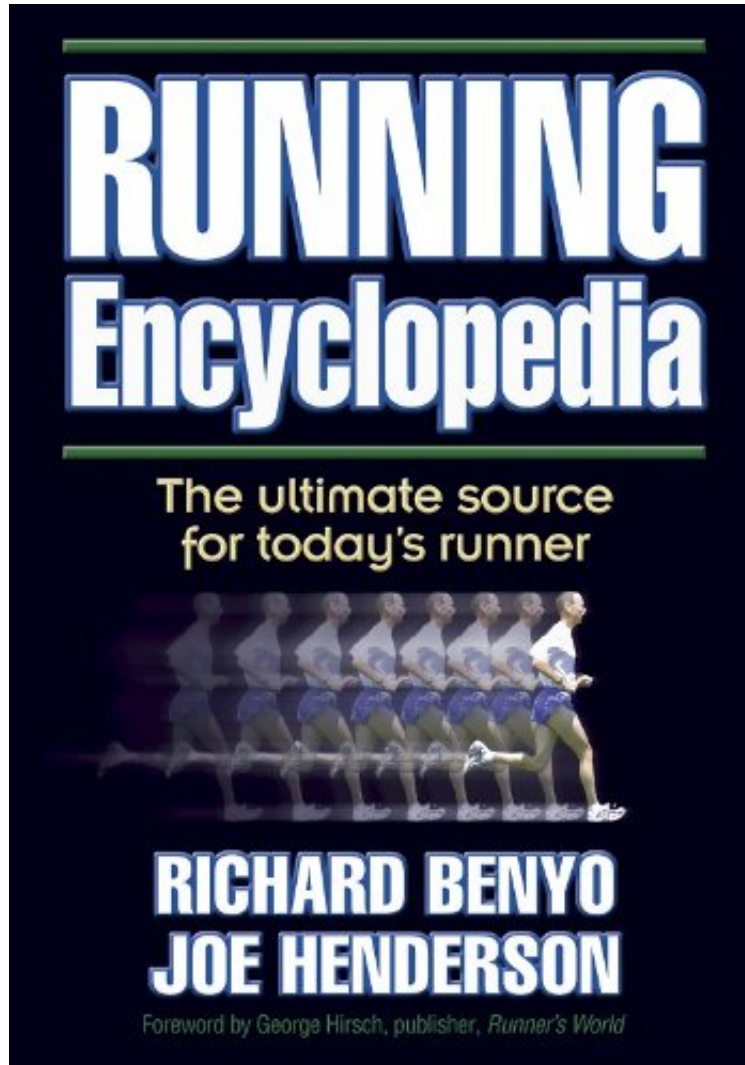


Running Encyclopedia

Richard Benyo, Joe Henderson

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#3284930 in Books Human Kinetics 2001-11-20Original language:EnglishPDF # 1 10.00 x 1.01 x 7.00l, 2.05 #File Name: 0736037349440 pagesThe Running Encyclopedia is an omnibus history of road racing, an easy-to-use source of solid information, and, at the same time, simply a good read. The book provides a complete look at the sport's history, key figures, major events, and primary training theories and terms. It brings together the incredible, the outrageous, the seemingly mundane, the startling, the astounding, and the unforgettable people and places that have made road racing perhaps the most popular adult sport in the world. The authors' personal experiences lend a new perspective on events and figures that you may already be familiar with. | File size: 24.Mb

Richard Benyo, Joe Henderson : Running Encyclopedia before purchasing it in order to gage whether or not it would be worth my time, and all praised Running Encyclopedia:

0 of 1 people found the following review helpful. Comprehensive but dated
By seascoastkid
Yes, one can see it is dated by the copyright but upon receipt, it really has a lot of irrelevant information. In my opinion, the information in the book is excellent and a great resource, but the book probably spends too much space talking about past runners and less important topics. What is really good though is that it overviews a lot of runner-specific terminology.
1 of 1 people found the following review helpful. A recommended giftbook for running enthusiasts
By Midwest Book Review
Collaboratively compiled and written by Richard Benyo and Joe Henderson, *Running Encyclopedia: The Ultimate Source For Today's Runner* provides an A to Z listing of all the people, places, things, and ideas that directly or indirectly affect runners and the sport/physical fitness regimen of running today. From age-grading (a system of equalizing runners by age and gender) to Emil Zatopek (arguably the greatest distance runner of all time), the *Running Encyclopedia* covers just about everything any novice or veteran runner could want to look up. A recommended giftbook for running enthusiasts and a core volume in any personal or professional sports oriented library collection!
1 of 1 people found the following review helpful. This book has ALL the answers!
By Stephen Provost
I'm not a die hard runner and I sure don't know everything about running. So I have questions. This book has been such an EASY reference when a questions pop up. I keep it next to my running log and probably refer to it at least 2 times a week. It gets a big thumbs up from me.

Written by two of the most popular authors on running, the *Running Encyclopedia* provides a complete look at the sport's history, key figures, major events, and primary training theories and terms. More than 1,000 listings highlight the most influential runners, coaches, races, training methods, and events in modern history. You can use the book to look up reliable information on training topics such as threshold training, negative splits, and carbo loading. You'll also find more than 100 photographs that capture the history of road racing, including some rarely seen photographs from the early days of the sport. The race accounts, photos, and commentary will make you feel as though you witnessed each event. More than five million runners in the United States compete in road races from the 5K to the marathon every year, and millions more watch everything from regional road races to the Olympics. Despite such widespread popularity and a history of spectacular races and intriguing personalities, no one ever before has compiled a comprehensive encyclopedia of the sport. Now two of the most popular writers on running have joined forces to give runners the definitive reference on the sport. The *Running Encyclopedia* is an omnibus history of road racing, an easy-to-use source of solid information, and, at the same time, simply a good read. The book provides a complete look at the sport's history, key figures, major events, and primary training theories and terms. It brings together the incredible, the outrageous, the seemingly mundane, the startling, the astounding, and the unforgettable people and places that have made road racing perhaps the most popular adult sport in the world. The authors' personal experiences lend a new perspective on events and figures that you may already be familiar with. Whether you choose to let the book fall open to a random listing, look up a specific subject, or read the tome through from A to Z, you'll pull the *Running Encyclopedia* from your shelf again and again.

""""The *Running Encyclopedia* is to a running aficionado as a dictionary is to a crossword puzzle addict. Richard Benyo's compilation is a running nerd's aphrodisiac must-have for a runner's bookshelf." Henley Gabeau
Executive director of Road Runners Club of America """"This is an authoritative resource for anyone interested in distance running, but it's also a surprisingly fun read and a delightful way to remember the people, places, and events of running's colorful and unique history. Once you start browsing, it's hard to stop!"""" Don Kardong
Senior Writer, Runners World Magazine
Past President, Road Runners Club of America " " ""The *Running Encyclopedia* is to a running aficionado as a dictionary is to a crossword puzzle addict. Richard Benyo's compilation is a running nerd's aphrodisiac must-have for a runner's bookshelf. Henley Gabeau
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