



MARATHON WOMAN

Kathrine
Switzer

Die Frau, die den Laufsport revolutionierte

Marathon Woman Frau Laufsport Revolutionierte Ebook

Gloria Averbuch



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Marathon woman Kathrine Switzer, 2011 Die Autobiografie der Marathonläuferin Kathrine Switzer beschreibt eindrucksvoll den Weg der gebürtigen Deutschen in die Weltspitze des Laufsports gegen den Widerstand der männlichen Konkurrenz

Marathon Woman Kathrine Switzer, 2017-04-04 A new edition of a sports icon's memoir coinciding with the 50th anniversary of Kathrine Switzer's historic running of the Boston Marathon as the first woman to run In 1967 Kathrine Switzer was the first woman to officially run what was then the all male Boston Marathon infuriating one of the event's directors who attempted to violently eject her In one of the most iconic sports moments Switzer escaped and finished the race She made history and is poised to do it again on the fiftieth anniversary of that initial race when she will run the 2017 Boston Marathon at age 70 Now a spokesperson for Reebok Switzer is also the founder of 261 Fearless a foundation dedicated to creating opportunities for women on all fronts as this groundbreaking sports hero has done throughout her life Kathrine Switzer is the Susan B Anthony of women's marathoning Joan Benoit Samuelson first Olympic gold medalist in the women's marathon

The Woman Runner Gloria Averbuch, 1984

A Long Time Coming Jacqueline Hansen, 2013-05-16 Women had to travel a long hard road to equality in long distance running The 26.2 mile distance was the least of this effort In the 1960s when Jacqueline Hansen began running the longest Olympic women's race was 800 meters less than half a mile She grew up with the sport running her first marathon in 1972 winning the Boston Marathon in 1973 then setting world records in 1974 first sub 2:45 time for a woman and 1975 with the first sub 2:40 Her efforts for women's running rights were just beginning then Hansen became a crusader for this cause and her work with the International Runners Committee helped convince sports officials to add the marathon to the Olympic program in 1984 The inaugural marathon champion Joan Benoit Samuelson writes in the Foreword How fitting it was that the first Olympic Marathon for women was run in Jacqueline's hometown of Los Angeles Her book tells the story of a true pioneer who has lived the history of our sport and has helped make possible all that we runners do today

Woman's Complete Guide to Running Jeff Galloway, Barbara Galloway, 2011 Offers a step by step running program specifically designed for the needs and concerns of women and includes tips on staying motivated building endurance and strengthening muscles

Run Like a Girl Mina Samuels, 2011 Large print

Life on the Run Tamara O. Christensen, 2016-09-03 One woman's journey of life lessons learned while running a marathon in all 50 states An inspirational story about learning how to dream big set goals work hard while facing discouragement failure and overcoming personal boundaries

A Woman's Guide to Running Annemarie Jutel, 1997 Setting up goals Starting to train Basic fitness regimen Training for racing A woman's body and the considerations it imposes on running Eating and running Injuries

Marathon Gail Campbell, 1977

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