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BOOK REVIEW: "BORN TO RUN"

BY CHRISTOPHER MCDUGALL

~~Natural Running The Simple Path~~

Runners will learn how to analyze and identify their own characteristics so they can start down the path to natural running. Abshire explains the natural running technique, describing the posture, arm carriage, cadence, and land-lever-lift foot positioning that mimic the barefoot running style.

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Natural Running is the middle ground runners have been looking for. By learning to run the barefoot way—while wearing shoes—runners will become more efficient, stronger, and healthier runners. Backed by studies at MIT and Harvard, running form and injury expert Danny Abshire presents the natural running technique, form drills, and an 8-week transition plan that will put runners on the path to faster, more

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Abshire

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CTO Danny Abshire presents Natural
Running. This is the single most
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wearing shoes, runners will become more efficient, stronger, and healthier runners. Backed by studies at MIT and Harvard, running form and injury expert Danny Abshire presents the natural running technique, form drills, and an 8-week transition plan that will put runners on the path to faster, more efficient, and healthier running. In *Natural Running*, Abshire explains how modern running shoes distort the efficient running technique that humans evolved over thousands of years. He reviews the history of running shoes and injuries, making the case for barefoot running but also warning about its dangers. By learning the natural running technique, runners can enjoy both worlds—comfortable feet, knees, and legs and an efficient running form that reduces impact and injuries. *Natural Running* teaches

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runners to think about injuries as symptoms of poor running form.

Abshire specifies the overuse injuries that are most commonly associated with particular body alignment problems, foot types, and form flaws. Runners will learn how to analyze and identify their own characteristics so they can start down the path to natural running. Abshire explains the natural running technique, describing the posture, arm carriage, cadence, and land-lever-lift foot positioning that mimic the barefoot running style. Using Abshire's 8-week transition plan and a tool kit of strength and form drills, runners will move from heel striking to a midfoot or forefoot strike. Natural Running is the newest way to run and also the oldest. By discovering how they were meant to run, runners will become more efficient, stronger,

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Get the book that covers what you need to know about foot care, including footwear, prevention, and treatment. Hiking, backpacking, running, walking, and other athletic endeavors, your feet take a beating with every step. Don't wait until foot pain inhibits your speed, strength, and style. Learn the basics—along with the finer points—of foot care before pain becomes a problem. Foot expert and ultrarunner John Vonhof and physical therapist Tonya Olson share how the interplay of anatomy, biomechanics, and footwear can lead to happy (or hurting!) feet. Fixing Your Feet covers all that you need to know to care for your feet, right now and hundreds of miles down the road! Inside You'll Find Tried-and-true methods of foot

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care from numerous experts Tips and anecdotes about recovery and training Information about hundreds of foot-care products for nearly every foot ailment High-interest topics such as “Barefoot & Minimalist Footwear,” “Blister Prevention,” and “Providing Foot Care for Athletes” Discussions of individual foot care and team care “From heels to toes, products to pathology, resources to rehabilitation, this book has it all. An essential guide.” —Runner’s World

Provides an introduction to training for long distance running, covering such topics as choosing running shoes, balancing dietary needs, using warm up exercises, protecting oneself from injury, and running schedules with different levels of difficulty.

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Running can help you lose weight, create a healthy body image, and boost your self-esteem. No matter your fitness level, you too can enjoy the benefits of this sport! With this book, you'll gain the knowledge and tools you need to run a 10K, a marathon, or just a lap around the block! The new edition includes: Cutting-edge information on hugely influential trends in natural running, including ChiRunning, barefoot running, and cross-training with yoga and meditation Information on how to select the right gear and manage your nutrition, including details on new diets favored by endurance athletes A dedicated section on running for women, including specific nutritional and physical concerns Whether you're a beginner or a seasoned veteran, this book has everything you need to

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maximize your running potential--from start to finish!

Run the Way You Were Born to Run
Every runner wants a smooth, light, powerful, and resilient stride. But there isn't one ideal form all runners should try to emulate. Instead, research and experience show that people can run effectively in a wide variety of patterns with some universal elements. In lively, accessible prose, author Jonathan Beverly details his search for common ground among physical therapists, podiatrists, biomechanics researchers, and coaches, and reveals how individual runners can apply those principles and improve their performance, avoid injury, and enhance their enjoyment on the run. With specific, illustrated exercises that show how to counteract tight muscles

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from excessive sitting, improve limited arm mobility from hunching over electronic devices, strengthen your feet for better balance, and improve speed by lengthening your stride, Runner's World Your Best Stride is an approachable guide to human movement and a practical tool for improved running performance.

This monograph provides comprehensive guidelines on the current and future trends of innovative simulation systems. In particular, their important components, such as augmented reality and unmanned vehicles are presented. The book consists of three parts. Each part presents good practices, new methods, concepts of systems and

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new algorithms. Presented challenges

and solutions are the results of
research and conducted by the

contributing authors. The book
describes and evaluates the current
state of knowledge in the field of
innovative simulation systems.

Throughout the chapters there are
presented current issues and concepts
of systems, technology, equipment,
tools, research challenges and current,
past and future applications of
simulation systems. The book is
addressed to a wide audience:

academic staff, representatives of
research institutions, employees of
companies and government agencies
as well as students and graduates of
technical universities in the country
and abroad. The book can be a
valuable source of information for
constructors and developers of

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innovative simulation systems and their components. Scientists and researchers involved in mechanics, control algorithms, image processing, computer vision or data fusion can find many valuable suggestions and solutions.

Counsels women runners on how to train for competitive races, providing coverage of topics ranging from nutrition and recovery to injury prevention and training while juggling a busy schedule.

This two volume set LNCS 8634 and LNCS 8635 constitutes the refereed conference proceedings of the 39th International Symposium on Mathematical Foundations of Computer Science, MFCS 2014, held in Budapest, Hungary, in August 2014.

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The 95 revised full papers presented together with 6 invited talks were carefully selected from 270 submissions. The focus of the conference was on following topics: Logic, Semantics, Automata, Theory of Programming, Algorithms, Complexity, Parallel and Distributed Computing, Quantum Computing, Automata, Grammars and Formal Languages, Combinatorics on Words, Trees and Games.

For readers of Born to Run by Christopher McDougall, The Barefoot Running Book lends practical advice on the minimalist running phenomenon. Ditch those cushiony running shoes—they're holding you back and hurting your feet! You've heard about barefoot running and how it can reduce injury and allow for better form.

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Maybe you've even tried it and learned how shedding those heavy, overly-manufactured shoes can make running more enjoyable. Regardless of your expertise level, Jason Robillard—a leading expert on barefoot running education and director of the Barefoot Running University—synthesizes the latest research to ease you from barefoot walking to slow running to competitive and trail running vis-à-vis simple drills, training plans, and useful hints from fellow barefoot runners. Practical, easy-to-follow, and illustrated with black-and-white photographs throughout, *The Barefoot Running Book* shows how everyone can transition to barefoot and minimalist shoe running—safely and optimally.

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