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Running is the
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running but
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learning the
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technique,
runners can
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**e feet, knees,
and legs and
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running form
that reduces
impact and
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teaches
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**injuries as
symptoms of
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form. Abshire
specifies the
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Runners will learn how to analyze and identify their own characteristics so they can start down the path to

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running.**

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explains the
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technique,
describing the
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positioning
that mimic the
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strike.**

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newest way to
run and also
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how they were
meant to run,
runners will
become more
efficient,
stronger, and
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runners.**

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**The Buzz on
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Human-Animal
Relationships
in Equestrian
Sport and
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Decentralized
Management and
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Knowledge and
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Life as Sport

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Runner's World
Magazine

(December
2009) A

phenomenal
portrait of
courage and
desire that will
do for college
cross-country
what John
Feinstein's A

Season on the
Brink did for
college
basketball.

There are many
aspects of
sustainability
which might be
considered to
reflect

Brundtland's
three pillars of

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economic,
environmental
and social
sustainability.
Others of course
have different
definitions
which include
such things as
governance or
supply chain
management.

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addresses this
debate.

Regular physical
activity is an
important key to
a healthy, happy
lifestyle. The
many benefits of
daily physical
activity include
more energy;

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less stress;
better sleep;
reduced risk of
chronic diseases
such as heart
disease and
diabetes;
stronger bones,
joints, and
muscles; and an
overall healthier
and longer

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independent
life. If you're
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active, fit, and
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provides all the
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to get moving

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and make
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part of your
everyday life.

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lifestyles
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people
everywhere, it
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research
showing the
need to be
physically active
and
demonstrates
the proven
effectiveness of
this program.
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accessible, this
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simple and
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to fit physical
activity into
your life,
concentrating
on activities you

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activities, you'll also learn how everyday activities, like housecleaning and gardening, can count toward your weekly physical activity goals.

Develop

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confidence by
gaining problem-
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people just like
you who have
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success in
becoming active
every day.

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research in areas
such as ontology
design for
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integration,
metadata
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management, and
representation and
management of
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decision support on

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marathon running
with explanations of
the physiological
and psychological
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marathon training
with the associated
adaptations and
subsequent
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the fields of
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psychology, nutrition
in marathon
running.

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Living, in this
anniversary edition
we wish to
showcase a

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in Active Living provides a multidisciplinary platform to examine sports, physical activity, exercise training and active living from all perspectives and, as a journal, we would like to thank all our editors and authors for their

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very latest scientific
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football and Gaelic
football), and the
rugby codes (union

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biomechanics injury
and rehabilitation
youth football
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all sport scientists,
trainers, coaches,
physical therapists,
physicians,

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psychologists,
educational officers
and professionals
working across the
football codes. The
papers contained
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were first presented at
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Japan. The meeting

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was held under the
auspices of the
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optimize your healthy
lifestyle with this
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from certified kitchen designer and wellness design consultant

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of folks these days,

you're committed to

maintaining a healthy

lifestyle. You watch

your diet, stay active,

meditate, and

surround yourself with

positive people. So

why should your

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hinder—your active
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will help you keep
your fitness goals and
stay on track for a

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long and healthy life.
Inspiration and
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book, popular runner
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Brooks lays out the
path to finding greater
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for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book.

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While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like

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understanding the
discomfort vs. pain,
the mental side of
running, and
movements to treat the
most common injuries
with more playful
elements such as
"Favorite hilarious
marathon signs" and
"Weird Thoughts We
all Have at the Start
Line," Brooks is the

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everyone who wants
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Human Health : 17-21
September, 2003,

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Steve Prefontaine
finally lost.

Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential, accomplished

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runners of our time. More than 20 years later, Pre continues to influence the running world. From his humble origins in Coos Bay, Oregon, Pre became the first person to win four NCAA titles in one event. Year after

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year, he was
virtually

unbeatable.

