tourists really must visit and on what is the most accessible for the visiting runner. ... Most of the runs in this book are in central London and are close to Tube stations"--Page i.

*The Athletic world and journal of English sports* Jan 01 2020

What I Talk About When I Talk About Running Jan 31 2020 Pain is inevitable, suffering is optional! A compelling meditation on the power of running and a fascinating insight into the life of this internationally bestselling writer. A perfect reading companion for any meditative new year runners. In 1982, having sold his jazz bar to devote himself to writing, Murakami began

running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, he reflects upon the influence the sport has had on his life and on his writing. Equal parts travelogue, training log and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston. By turns funny and sobering, playful and philosophical, this is a must-read for fans of this masterful yet private writer as well as for the exploding population of athletes who find similar satisfaction in distance running. 'There can never have been a book quite like this memoir of running and writing before. In its self-contained way, it's nothing less than an inspiration' Evening Standard 'Hugely enjoyable...You don't have to have run a marathon to be captivated' Sunday Telegraph 'Comical, charming and philosophical...an excellent memoir' GQ

*Run the Mile You're In* Sep 08 2020 Journey with Olympian Ryan Hall as he reflects on the joys and trials of the running life and, along the way, shows you how his faith has helped him win in his workouts, races, and overall mindset. Ryan Hall is an Olympic athlete and American record holder in the half marathon (59:43). But as a kid, Ryan hated running. He wanted nothing to do with the sport until one day, he felt compelled to run the 15 miles around his neighborhood lake. He was hooked. Starting that day, Ryan felt a God-given purpose in running. He knew he could, and would, race with the best runners in the world and that his talent was a gift to serve others. These two truths launched Ryan's 20-year athletic career and guided him through epic failures and exceptional breakthroughs to competing at the highest level. Now a coach, speaker, and nonprofit partner, Ryan shares the powerful faith behind his athletic achievements and the lessons he learned that helped him push past limits, make space for relationships that enrich life on and off the running trails, and cultivate a positive mindset. Lessons such as: Learning how to focus on your purpose and say no to distractions Select and strive for the right goals--goals for the heart and the body How to deal with defeat and disappointment How to endure immense pain and build resilience Running as if you've already won Ryan's story is one of encouragement and inspiration for readers of any age and level of running ability--or none at all. It's a story that shows that you, too, can change your outlook, see God's hand in your life, and run the race that really matters.

The Self-made Olympian Jun 17 2021

**Once a Runner** Jul 19 2021 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.

The Race of the Century: The Battle to Break the Four-Minute Mile Jul 31 2022 Highly acclaimed author Neal Bascomb brings his peerless research and fast-paced narrative style to a young adult adaptation of one of his most successful adult books of all time, *The Perfect Mile*, an inspiring and moving story of three men racing to achieve the impossible -- the perfect four-

minute mile. There was a time when running the mile in four minutes was believed to be beyond the limits of human foot speed. In 1952, after suffering defeat at the Helsinki Olympics, three world-class runners each set out to break this barrier: Roger Bannister was a young English medical student who epitomized the ideal of the amateur; John Landy the privileged son of a genteel Australian family; and Wes Santee the swaggering American, a Kansas farm boy and natural athlete. Spanning three continents and defying the odds, these athletes' collective quest captivated the world. Neal Bascomb's bestselling adult account adapted for young readers delivers a breathtaking story of unlikely heroes and leaves us with a lasting portrait of the twilight years of the golden age of sport.

**Developing Endurance** Apr 15 2021 Runners, cyclists, swimmers, rowers, triathletes, and ultradistance athletes must sustain performance at a high level to come out on top. *Developing Endurance* shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. Written by 11 top experts in the National Strength and Conditioning Association, the top sport conditioning organization in the world, this guide provides both the background information and the exercises, drills, workouts, and programs for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals. Armed with these tools and information, you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level.

*The Landy Era* Jul 27 2019 Summary: "World-class athletics was something that happened overseas, not in Australia. But on 13 December 1952, all that changed when John Landy ran a mile at Melbourne's Olympic Park in 4:02.1. In those few minutes, Landy re-ignited the race for the sub-four minute mile and inspired a generation of Australian athletes to challenge the world at distances from 880 yards to the marathon. Urged on by influential coaches Percy Cerutti and Franz Stampfl, Landy and his distance running mates including Les Perry, Dave Stephens, Al Lawrence, Dave Power, Don Macmillan, Herb Elliott, Albie Thomas, Ron Clarke, Ralph Doubell and Derek Clayton brought Australia international fame and success on the track, including Olympic gold. In a few short years, Landy led Australia from nowhere to the top of the world."-- Publisher description.

