

# FLRC Lending Library

Author	Title	Date	In Office	In Storage
Anderson, Bob	Stretching	1980	✓	
Anderson, Bob ed.	Guide to Distance Running	1971		✓
Anderson, Eric	Training Games, 2nd Ed.	1996		✓
Arnesen, Liv	No Horizon is So Far	2003		✓
Audian, Anne & Parker, John L. Jr	Uncommon Heart	2000	✓	
Austin, Michael ed.	Running & Philosophy: Marathon for the Mind	2007	✓	
Bandy, Susan ed.	Crossing Boundaries	1999		✓
Barnes, Mildred	Sports Activities for Girls and Women	1966		✓
Barron, Gayle	Beauty of Running, The	1980		✓
Batista, Garth ed.	Runner's Literary Companion, The	1994	✓	
Beah, Ishmael	A Long Way Gone	2007		✓
Benyo, Richard ed.	Boston Marathon & Beyond	2006	✓	
Benyo, Richard ed.	Marathon and Beyond: Vol. 1, Issue 1	1997		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 1, Issue 2	1997		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 1, Issue 3 (x2)	1997		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 1, Issue 4 (x2)	1997		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 1, Issue 5 (x2)	1997		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 1, Issue 6	1997		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 2, Issue 2	1998		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 2, Issue 4	1998		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 5, Issue 2	2001		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 5, Issue 4	2001		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 6, Issue 1	2002		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 6, Issue 5	2002		✓
Benyo, Richard ed.	Marathon and Beyond: Vol. 9, Issue 2	2005		✓
Benyo, Richard ed.	Masters of the Marathon, The	1983		✓
Bingham, John	Courage to Start, The	1999	✓	
Bloch, Gordon Bakoulis	How to Train for and Run Your Best Marathon	1993		✓
Boeder, Robert B.	Beyond the Marathon	1996	✓	
Bowerman, William	Jogging: A Medically Approved Physical Fitness Program (x2)	1967		✓
Brown, Daniel J.	Boys in The Boat, The	2013	✓	
Canfield, Jack et. al.	Chicken Soup for the Soul: Runners	2010	✓	
Canham, Don	Cross-Country Techniques Illustrated	1953		✓
Clark, Nancy	New York City Marathon Cookbook, The	1994		✓
Colfer, George	Handbook for Coaching Cross-Country and Running Events	1977		✓
Connolly, Pat	Coaching Evelyn: Fast, Faster Fastest...	1991		✓
Cooper, Kenneth	Aerobics Program for Total Well-Being	1982		✓
Cooper, Kenneth	New Aerobics, The	1970		✓
Daniels, Jack	Daniel's Running Formula	1998		✓
Daniels, Jack	Luck of the Draw	2014	✓	
Derderian, Tom	Boston Marathon: History	1994	✓	
Derderian, Tom	Boston Marathon: The First Century	1996		✓
Dreyer, Danny & Dreyer, Katherine	Chi Walking	2006		✓
Dreyer, Danny & Dreyer, Katherine	Chi Running	2006	✓	
Dreyer, Danny & Dreyer, Katherine	Chi Running Pain-Free	2010	✓	

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Dreyer, Danny & Dreyer, Katherine	Chi Walking	2006	✓	
Ellis, Joe	Running Injury Free	1994		✓
Eversfield, Shane	Zendurance	2003	✓	
Fitzgerald, Matt	Complete Triathlon Book	2003	✓	
Fitzgerald, Matt	Run: The Mind Body Method of Running by Feel	2010	✓	
Fixx, Jim	Jim Fixx's Second Book of Running	1980	✓	
Foreman, Ken	Fragile Champion, The	2005	✓	
Foreman, Ken	Track and Field Techniques for Girls and Women, 3rd Ed.	1977		✓
Freeman, Simon	Like the Wind		✓	
Fricker, Harald	America's Ultimate Challenge: Pikes Peak Marathon	2005	✓	
Friedman, Steve	Agony of Victory	2007	✓	
Gaasund, Michaela & Dexter, Renee	From Fairbanks to Boston	2005	✓	
Galloway, Jeff	Galloways Book on Running	1994	✓	
Gambaccini, Peter	New York City Marathon: Twenty-Five Years	1994		✓
Gibble, Henly	Running Women: First Steps	1992		✓
Giller, Norman	Golden Milers, The	1982		✓
Giller, Norman	Marathon: The Runners and the Race	1983		✓
Glover, Bob	Competive Runner's Handbook	1983		✓
Goldman, Jami & Cagan, Andrea	Jami Goldman Story: Up and Running	2001	✓	
Graham, Janis	Athletic Women's Sourcebook, The	1999		✓
Henderson, Joe	Joe Henderson's Running Handbook	1985		✓
Henderson, Joe	Run Farther Faster	1984		✓
Higdon, Hal	Boston: A Century of Running	1995	✓	
Higdon, Hal	Fitness After Forty	1977		✓
Higdon, Hal	Marathoners, The	1980		✓
Higdon, Hal	On the Run From Dogs and People	1971		✓
Hoese, Ray	My Dad Is An Ironman	2004	✓	
Hoffman, Bob	Running For Your Life	1967		✓
Hutchinson, Alex	Endure	2018	✓	
Jacobs, Linda	Mary Decker: Speed Records and Spaghetti	1975		✓
Jarver, Jess	The Throws: Contemporary Theory, Technique & Training	1994		✓
Jenkins, Sally	Lance Armstrong: Every Second Counts	2003		✓
Jenkins, Sally	Lance Armstrong: Record Breaking Six-Time Winner...	2000		✓
Johnson, Michael	Slaying the Dragon	1996		✓
Jones, Marion	Marion Jones: Life in the Fast Lane	2004		✓
Jordan, Tom	Pre!	1977	✓	
Julien, Perry	Sure Footing: A Sport's Podiatrist's Perspective...	1993		✓
Kardong, Don	Children's Running: A Guide for Parents and Kids	1989		✓
Kardong, Don	Why Run?: Running for Health, Fun and Fitness	1996		✓
Karnazes, Dean	50/50: Secrets I Learned Running 50 Marathons...	2008	✓	
Karnazes, Dean	Ultra Marathon Man	2005	✓	
Kauz, Herman	Tai Chi Handbook	1974	✓	
Kostrubala, Thaddeus	Joy of Running, The (x2)	1976		✓
Krull, Kathleen	Wilma Unlitmited	1996	✓	
Larson, Peter & Katovsky, Bill	Tread Lightly	2012	✓	
Lawrence, Allan	Self Coached Runner II: Cross Country & Shorter Distances	1987		✓
Lear, Chris	Running with the Buffaloes	2003	✓	

