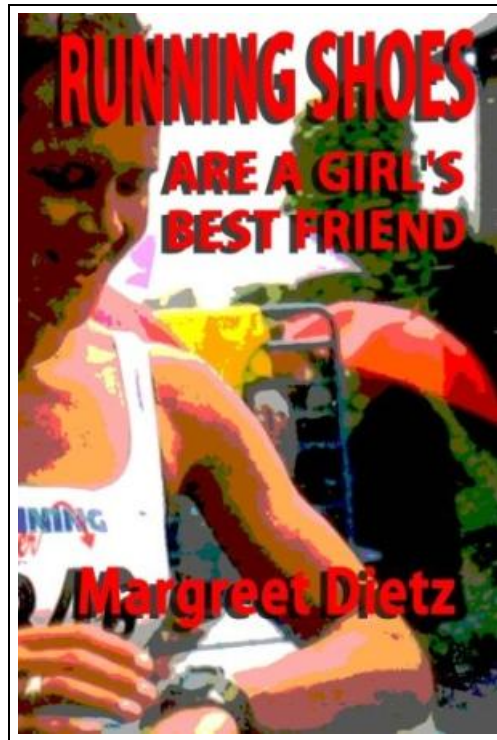


Running Shoes Are a Girl's Best Friend



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Reviews

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Createspace, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Running Shoes Are a Girl s Best Friend tells the stories of 53 women who run. They share their reasons, motivation and tips, as do two top coaches. Motivation is everything. There are so many reasons to run. Coach Pat Carroll, one of Australia s top distance runners ever: It is really important to enjoy the journey rather than feel like it is something you have to do. Motivation evolves. Goals change. Many people start running without the plan to become a runner. Many begin with the goal to lose weight and / or gain fitness. You don t need to compete. Says Carroll, The great thing about running is that everyone can have their own goals and everyone can walk away feeling incredible, whether it be in training or in competition. Running, though it may not be easy at first, makes you feel good. And, surprisingly, fitness improves very quickly. This book tells the stories of 53 women. Some have been running for decades, others began more recently. Some run for the simple pleasure it brings, while others race for finish lines. Women featured in Running Shoes Are a Girl s Best Friend include: Rhonda LeBrocque: People think it is too hard, but until you start you don t realize that it isn t that difficult and you don t have to be fast to be a runner. Suzie Oswald: More people would run if they took the time to take it easy first. Helen Bruce: It is all about getting into a routine that you can maintain for the rest of your life. Shelley Kirkwood: Exercise has to be a lifestyle. It has to be woven...

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