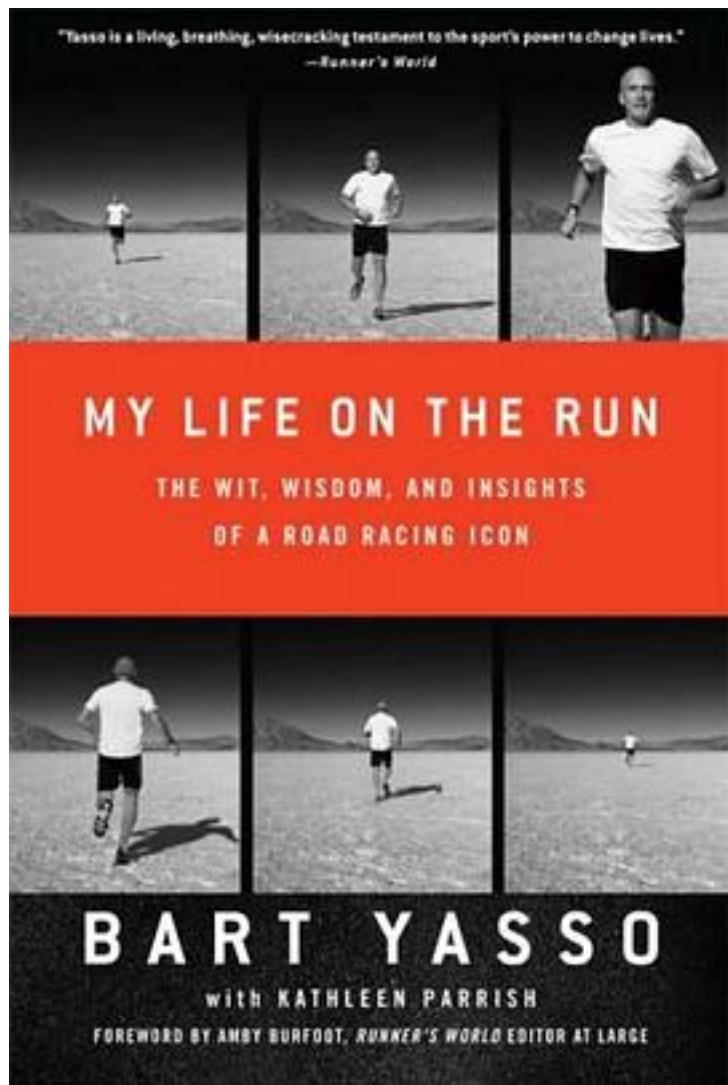


# My Life on the Run



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著者:Bart Yasso

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Bart Yasso, an icon of one of the most enduringly popular recreational sports in the United States-and the revered Runner's World Chief Running Officer-offers a touching and humorous memoir about the rewards and challenges of running

Dubbed the "Mayor of Running," Bart Yasso is one of the best-known figures in the sport, but few people know why he started running competitively, how it changed his life, or how his brush with a crippling illness nearly ended his career a decade ago. With insight and humor, *My Life on the Run* chronicles the heatstroke and frostbite, heartache and triumphs he's experienced while competing in more than 1,000 competitive races during his nearly 30 years with Runner's World magazine.

Yasso gives valuable and practical advice on how to become a runner for life and continually draw joy from the sport. He also offers practical guidance for beginners, intermediate, and advanced runners, such as 5-K, half-marathon, and marathon training schedules including his innovative technique known as the Yasso 800s. Recounting his adventures in exotic locales like Antarctica, Nepal, and Chitwan National Park in Africa (where he was chased by an angry rhino), Yasso recommends the best exotic marathons for runners who want to grab their passports to test themselves on foreign terrain. With the wit and wisdom of a seasoned insider, he tells runners what they need to know to navigate the logistics of running in an unfamiliar country.

Yasso's message is this: Never limit where running can take you because each race has the potential for adventure.

作者介绍:

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标签

跑步

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## 评论

Bart

Yasso的一生有点坎坷，但总体还算幸运：昔日的小混混发现了跑步，又找到了跑步杂志的一份工作，应该也是很多人梦想的工作，到世界各地去参加比赛，不用拿什么名次，回来汇报一下就好了。这一干就是几十年，至于他终于得病受伤，不能再跑步，也快退休了。这本书的结构十分混乱，有的地方很生硬，有的地方妙趣横生，最后居然还有大段的训练计划，真不知道编辑是怎么想的。

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## 书评

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