Instead of

becoming one of
the new breed of
professional track
athletes, Pre

chose to stay

amateur and fight

for the adequate

funding he felt

American

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amateur athletes deserved. A man of incredible desire and energy, Pre trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, "He ran every race as if it

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were his last." But
Pre not only
touched runners;
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lifestyle made
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in it was
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but brilliant
life—documented
by author Tom
Jordan—is the
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American hero.
This is his story.
"Some people
create with words
or with music or
with a brush and
paints. I like to
make something

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beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative." —Steve

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e-book edition

does not include
photos

This book will be
of significant

interest to

researchers in

nutrition,

medicine and

food science, and

to health

agencies and the

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These proceedings cover such topics as: cardiovascular and respiratory systems; imaging and image processing; micro and nanotechnologies in medicine and

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Inclusion
Children and
Exercise XXVIII
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of the 28th
Pediatric Work
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“Olmsted opens a
window into a
psychologically
compelling world of
passion and
purpose.” —Harvey
Araton, author of
Our Last Season: A
Writer, a Fan, a

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Friendship Larry
Olmsted's writing
and research have
been called "eye-
opening" (People),
"impressive"
(Publishers Weekly,
starred review), and
"enlightening"
(Kirkus Reviews).
Now, the New York
Times and
Washington Post
bestselling author

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turns his expertise to a subject that has never been fully explored, delivering a highly entertaining game changer that uses brand-new research to show us why being a sports fan is good for us individually and is a force for positive change in society. Fans is a passionate

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reminder of how games, teams, and the communities dedicated to them are vital to our lives. Citing fascinating new studies on sports fandom, Larry Olmsted makes the case that the more you identify with a sports team, the better your social,

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psychological, and physical health is; the more meaningful your relationships are; and the more connected and happier you are.

Fans maintain better cognitive processing as their gray matter ages; they have better language skills; and college students

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who follow sports have higher GPAs, better graduation rates, and higher incomes after graduating. And there's more: On a societal level, sports help us heal after tragedies, providing community and hope when we need it most. Fans is the perfect gift for

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anyone who loves sports or anyone who loves someone who loves sports.

First published in 1988, this book contains edited and revised papers presented at the first World Congress of Science and Football. Held under the auspices of the International

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Council of Sport,
Science, and
Physical Education,
the Congress was a
unique gathering of
international
scientists
researching into
football and
practitioners
professionally
involved in the many
football codes.

American football,

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soccer, rugby league, rugby union, Australian rules, Gaelic football and national variations of these games are all covered in depth, in both amateur and professional systems. Nutrition, biomechanics, equipment, physiology, sociology,

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psychology,
coaching,
management,
training, tactics,
strategy are among
the main subject
areas the
contributors cover.
With over 22
countries
represented and
with players,
managers and
coaches involved as

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well as academics
the book represents
a truly international,
comprehensive and
practical picture of
contemporary
football.

This book contains
selected papers
from the 9th annual
conference of the
Hellenic Society of
Biochemistry and
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Exercise (2019).
Exercise

biochemistry and
exercise physiology
are two closely
related sport
sciences that
examine how
muscle activity
alters the way our
bodies (and those of
other animals)
function at the
levels of molecules,

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cells, organs, and whole body.

Included in the book is original research on biochemical and physiological adaptations of children, adolescents, and adults to exercise training; on the use of biochemical and physiological tests to assess sport

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performance; and
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on how exercise can
fight disease.

The Glycaemic
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Science and
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showcases the
very latest scientific
research into the
variety of sports

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known as football.

These include the
games of

association

football, the rugby

codes (union and

league), and the

national codes

(American,

Australian and

Gaelic). The book

aims to bridge the

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gap between
theory and practice
in football studies,
and presents
important new work
in key areas such
as: Biomechanics
Sports medicine
Paediatric exercise
science Match
analysis
Environmental

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physiology
Physiology of
training Fitness
assessment
Psychology Social
sciences Sports
scientists, trainers,
coaches,
physiotherapists,
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psychologists,
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and professionals working in the range of football codes will find this in-depth, comprehensive text an essential and up-to-date resource of scientific information for their respective fields.

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contained within
this volume were
first presented at
The Sixth World
Congress on
Science and
Football, held in
January 2007 in
Antalya, Turkey.
The meeting was
held under the
auspices of the

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International
Steering Group on
Science and
Football, a
representative
member of the
World Commission
of Science and
Sports. Thomas
Reilly is Director of
the Research
Institute for Sport

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and Exercise
Sciences at

Liverpool John
Moore's University.
He is President of
the World
Commission of
Science and
Sports and Chair of
the International
Steering Group on
Science and

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Football. Feza
Korkusuz is

Director of the
Medical Centre and
Chair of the
Department of
Physical Education
and Sports at
Middle East
Technical
University, Ankara,
Turkey. He is

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corresponding
editor for Clinical
Orthopaedics and
Related Research
and is on the
International
Education Board of
Technology and
Health Care
Journal.

The use of
antioxidants in

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sports is controversial due to existing evidence that they both support and hinder athletic performance.

