

Frank Shorter - The Man Who Invented Running: Running with the Legends

By Michael Sandrock

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After 10 years of running, thousands of miles of training, and 2 years of meticulous planning, it took Shorter just those 2 hours, 12 minutes, and 20 seconds to change running history by “inventing running,” a phrase Outside magazine coined in a cover story about Shorter. As the first long-distance running star for the baby-boom generation, Shorter was on many magazine covers after his Olympic win. For the first time, ABC-TV had televised the marathon nearly in its entirety, and Shorter’s victory, the first by an American since Johnny Hayes in 1908, caught the attention of the United States and the world. The thoughtful, aristocratic-looking Shorter became the spokesman for a nation awakening to the importance of exercise, leading millions of people into the promised land of fitness.

Mike Sandrock is an award-winning sport journalist with a quarter-century of running expertise. He is the author of several books including Running Tough and Running with the Legends. He currently covers running for the Daily Camera, and he maintains freelance status with numerous publications including Running Times, Runner's World, Marathon & Beyond, and Trail Runner. Mike is also the founder of One World Running (formerly Shoes for Africa) which is an international program promoting an awareness of health, fitness and nutrition by providing running shoes to those in need around the world. For more about Mike please visit: www.oneworldrunning.com

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Frank Shorter - The Man Who Invented Running: Running with the Legends By Michael Sandrock Bibliography

- Sales Rank: #1304215 in eBooks
- Published on: 2015-05-06
- Released on: 2015-05-06
- Format: Kindle eBook

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