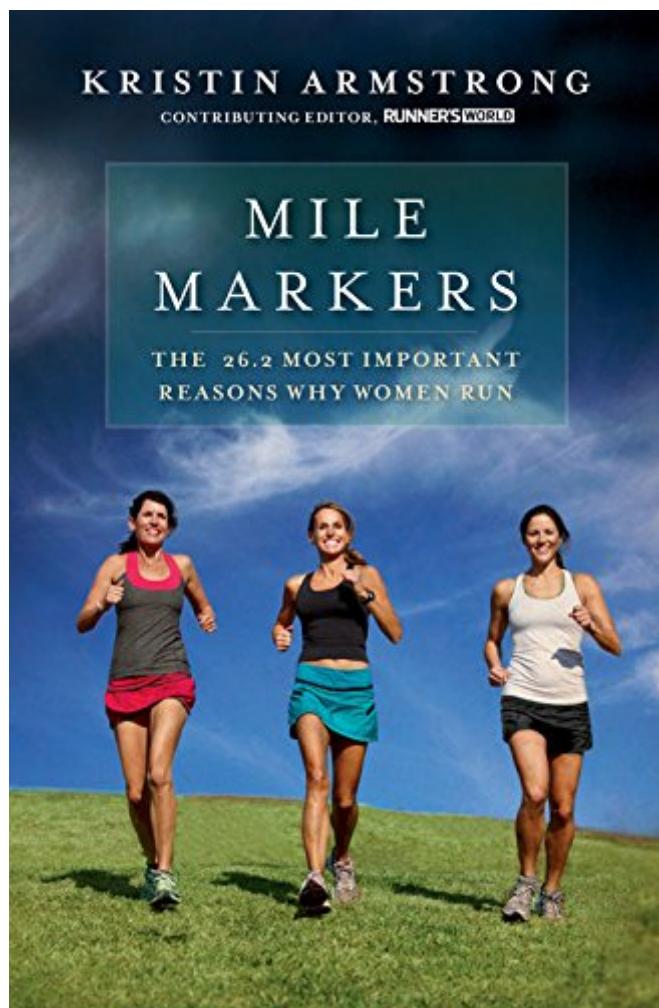


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# Mile Markers: The 26.2 Most Important Reasons Why Women Run



## **Synopsis**

In Mile Markers, Runner's World contributing editor Kristin Armstrong captures the ineffable and timeless beauty of running, the importance of nurturing relationships with those we love, and the significance of reflecting on our experiences. This collection considers the most important reasons women run, celebrating the inspiring passion runners have for their sport and illustrating how running fosters a vitally powerful community. With unique wit, refreshing candor, and disarming vulnerability, Armstrong shares her conviction that running is the perfect parallel for marking the milestones of life. From describing running a hardfought race with her tightly-knit group of sweat sisters, to watching her children participate in the sport for the very first time, Armstrong infuses her experiences with a perspective of hope that every moment is a chance to become a stronger, wiser, more peaceful woman. Running threads these touching stories together, and through each of them we are shown the universal undercurrents of inspiration, growth, grace, family, empowerment, and endurance.

## **Book Information**

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## **Customer Reviews**

I started running about 3 years ago and progressed into running by first 1/2 marathon last year for a total of 4 so far. I was never really sure why I actually started running but once I did - I was hooked! I am a wife and mother of 3 teenage boys and I discovered that running was the first thing I've done for just me since we started our family. I find myself relating to so many things that Kristin states in her book; running is spiritual, a stress reliever, exhausting, some runs are great others are just plain horrible, my day is better when I run, etc. I already know a handful of other runners that I want to share this book with in hopes that it speaks to them as much as it did to me!

Read it more than once! Not a big Lance Armstrong fan, but... the ex wife wrote this well... easy to read. Good tips, and down to earth storyline makes this more motivating. Add to that the reality factor, and its a plus. Then, remember she runs for a living, and has had a not so average life, and that puts things in a new perspective. Still though, I have many books about running, and distance running, and next to Galloway's, this one is one of my favorites. Highly recommend, even if you don't plan to run that far.

I have folded down the corner of so many pages in this book of passages that I want to read, re-read & read again. Kristin's book is a collection of simple, yet poignant (upon her own reflection), life moments strung together forming a collective resolute message of celebration of mind, body and spirit. I absolutely recommend this book.

Love this book and as a runner it a perfect. Kristin shares her views in running and some struggles she's has which are entirely relatable and don't make me feel like I'm a crazy runner anymore.

This is a great book, even for non-runners. Its a very moving book for all women.

This is a very inspirational book...it gives you new perspectives on running and life! You will not be disappointed with this book!

I loved so much about this book! I loved that it was a series of blog posts which meant if I couldn't read for a week or more I wouldn't feel lost in a story line. I also lived and related to so many topics, I feel like I highlighted 70% of the book! I look forward to re-reading it again in some time!

Grateful it was recommended - grateful I finished it - grateful to be a runner no matter the speed or

distance

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