**No Meat Athlete** Feb 23 2022 Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. *No Meat Athlete* will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

**The Amateur Athlete** Aug 27 2019

*The Extra Mile* Mar 15 2021 Documents the story of the 2002 Badwater Ultramarathon winner who beat her nearest competitor by five hours, describing her experiences as a family woman,

her fifteen-year battle with anorexia, and the strategies she utilized to overcome the race's grueling challenges. Reprint.

*The Escape Artists* Jun 05 2020 In the winter trenches and flak-filled skies of World War I, captured soldiers and pilots narrowly avoided death only to find themselves imprisoned in Germany's archipelago of brutal POW camps. After several unsuccessful escapes, a group of Allied prisoners of Holzminden - Germany's land-locked Alcatraz- hatched the most elaborate escape plan yet known. With ingenious engineering, disguises, forgery and courage, their story would electrify Britain in some of its darkest hours of the war. Drawing on never-before-seen memoirs and letters, Neal Bascomb brings this little-known story narrative to life amid the despair of the trenches and the height of patriotic duty.

**Sub 4:00** Apr 27 2022 For more than three decades, not one American schoolboy had run a sub-4:00 mile. Then, in January 2001, Alan Webb clocked a 3:59.86 mile, the fastest indoor U.S. high school mile ever. Just a few months later, the young track star achieved legendary status: he ran a 3:53.46 mile—a full 2 seconds faster than former record holder Jim Ryun. Everywhere Webb was hailed as "America's Next Great Miler." In *Sub 4:00*, noted track writer Chris Lear follows Webb to college at the University of Michigan. As we witness Webb's freshman track season—watching him struggle with injuries, interpersonal conflicts, the politics of the collegiate track world, and his own aspirations to become the best miler ever—we get an unprecedented behind-the-scenes view of the life of one of the nation's most promising track athletes with a new chapter describing the latest developments in Webb's fascinating career.

**The Brave Athlete** Jan 13 2021 *The Brave Athlete* solves the 13 most common mental conundrums athletes face in their everyday training and in races. You don't have one brain—you have three; your ancient Chimp brain that keeps you alive, your modern Professor brain that navigates the civilized world, and your Computer brain that accesses your memories and runs your habits (good and bad). They fight for control all the time and that's when bad things happen; you get crazy nervous before a race, you choke under pressure, you quit when the going gets tough, you make dumb mistakes, you worry about how you look. What if you could stop the thoughts and feelings you don't want? What if you could feel confident, suffer like a hero, and handle any stress? You can. *The Brave Athlete* from Dr. Simon Marshall and Lesley Paterson will help you take control of your brain so you can train harder, race faster, and better enjoy your sport. Dr. Marshall is a sport psychology expert who trains the brains of elite professional athletes. Paterson is a three-time world champion triathlete and coach. Together, they offer this innovative, brain training guide that is the first to draw from both clinical science and real-world experience with athletes. That means you won't find outdated "positive self-talk" or visualization gimmicks here. No, the set of cutting-edge mental skills revealed in *The Brave Athlete* actually work because they challenge the source of the thoughts and feelings you don't want. *The Brave Athlete* is packed with practical, evidence-based solutions to the most common mental challenges athletes face. Which of these sound like you? · Why do I have thoughts and feelings I don't want? · I wish I felt more like an athlete. · I don't think I can. · I don't achieve my goals. · Other athletes seem tougher, happier, and more badass than me. · I feel fat. · I don't cope well with injury. · People are worried about how much I exercise. · I don't like leaving my comfort zone. · When the going gets tough, the tough leave me behind. · I need to harden the f\*ck up. · I keep screwing up. · I don't handle pressure well. With *The Brave Athlete: Calm the F\*ck Down and Rise to the Occasion*, you can solve these problems to become mentally strong and make your brain your most powerful asset.

**3:59.4** Sep 01 2022 The years 1953-54 were marked by the conquests of two unattainable peaks - Mount Everest and the Four Minute Mile. But the dream of setting a new track record for this distance started as early as the 1880s, by the American Lon Myers, a stick-thin hypochondriac

who was sick before and after every race, yet still held every US record from 50 yards to the mile. By 1902 a record of 4 minutes and 16 seconds was set by the Englishman Joe Binks, an amateur runner who in his spare time worked as a journalist and writer. And again in 1923 the world inched ever closer to the elusive four minute record thanks to Paavo Nurmi, the 'Phantom Finn', who won nine Olympic gold medals and set so many world records that statisticians are still arguing over the total. 4'01.4 the world knew at last that it was on the brink of conquering the Everest of all sports. But it wasn't until three Englishmen teamed up and took on the challenge as one that they succeeded in accomplishing what was described as the most significant sporting achievement of the twentieth century. This is the story of the long quest for the 'Magic Mile', almost two hundred years in the making. The methods the runners used, the secrets they uncovered, were passed like a baton through the generations, until the quest reached its climax on the 6th May 1954, when Roger Bannister, Christopher Chataway and Chris Brasher united to achieve the impossible.

