



# RUNNING THE PAGES

WRITTEN BY SAMMY HUTCHISON

**T**wo of my greatest passions in life have been running and reading. Strapping on a pair of running shoes and opening up a book are two things that can transport us to incredible places—both literally and figuratively. When I read *Moby-Dick*, for example, I am right there with Captain Ahab leaving Nantucket; and when I put on my shoes, my feet take me to new places and down unexplored trails. It's no wonder that books about running tend to make for thought-provoking, motivating and learning experiences.

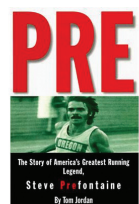
For the avid runner who likes to read—or the avid reader who wants a little more insight into the world of running—the following books are definitely worth picking up.



## ONCE A RUNNER

(1978) BY JOHN L. PARKER, JR., 248 P.

*Once A Runner* is fiction that carries heavy credibility in the running world as one of the most honest views into what it takes to be an elite runner. The passion, sacrifice and indomitable will are put on beautiful display through main character Quentin Cassidy.

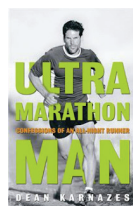


## PRE: THE STORY OF AMERICA'S GREATEST RUNNING LEGEND, STEVE PREFONTAINE

(1997) BY TOM JORDAN, 176 P.

A biography focusing on the amazing and tragic life of arguably the greatest

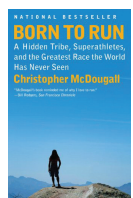
distance runner that America has ever come across. Prefontaine was brash and talented yet died at a young age. This book single-handedly led me to making T-shirts that simply read “PRE,” which I often wore before races.



## ULTRA MARATHON MAN: CONFESSIONS OF AN ALL-WNIGHT RUNNER

(2005) BY DEAN KARNAZES, 300 P.

*Ultra Marathon Man* (non-fiction) is a fascinating look into the world of ultra-marathon running and, even more interestingly, at the human ability to push beyond what we perceive as our limits. Dean Karnazes was one of the first runners to bring this type of running from out under the rocks and into the mainstream. His book details how he became involved in the sport and many of his first races.



## BORN TO RUN: A HIDDEN TRIBE, SUPERATHLETES, AND THE GREATEST RACE THE WORLD HAS NEVER SEEN

(2009) BY CHRISTOPHER MCDUGALL, 304 P.

*Born To Run* was and likely still is the most widely discussed book concerning running. Non-fiction, it takes the reader deep into the lives of the Tarahumara Indians of Mexico's Copper Canyons. For centuries, the tribe has been practicing techniques allowing them

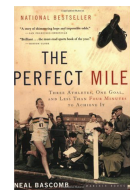
to run hundreds of miles without rest. The author's account of the tribe and his look into the human species will leave your head full of thought and your body full of inspiration.



## CHI RUNNING

(2009) BY DANNY DREYER AND KATHERINE DREYER, 320 P.

*Chi Running* is an instructional book on how to incorporate Tai chi into your running routine. Danny Dreyer does a wonderful job of helping the reader recognize how they should be running. He incorporates drills, runs and visualization to help the runner become faster, stronger and more efficient without extra effort.



## THE PERFECT MILE

(2005) BY NEAL BASCOMB, 344 P.

*The Perfect Mile* is an encompassing non-fiction account of the race by three men in 1950s to become the first to break the four-minute mile barrier. The three men are methodical and passionate individuals who all have different paths in their quest for the record. Their stories come together and make for a wonderful story—one many would call one of the greatest sports stories of the 20th century. **B**

## RACE DAYS

### MARCH 3

*14th Annual Fort Eustis 10K Run*  
Fort Eustis  
9 a.m.  
(757) 878-6075

### MARCH 17-18

*Shamrock Sportsfest Weekend*  
Virginia Beach Oceanfront  
Shamrockmarathon.com

### MARCH 24

*Cerebral Palsy of Virginia 19th Annual 5K run and 1 Mile Walk-a-thon*  
Mt Trashmore Park  
8:30 a.m.  
cerebralpalsyofvirginia.org

### MARCH 24

*2012 Yorktown Victory Run*  
Newport News Park  
9 a.m.  
nngov.com

### APRIL 1

*11th Annual Virginia Duathlon*  
Chippokes Plantation State Park  
9 a.m.  
virginiaduathlon.mettleevents.com

### APRIL 7

*7th Annual Monarch 5K*  
Old Dominion University  
Student Recreation Center  
8:30 a.m.  
studentaffairs.odu.edu/recsports/EVENTS/5krun.shtml

For more upcoming races in your area,  
PENINSULATRACKCLUB.COM