



Timeless Running Wisdom

Richard Benyo

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You run because you like the way it makes you feel in its best moments. You run with a goal of success and satisfaction. Wouldn't you like to tap into those feelings more often?

In *Timeless Running Wisdom*, longtime runner and author Rich Benyo takes you on a journey spanning the trends of the sport and the approaches, concepts, and methods that have bred success and satisfaction across generations of runners. Discover how to embrace simplicity; change up routes, distances, and terrains; keep your running in proportion to the rest of your life; and create your own adventure runs. It's all here—practical, compelling, and fantastic.

On this quest of rediscovery, you'll be joined by an all-star array of world- and national-class runners with literally millions of miles of experience and wisdom, including:

- Kathrine Switzer
- Roger Robinson
- Joe Henderson
- Bill Rodgers
- Dean Karnazes
- Amby Burfoot
- Joan Benoit-Samuelson

Through their personal stories, insights, and advice, they illustrate the essence of running success and satisfaction and guide you to achieving your every running goal. With this unique perspective you'll find the tools and the maps to run longer, safer, and better.

The ultimate runner's toolbox, *Timeless Running Wisdom* is also your GPS to the world's oldest sport. Read this book and you will remember why you fell in love with running in the first place.

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