Antioxidants in Sport Nutrition covers antioxidant use in the athlete's basic nutrition and

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discusses the controversies surrounding the usefulness of antioxidant supplementation. The book also stresses how antioxidants may affect immunity, health, and exercise

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performance. The book contains scientifically based chapters explaining the basic mechanisms of exercise-induced oxidative damage. Also covered are methodological approaches to assess the

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effectiveness of
antioxidant
treatment.

Biomarkers are
discussed as a
method to estimate
the bioefficacy of di
etary/supplemental
antioxidants in
sports. This book is
useful for sport
nutrition scientists,

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physicians,
exercise

physiologists,
product

developers, sport
practitioners,

coaches, top
athletes, and

recreational

athletes. In it, they
will find objective
information and

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practical guidance. Nearly 10 years after its first publication, Aurum are re-issuing this classic running book which has defined a genre. It includes an introduction from bestselling author Robert Macfarlane

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and an epilogue
from Richard
Askwith. The
concept of fell-
running is simple:
it's a sport that
involves running
over mountains –
sometimes one,
sometimes many.
It's also immensely
demanding. While

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running uphill is a stamina-sapping slog, running pell-mell down the other side requires the agility – and even recklessness – of a mountain goat. And there's the weather to contend with. It may make the sports pages only

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rarely, but in areas like the Lake District and Snowdonia fell-running is the basis of a whole culture – indeed, race organisers sometimes have to turn competitors away so that fragile mountain uplands

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are not irrevocably damaged by too many thundering feet. Fixtures like the annual Ben Nevis and Snowdon races attract runners from all over Britain, and beyond. Others, such as the

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Wasdale and
Ennerdale fell runs
in the Lakeland
valleys – gruelling
marathons of more
than 20 miles –
remain truly local
events for which
the whole
community turns
out, with many of
the runners back

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on the same fells
the next day

tending sheep.

Now, Richard

Askwith explores

the world of fell-

running in the only

legitimate way: by

donning his Ron

Hill vest and

studded shoes to

spend a season

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running as many of the great fell races as he can, from Borrowdale to Ben Nevis: an arduous schedule that tests the very limits of one's stamina and courage. Over the months he also meets the greats of fell-running – like

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the remarkable
Joss Naylor, who
to celebrate his
fiftieth birthday ran
all 214 major
Lakeland fells in a
single week; Billy
Bland, the
combative
Borrowdale man
whose astounding
records still stand

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for many of the top
races; and Bill

Teasdale, a hero of
the sport's earlier,
professional days,
whom he tracks
down to his tiny
cottage in the
northern Lakes.

And ultimately
Askwith's

obsession drives

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him to attempt the ultimate challenge: the Bob Graham Round – a non-stop circuit of 42 of the Lake District's highest peaks to be completed within 24 hours. This is a portrait of one of the few sports to have remained

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utterly true to its roots – in which the point is not fame or fortune but to run the ancient, wild landscape, and to be a hero, if at all, within one's own valley. Feet in the Clouds is a chronicle of a masochistic but

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admirable sporting
obsession, an
insight into one of
the oldest extreme
sports, and a lyrical
tribute to Britain's
mountains and the
men and women
who live among
them.

Feet in the Clouds
Business Review

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Weekly
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Training Intensity,
Volume and
Recovery
Distribution Among
Elite and
Recreational
Endurance Athletes
Exercise in
Pediatric Medicine
Supplement
The Proceedings of

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the Sixth World
Congress on
Science and
Football
Exploration of the
Physiological
Effects of Exercise
in Cardiovascular
Diseases

**Why do sports
captivate people?
They allow us to**

**watch human
beings achieve
peak performance,
but, beyond
physical strength
and skill, what's
really impressive
is an athlete's
mental prowess --
their will to
succeed,
engagement with
their environment,**

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and self-confidence. In Life as Sport, sport psychologist Dr. Jonathan Fader shares the skills that he teaches professional athletes--to enhance motivation, set productive goals, sharpen routines,

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**manage stress,
and clarify thought
processes--and
applies them to
real-world
situations. Dr.
Fader's book is
the product of
thousands of
hours of
conversations with
athletes from
various teams and**

sports: power forwards, tennis phenoms, power-hitting outfielders, and battle-scarred linebackers, as well as hedge-fund managers, entrepreneurs, A-list actors, and dozens of other elite achievers in sports, business,

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and performing arts. It offers a compendium of stories, theories, and techniques that have been helpful to players, coaches, and executives in professional sports. What emerges is more than just a set of

