

Annotated Table of Contents

Her Name, Followed by an Asterisk	Little Cora Beatty astounds the distance-running world with her record-setting performances. But her miraculous breakthrough hides a dark secret.
Walk-On	A college walk-on remembers his improbable and vexing friendship with his teammate, the legendary distance runner Steve Prefontaine.
Cross Country at the School for Troubled Teens	Can an unusual coach make winners out of losers? Can the sport of cross country rehabilitate damaged souls?
Play Nice	In the best shape of her life, the bitter, punked-out Daphne enters the big marathon with only one goal: To destroy her hated nemesis.
Adhesions	A runner in a nasty slump seeks the help of a mysterious doctor.
The Streak	Life frustrates the most committed routines. Therefore, Casey's beloved running streak—nearly six thousand days—is in jeopardy.
Alumni Race	An annual alumni race brings out old and new tensions among former teammates, as well as their children.
The Graph of a Boy	A colorful high school mentor shepherds a tentative young athlete through the tribulations of boyhood.
Chattering Monkey	In the moments before a big race, a miler faces his fiercest adversary.
Killer Workout: A Love Story	A rivalry over a girlfriend turns into an epic workout, with the fate of three friendships in the balance.
The Serengeti	It's all happening at the Y. The herd is restless, and the predator stalks the prey.
Wynn Olsen's Losing Season	Wynn Olsen's Saturday parties for his coaching staff are good-natured events—until the losing season, when things turn ugly.
The Fears Inventory	Will an unstable young man's methodical planning be enough to protect his girlfriend from a random world?
The Problem with Finn	Finn's code is formed by his college track experiences. Can his ethic survive the conflicting morality of the corporate office?
Running God	A coach's behavior raises questions: Is he merely hyper-demanding, or is he abusive? Where is the line? How will the Milford runners handle an impossible situation?
From the Diary of Kid Comet	Ten-year-old Nicki Sandoval's amazing race across America becomes a voyage of discovery.
1.2 Seconds	A former star miler gets a surprising gift and an unexpected reminder of a fateful season.