THE BOSTON MARATHON AND LONG-DISTANCE RUNNING

The annual April running of the Boston Marathon along Commonwealth Avenue in Newton is a world premier sporting event with a very rich history.

The following books are available at the Newton Free Library. The Newton Free Library, as well as the Minuteman Library Network, has many other materials on the Boston Marathon and long-distance running. Readers can also go to the second-floor book area and examine other marathon running books in the 796.42 subject area. The listed Web sites can also be very useful and informative. Ask a librarian, if you need help.

Books About the Boston Marathon


Clerici, Paul C. *Boston Marathon History By the Mile.* 796.426 C59B 2014

Connelly, Michael. *26.2 Miles To Boston: A Journey Into the Heart Of The Boston Marathon.* 796.426 C76T 2014


Lewis, Frederick. *Young at Heart: The Story of Johnny Kelley, Boston's Marathon Man.* 796.42 LEWIS 2005

Quatrale, John A. *From Bay Path to Back Bay: A Guide to the Boston Marathon Course.* 796.425 QUATRALE 2001

San Martino, Nicholas, Jr. *Conquering The Beast: Thirty Years With the Boston Marathon.* 796.425 S22C 2014


Books (and a film) about Marathon Running

Alford, Vanessa. *Fit Not Healthy: How One Woman's Obsession To Be the Best Nearly Killed Her.* 796.425 A38F 2015


Brown, Richard L. *Fitness Running.* 796.42 BROWN 2003


Caesar, Ed. *Two Hours: The Quest To Run the Impossible Marathon.* 796.425 C11T 2015

Caron, Marnie. *Marathon and Half Marathon.* 796.425 C22M 2006

Clark, Nancy. Food Guide for Marathoners. 613.2 C54N 2007


Daniels, Jack. Daniels' Running Formula. 796.42 D22D 2005


Finn, Adharanand. Running With the Kenyans: Passion, Adventure, and the Secrets of the Fastest People On Earth. 796.424 F49R 2012


Foreman, Tom. My Year of Running Dangerously: A Dad, a Daughter, and a Ridiculous Plan. 796.42 F76M 2015

Fraioli, Mario. The Official Rock'n'roll Guide To Marathon & Half-Marathon Training: Tips, Tools and Training To Get You From Sign-Up To Finish Line. 796.425 F84O 2013

Gething, David. Relentless: Seven Marathons, Seven Continents, Seven Days. 796.42 G33R 2016

Greene, Laurence S. Training for Young Distance Runners. 796.424 GREENE 2004


Horowitz, Jeffrey. My First 100 Marathons: 2,620 Miles with an Obsessive Runner. 796.425 H78M 2008

Karnazes, Dean. Ultramarathon Man: Confessions of an All-Night Runner. 796.42 KARNAZES 2005 or CD 796.42 KARNAZES

Karp, Jason. The Inner Runner: Running To a More Successful, Creative, and Confident You. 796.42 K14I 2016

Kuehls, Dave. 4 Months to a 4-Hour Marathon. 796.425 K95F 2006


McGillivray, David J. The Last Pick: The Boston Marathon Race Director's Road to Success. 796.425 M17L 2006

Menzies-Pike, Catriona. The Long Run: A Memoir of Loss and Life In Motion. 796.42 M52L 2016

Nall, Sam. It's Only a Mountain: Dick and Rick Hoyt, Men of Iron. 796.045 NALL 2002
Parnell, Martin. **Running To the Edge.** 796.42 P24R 2016
Puntillo, Kimi. **Great Races, Incredible Places: 100+ Fantastic Runs Around the World.** 796.42 P96G 2009
Samuelson, Joan Benoit. **Running Tide.** 796.426 B44R 1987
Sandrock, Michael. **Running Tough.** 796.425 SANDROCK 2001
Shorter, Frank. **My Marathon: Reflections On a Gold Medal Life.** 796.42 S55M 2016
Stewart, Jean (Director). **The Long Run** (A highly-praised marathon-based feature film) (DVD videorecording). DVD FIC Long
Switzer, Kathrine. **Marathon Woman: Running the Race to Revolutionize Women's Sports.** 796.425 S97M 2007
Toor, Rachel. **Personal Record: A Love Affair with Running.** 796.423 T61P 2008
Waitz, Grete. **Run Your First Marathon: Everything You Need To Know To Reach the Finish Line.** 796.425 W14R 2016

**INTERNET RESOURCES**
- [www.boston.com/sports/marathon/](http://www.boston.com/sports/marathon/) Consult this Web site just before and after the annual race for Boston Marathon coverage including results, interactive course map, marathon news, and history of the race.
- [www.halhigdon.com/training/51135/Marathon-Training-Guide](http://www.halhigdon.com/training/51135/Marathon-Training-Guide) A series of training programs that guarantee marathon success for novice, advanced, to senior marathon runners.

February 11, 2018 EJW