**techniques, but a
life philosophy
that anyone can
live by: an internal
code to help
translate our talent
and drive toward
the highest
plateaus of
performance. Dr.
Fader designs his
strategies to be
studied, learned,**

practiced, and improved. He offers his readers the same exercises that he uses in every session with a professional athlete. These exercises help you to get truly engaged, whether you are designing

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**a new business
plan, working to
inspire a team or
individual, or even
falling in love. This
is what it means to
truly live life as
sport--to approach
it with the same
immediacy,
wonder, and
engagement that
athletes feel at**

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**their peak during a
game. Life as
Sport helps you to
pursue your own
goals with an
enriched intensity
-- not only
because it creates
new potential, but
also because it
helps you unlock
what was always
there to begin**

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with.

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Achieve a

personal best at

any distance Are

you looking for

better race times,

whether you run

5Ks or marathons?

Searching for that

ultimate,

exhilarating

moment when

you're running

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**faster than ever
before? Or do you
just want to have
more fun when
you run? You can
run faster, and this
book will show
you how. Run Fast
is a
comprehensive
guide for runners
of all abilities to
improve your**

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**speed and achieve
a personal best at
any distance. Hal
Higdon is one of
the most
experienced and
trusted experts in
running, and this
classic volume is
completely revised
and updated with
new workouts,
race distances,**

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**and advice for
runners of every
level. Run
Fastspells out a
complete program
to help you
increase your
speed, build your
endurance,
improve your
times, and
motivate yourself
to achieve your**

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running goals.

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New training plans

for novice runners

make getting

started easy. More

experienced

runners will

discover

refreshing

workouts that both

improve their

speed and make

training fun. And, if

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you've taken an exercise break, you'll see how to get back in shape while staying injury free. Packed with stories and tips from coaches, record-holders, and average runners alike, Run Fast is brimming with inspiration.

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**Experience the
thrill of better race
times, the
satisfaction of
running strong,
and the sheer joy
that comes from
running faster
than ever before.
Provides exercise
tips and fitness
facts for
individuals of all**

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**fitness levels,
combined with
inspirational
advice and
anecdotes from
fitness gurus.**

**The Everyday
Runner's Guide to
Avoiding Injury,
Ignoring the Clock,
and Loving the
Run**

Concentration

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Acta**

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Scandinavica**

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Home for Health,
Fitness, and**

Happiness

**Proceedings of the
first World**

Congress of

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**Science and
Football,
Liverpool, 13-17th
April 1987
Proceedings of the
AHFE 2018
International
Conference on
Design for
Inclusion, July
21-25, 2018, Loews
Sapphire Falls
Resort at**

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**Universal Studios,
Orlando, Florida,
USA**

**A Progressive
Shuttle-Run Test
for the Prediction
of Maximum
Oxygen Uptake :
Compact Disc
Format**

*Imagine a world
where everyone
lives in harmony.*

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*A world where
square miles of
farmland are
given to settlers
in exchange for
them agreeing to
move there. A
world of freedom,
laws, and
opportunity. That
world is Canada,
then and now.
Unknown to the*

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*world and its
citizens, that
same government
waged a
genocidal war
against its
Indigenous
peoples—never
granting them
ownership of land
they freely gave
to European
settlers. A war*

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*that was fought in
residential
schools as they
stripped
Indigenous
peoples of their
language, culture,
and pride. So
successful was
this method that
Adolf Hitler used
it as the model
for his own*

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*concentration
camps in Nazi
Germany. This is
the story of a
young boy
growing up in
that world,
determined to be
a man in a
system that only
saw him as an
Indian. Migizi's
story. Based on*

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the truth.
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This book addresses a range of topics in design, such as universal design, design for all, digital inclusion, universal usability, and accessibility of technologies for people regardless

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*of their age,
financial
situation,
education,
geographic
location, culture
and language. It
especially focuses
on accessibility
for people with
auditory,
cognitive,
neurological, and*

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visual impairments, ageing populations, and mobility for those with special physical needs. The book explores some of the overlaps between inclusive design and web accessibility to

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*help managers,
designers,
developers, policy
makers, and
researchers
optimize their
efforts in these
areas. Based on
the AHFE 2018
International
Conference on
Design for
Inclusion, held on*

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*July 21-25, 2018,
in Orlando,*

*Florida, USA, it
discusses new
design*

*technologies and
highlights the
disparate needs
of the individuals
within a
community.*

*Thanks to its
multidisciplinary*

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approach, it is a valuable resource for readers from various backgrounds, providing them a timely, practice-oriented guide to design for inclusion.

