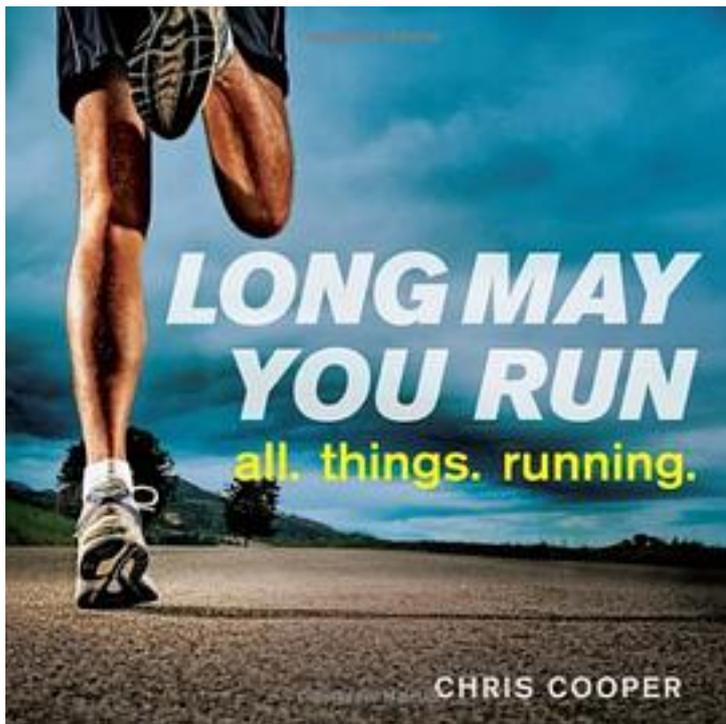


# Long May You Run



[Long May You Run 下载链接1](#)

著者:Cooper, Chris

出版者:

出版时间:2010-10

装帧:

isbn:9781439193877

You are a runner. You know how hard it is to make time to run. So you go out at 5:30 a.m. . . . in the rain. You remember every strain, sprain, ache, and pain you've ever felt. You ran through it then. You'll run through it now. You have great runs. You have not-so-great runs. You run fast. You run slow. You race for a personal best. You race just for fun. This is your time. This is your run. This is your book. LONG MAY YOU RUN all. things. running. Learn how to win a race even when you finish last; the ten "destination" runs every runner should experience; what to do with your old running shoes; why listening to the right song may help you run faster; and how to run across the United States without leaving home. Featuring can't-miss races, must-run places,

tips, tricks, and words of advice and encouragement from some of the top runners today, including: Brian Sell, Bart Yasso, Colleen De Reuck, Nathan Brannen, Jeff Galloway, Suzy Favor Hamilton, Don Kardong, and many more!

作者介绍:

目录:

[Long May You Run\\_下载链接1](#)

标签

运动

跑步

评论

-----  
[Long May You Run\\_下载链接1](#)

书评

-----  
[Long May You Run\\_下载链接1](#)