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Lebow, Fred & Woodley, Richard	Inside the World of Big-Time Marathoning	1984	✓	
Leibovitz, Annie	Olympic Portraits	1996	✓	
Lentz, Arthur ed.	1960 United States Olympic Book	1961	✓	
Lin, Jennifer	Sole Sisters: Stories of Women and Running	2006		✓
Lowe, Janet	Oprah Winfrey Speaks	1998		✓
Lydiard, Arthur & Gilmour, Garth	Running the Lydiard Way	1978	✓	
Lyons, Charles ed.	Quotable Marathoner, The	2001	✓	
Mansfield, Dick	Runner's Guide to Cross Country Skiing	1990	✓	
Martens, Rainer	Coaching Young Athletes	1981		✓
McKay, Robert	Girl Who Wanted to Tun the Boston Marathon, The	1979		✓
Milvy, Paul	Long Distance Runner: A Definitive Study	1977		✓
Moore, Tim	French Revolutions	2001	✓	
NA	1999 Boston Marathon: Media Guide	1999		✓
NA	Hartshorne Memorial Masters Mile: 20th Anniversary	2000		✓
Nall, Sam	It's Only a Mountain: Dick & Rick Hoyte, Men of Iron	2002	✓	
Nelson, Kevin	Runner's Book of Daily Inspiration	1953	✓	
Nielsen, Jerri	Ice Bound: A Doctor's Incredible Battle...	2001		✓
Orezeck, Richard	Sometimes it Makes You Wonder	2003	✓	
Osler, Tom	Ultra-Marathoning: The Next Challenge	1979		✓
Parker, John L. Jr.	Again to Carthage	2007	✓	
Parker, John L. Jr.	Runners & Other Dreamers	1989	✓	
Parker, John L. Jr.	Once A Runner (x2)	1990	✓	
Pfitzinger, Pete	Road Racing for Serious Runners: Multispeed Training	1999		✓
Pont, Sally	Finding Their Stride	1999	✓	
Prokop, Dave	African Running Revolution, The	1975		✓
Radcliffe, Paula	Paula: My Story So Far	2004	✓	
Radner, Gilda	It's Always Something	1989		✓
Reed, Pam	Extra Mile, The	2006	✓	
Robillard, Jason	Barefoot Running Book	2011	✓	
Robinson, Roger	Running in Literature: Guide for Scholars, Readers ect.	2003		✓
Rodgers, Bill	Marathoning	1980	✓	
Runner's World Magazine	Running with Syle	1975	✓	
Runyan, Marla	No Finish Line: My Life As I see It	2001	✓	
Ryun, Jim & Phillips, Mike	In Quest of Gold: The Jim Ryun Story	1984	✓	
Samuelson, Joan & Averbuck, Gloria	Joan Samuelson's Running for Women	1995	✓	
Sandrock, Michael	Running with the Legends	1996	✓	
Saxton, Ken Bob & Wallack, Roy M.	Barefoot Running Step By Step	2011	✓	
Scott, Jim	Pikes Peak Country	1994		✓
Steffny, Manfred	Marathoning	1979		✓
Steger, Bob	Training for Ultra	2019	✓	
Stillitoe, Alan	Loneliness of the Long-Distance Runner	1959	✓	
Stuart, Robin	Mountain Biking for Women	1994		✓
Sullivan, George	Superstar's of Womens Track (x2)	1981		✓
Switzer, Katherine	Running and Walking for Women Over 40	1998	✓	
Switzer, Katherine & Robinson, Roger	26.2 Marathon Stories	2006	✓	
Toor, Rachel	Personal Record: Alove Affair with Running	2008	✓	
Town, Glenn & Kearney, Todd	Swim, Bike, Run	1994	✓	

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Traum, Dick & Celizic, Mike	A Victory for Humanity	1993	✓	
Triumph Books	Boston Marathon: 100 Years of Blood, Sweat and Tears	1996		✓
Ullyot, Joan	Women's Running (x2)	1976		✓
Valerio, Mirna	A Beautiful Work in Progress	2017	✓	
Various	Boom!: Forty Years of Running with the RRCA	1998		✓
Various	Games of the XXIII Olympiad Los Angeles 1984	1984		✓
Waitz, Grete & Averbuck, Gloria	On The Run	1997	✓	
Webb, Margaret	Older, Faster, Stronger	2014	✓	
Wilkinson, Bud	U.S. Official Physical Fitness Program			✓
Will-Weber, Mark ed.	Quotable Runner, The	1995	✓	
Will-Weber, Mark ed.	Quotable Runner: Revised and Updated	2001		✓
Wolff, Paul	Sport Shots	1937	✓	
Ziegel, Vic	Non-Runner's Book, The	1978		✓