Riding, training and caring for horses are

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visceral experiences that require the immersion of both body and mind. This book provides an in-depth understanding of human-horse relationships and interactions as embodied in

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equestrian sport and leisure. As a closely focused ethnographic study of the horse world, it explores the key themes of partnership and collaboration in human-horse communication, the formation of individual and

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*collective
identities
performed
through
involvement in
the horse world,
and human-horse
interaction as an
embodied way of
being. This book
argues that
encounters
between humans*

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*and horses can
reveal the ways
that human
society has been
and continues to
be structured
through
intersection with
nonhuman
others.*

*Equestrian sport
and leisure
provides an apt*

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*context for
considering how
such concepts of
interspecies
communication
and collaboration
are negotiated,
managed,
(mis)understood
and performed,
resulting in a
uniquely
embodied way of*

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*knowing and
being in the
world.*

*Human-Animal
Relationships in
Equestrian Sport
and Leisure is
fascinating
reading for
anyone interested
in equestrianism,
human-animal
studies, theories*

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*of embodiment,
the sociology of
sport, or sport
and social theory.*

*The Proceedings
of the Seventh
World Congress
on Science and
Football*

*Multistage Fitness
Test*

Revue

Canadienne de

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Appliquée*

*Run to the Finish
How Watching
Sports Makes Us
Happier,
Healthier, and
More*

*Understanding
Active Living
Every Day
Selected Papers
from the 9th*

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*Greek Conference
of Biochemistry
and Physiology of
Exercise*

Children and Exercise
XXVIII presents the
latest scientific research
into paediatric exercise
physiology,
endocrinology,
kinanthropometry,
growth and maturation,
and youth sport.

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Including contributions from a wide-range of leading international experts, the book is arranged into seven thematic sections addressing:

- Cardiovascular responses to exercise
- Genetics, metabolism and physical activity
- Limiting factors of muscle exercise
- Respiratory responses to

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exercise Epidemiology
in physical activity and
obesity Physical activity
and nutrition Metabolic
disorders and exercise
Offering critical reviews
of current topics and
reports of current and
on-going research in
paediatric health and
exercise science, this is a
key text for all
researchers, teachers,
health professionals and

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students with an interest in paediatric sport and exercise science, sports medicine and physical education.

Just like the industrial society of the last century depended on natural resources, today ' s society depends on information and its exchange. Staab and Stuckenschmidt structured the selected

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contributions into four parts: Part I, "Data Storage and Access", prepares the semantic foundation, i.e. data modelling and querying in a flexible and yet scalable manner. These foundations allow for dealing with the organization of information at the individual peers. Part II, "Querying the

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Network", considers the routing of queries, as well as continuous queries and personalized queries under the conditions of the permanently changing topological structure of a peer-to-peer network. Part III, "Semantic Integration", deals with the mapping of heterogeneous data representations. Finally

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Part IV, "Methodology and Systems", reports experiences from case studies and sample applications. The overall result is a state-of-the-art description of the potential of Semantic Web and peer-to-peer technologies for information sharing and knowledge management when applied jointly.

“ For as long as I can

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remember, life has been measured in seconds.

The fewer, the better. ”

Most people equate success with having more, but Sanya ’ s quest was always for less. She started running track as a little girl in Jamaica and began competing when she was only seven. At 31 she ’ s had a career ’ s worth of conditioning to

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run a 400-meter race in 50 seconds, hopefully 49, or even better, 48.

When she started training with her coach, Clyde Hart, they divided her race into four phases: push, pace, position, poise, and with the inherent prayer. For years Sanya worked to hone every phase in practice so that when it came time to race, her

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body would respond as her mind instinctively transitioned from one phase to the next. As she got older and embraced a life that measures more than just a number on the time clock, she has realized the genius of this strategy for not just racing the 400 meters, but for living her best life. Sanya shares

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triumphant as well as heartbreaking stories as she reveals her journey to becoming a world-class runner. From her childhood in Jamaica to Athens, Beijing and London Olympics, readers will find themselves inspired by the unique insights she ' s gained through her victories and losses, including her

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devastating injury
during the 2016

Olympic Trials forcing
career retirement just
weeks before Rio. Sanya
demonstrates how even
this devastating loss
brought her closer to the
ultimate goal of
becoming all God
created her to be.

” Sometimes you think
you are chasing a gold
medal, but that ’ s not

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what you are chasing.
You ' re racing to
become the best version
of yourself. ”