

contents

acknowledgments vi

introduction vii

spirit	1
Running	2
George Sheehan	
Runners	9
Roger Hart	
One Runner's Beginnings	14
Rachel Toor	
Seasons	17
Hal Higdon	
body	21
My Old Buick	22
Don Kardong	
Machine	29
Leslie Heywood	
White Men Can't Run	34
Amby Burfoot	
Evolution of Intelligent Running Ape People	43
Bernd Heinrich	
mind	57
I Don't Like to Run Long Distances	58
Pam Reed	
The Outer Limits/Running Into the Abyss	62
Steve Scott With Marc Bloom	
The Bridge	73
Frank Murphy	
mentor	85
Running for Their Lives	86
Gary Smith	
Lornah and Her Camp for Girls	100
Lori Shontz	
The Man	106
Kenny Moore	
Running With Ghosts	112
Mark Wukas	

race	117
Four-Minute Mile	118
Roger Bannister	
Get the Hell Out of My Race and Give Me Those Numbers!	125
Kathrine Switzer	
Me and Julio Down by the School Yard	143
Marc Bloom	
The Dream Mile	168
Marty Liquori and Skip Myslenski	
Duel in the Sun	178
John Brant	
Mary vs. the Soviets	191
Frank Murphy	
bonds	197
Chasing Justice	198
Kenny Moore	
The Brotherhood	209
Rich Elliott	
Someone to Run With	212
Sara Corbett	
Team Hoyt Starts Again	219
John Brant	
heart	231
The Battle of a Lifetime	232
Norman Harris	
Through the Tunnel	238
Joan Benoit Samuelson With Sally Baker	
But Only on Sunday: Ron Clarke	251
Kenny Moore	
One One-Hundredth of a Second	257
Marla Runyan With Sally Jenkins	
The American Dreamer	274
Dave Kuehls	
In Pre's Footsteps	283
Don Kardong	
Toughest Miler Ever	289
Woody Woodburn	

about the editor 295

biographical notes 296