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Nota di contenuto	Front cover -- About the Author -- CONTENTS -- INTRODUCTION -- CHAPTER ONE - RUNNING FINDS ITS FEET -- CHAPTER TWO - TRULY INSPIRATIONAL -- CHAPTER THREE - THE PIONEERS OF WOMEN'S DISTANCE RUNNING -- CHAPTER FOUR - BECAUSE IT'S THERE -- CHAPTER FIVE - THE LEGENDS OF MEN'S DISTANCE RUNNING -- CHAPTER SIX - DEFEATING THE TERRORISTS -- CHAPTER SEVEN - CONQUERING DISABILITY -- CHAPTER EIGHT - THE 80S GREATS OF WOMEN'S DISTANCE RUNNING -- CHAPTER NINE - WHEN THE MIND IS WILLING -- CHAPTER TEN - PUSHING THE LIMITS OF HUMAN ENDURANCE -- CHAPTER ELEVEN - IN THE TOUGHEST PLACES -- CHAPTER TWELVE - AGE SHALL NOT WEARY... -- CHAPTER THIRTEEN - THE MODERN GREATS -- CHAPTER FOURTEEN - THE MOST EXTRAORDINARY RUN OF ALL -- REFERENCES.
Sommario/riassunto	From the strength and stamina of well-known runners who achieve the almost impossible to the extraordinary runners who have changed lives and history, this collection of unforgettable stories will inspire anyone who's ever pounded the pavement to keep on running and enjoy every minute of this liberating sport.