*10 000 Pigs Can't Be Wrong* Oct 22 2021 In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

*The Miler* Feb 11 2021 The Olympic athlete describes his rise from high school track star to international ranking, and offers his opinions on sports politics, drug abuse, and payoffs

**The Race of the Century: The Battle to Break the Four-Minute Mile (Scholastic Focus)** Sep 20 2021 Highly acclaimed author Neal Bascomb brings his peerless research and fast-paced narrative style to a young adult adaptation of one of his most successful adult books of all time, *The Perfect Mile*, an inspiring and moving story of three men racing to achieve the impossible -- the perfect four-minute mile. There was a time when running the mile in four minutes was believed to be beyond the limits of human foot speed. In 1952, after suffering defeat at the Helsinki Olympics, three world-class runners each set out to break this barrier: Roger Bannister was a young English medical student who epitomized the ideal of the amateur; John Landy the privileged son of a genteel Australian family; and Wes Santee the swaggering American, a Kansas farm boy and natural athlete. Spanning three continents and defying the odds, these athletes' collective quest captivated the world. Neal Bascomb's bestselling adult account adapted for young readers delivers a breathtaking story of unlikely heroes and leaves us with a lasting portrait of the twilight years of the golden age of sport.

**Sports-Related Concussions in Youth** May 05 2020 In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. *Sports-Related Concussions in Youth: Improving the Science, Changing the Culture* reviews the science of sports-related concussions in youth from elementary school through young adulthood, as well as in military personnel and their dependents. This report recommends actions that can be taken by a range of audiences - including research funding agencies, legislatures, state and school superintendents and athletic directors, military

organizations, and equipment manufacturers, as well as youth who participate in sports and their parents - to improve what is known about concussions and to reduce their occurrence. Sports-Related Concussions in Youth finds that while some studies provide useful information, much remains unknown about the extent of concussions in youth; how to diagnose, manage, and prevent concussions; and the short- and long-term consequences of concussions as well as repetitive head impacts that do not result in concussion symptoms. The culture of sports negatively influences athletes' self-reporting of concussion symptoms and their adherence to return-to-play guidance. Athletes, their teammates, and, in some cases, coaches and parents may not fully appreciate the health threats posed by concussions. Similarly, military recruits are immersed in a culture that includes devotion to duty and service before self, and the critical nature of concussions may often go unheeded. According to Sports-Related Concussions in Youth, if the youth sports community can adopt the belief that concussions are serious injuries and emphasize care for players with concussions until they are fully recovered, then the culture in which these athletes perform and compete will become much safer. Improving understanding of the extent, causes, effects, and prevention of sports-related concussions is vitally important for the health and well-being of youth athletes. The findings and recommendations in this report set a direction for research to reach this goal.

**Born to Run** Jun 29 2022 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.

*Running with the Buffaloes* Mar 27 2022 Top five Best Books About Running, Runner's World Magazine Top three Best Books About Running, readers of Runner's World Magazine (December 2009) A phenomenal portrait of courage and desire that will do for college cross-country what John Feinstein's A Season on the Brink did for college basketball.

**The Four-minute Mile** Nov 10 2020 A personal and heartfelt account of the most stunning athletic achievement of the twentieth century

**The Perfect Mile** Oct 02 2022 Follows the journey of three young men--John Landy, Wes Santee, and Roger Bannister--who suffered defeat at the Helsinki Olympics in 1952 but nevertheless vowed to break the four-minute mile, training tirelessly to accomplish their goal.

**Athletics** Nov 30 2019

**A HISTORY OF AMERICAN AMATEUR ATHLETICS AND AQUATICS** Jul 07 2020

**The End of Amateurism in American Track and Field** Sep 28 2019 Combining social and institutional history and incorporating the recollections of the athletes and meet directors on the front lines, The End of Amateurism in Track and Field shows how the athletes thoroughly transformed their sport to end the amateur system in the early 1990s---changes that allowed the athletes to market their potential, drastically increase their earning possibilities, and improve their quality of life. --