



# Run Like A Mother

**Dimity McDowell, Sarah Bowen Shea**



## **Run Like A Mother :**

**Run Like a Mother** Dimity McDowell, Sarah Bowen Shea, 2010-09-14 Two elite runners share inspirational advice and practical strategies to help multitasking women make running part of their busy lives Dimity McDowell and Sarah Bowen Shea understand how the forces of everyday life both external and internal can keep a wife mother or working woman from lacing up her shoes and going for a run As multihyphenates themselves they have faced the same challenges In *Run Like a Mother* they share their running expertise and real world experience in ensuring that running is part of their lives More than a simple running guide *Run Like a Mother* is like a friendly conversation aimed at strengthening a woman's inner athlete Real achievement is a healthy mix of inspiration and perspiration which is why the authors have grounded *Run Like a Mother* in a host of practical tips on shoes training racing nutrition and injuries all designed to help women balance running with their professional and personal lives

**See Mom Run** Megan Searfoss, 2014-12-18 5K training plans tailored just for busy moms Whether you're looking for a convenient way to lose lingering baby weight or just want to get in shape to keep up with your kids *See Mom Run* will help you achieve all of your fitness goals Running strengthens your physical body and empowers the mind a one two punch to get you through the overloaded days of motherhood *Run Like a Mother* 5K founder and busy mother of three Megan Searfoss shows you how to take those first steps toward the healthy habit of running with the goal of completing a 5K race She teaches you running basics plus how to eat healthy strength train and choose your gear all in a time saving cost effective way She will help you assess your fitness level and choose a realistic week by week training plan that you can squeeze in before daycare or school during lunch dates or after dinner when the rest of the family is settled in for the night As your fitness progresses her programs safely challenge you to move from walking to intervals of walking and running to running continuously At any speed *See Mom Run* will help you cross the finish line and continue running for life

*Train Like a Mother* Dimity McDowell, Sarah Bowen Shea, 2012-03-20 The authors of *Run Like a Mother* share a comprehensive guide to race training for busy runners of all experience levels In *Train Like a Mother* elite runners Dimity McDowell and Sarah Bowen Shea offer inspiration and practical advice on how to run a race from training plan to finish line Covering four race distances 5K 10K half marathon and marathon they discuss pre and post race nutrition strength training injury prevention and rehab the importance of recovery and everything busy women need to know to add racing to their multitasking schedules It is all presented with the same wit empathy and tone the avid fans connect and identify with

*Train Like a Mother* Sarah Bowen Shea, Dimity McDowell, 2012-03-20 This follow up to the authors *Run Like a Mother* *Train Like a Mother* comprehensively covers how to train for a race including training plans for four race distances 5K 10K half marathon and marathon for both beginner and more experienced runners the importance of recovery pre and post race nutrition strength training and more

[Run Like a Girl](#) Mina Samuels, 2011-03-01 *Run Like A Girl* is about the impact that participating in sports has on women how the confidence and strength that it helps to build makes us stronger and better

prepared for life's many challenges. In this inspiring book, Mina Samuels uses the personal stories of women and girls of all ages and backgrounds as well as her own to take a broad look at the power sports have to help us overcome obstacles in all arenas of life. *Run Like A Girl* includes the stories of a US ranked amateur triathlete who's raising an autistic son, a thirteen-year-old girl who falls in love with cross-country running, a woman who runs her first marathon at age sixty, an investment banker who quit her job to become a yoga teacher and adopt a daughter on her own, a young mother with scoliosis who cycled her way back to health and became a jewelry designer along the way, and countless other women including Kathrine Switzer, Rebecca Rusch, and Molly Barker who have been changed by their experiences with sports. *Run Like A Girl* argues that physical strength lends itself to psychological strength and that for many women, participating in sports translates into leading a happier, more fulfilling life.

*Real Women Run* Sandra Faulkner, 2018-01-17 *Real Women Run* is an innovative feminist ethnography that consists of a series of linked essays and presentations about women who run at the intersections of queer, feminist, and running identities. Faulkner uses feminist grounded theory, poetic inquiry, and qualitative content analysis to examine women's embodied stories of running, how they run, how running fits into the context of their lives and relationships, how they enact or challenge cultural scripts of women's activities and normative running bodies, and what running means for their lives and identities. During a two and a half-year ethnography with women who run, Faulkner engaged in an intersectional qualitative content analysis of websites and blogs targeted to women runners, a grounded theory poetic analysis of 41 interviews with women who run, and participant observation at road races. *Real Women Run* speaks to the call for a more physical feminism. This ethnography sees women's physical and mental strength developed through running as a way to embrace the contradictions between a deconstructed focus on the mind/body split and the focus on individuals' actual material bodies and their everyday interactions with their bodies and through their bodies with the world around them.

*Tales from Another Mother Runner* Dimity McDowell, Sarah Bowen Shea, 2015-03-03 Every mother runner has a tale to tell. A story about how she realized fifteen years after being told that she's best being a bookworm that there is an athlete inside her. Or the one about how she, fifty pounds overweight and depressed, finally found the courage and time to lace up her running shoes. Or maybe it's about setting a seemingly impossible goal, going under two hours in the half-marathon, and then methodically running that goal down and tearing up across the finish line. Or it might be an account of friendship: she was new to town, was having a hard time making friends, was asked to join a group run, and now she's got four BRFs, best running friends who are her allies, her cheerleaders, her reality checks. Maybe it's just a simple story of the beauty of starting the day off with an endorphin rush. Or, sadly, it could be about how, through the guidance of a thoughtful running friend, she found the space and rhythm to process being raped and regained her strength and sense of self through every footstep. In *Mother Runners*, elite runners Dimity McDowell and Sarah Bowen Shea share not only their own stories of personal triumph on the pavement but also the inspiring stories of many members of the vibrant mother runner community.

they've built on their popular site Run Like a Mother While the common theme is running the variations that happen through the miles are as endless as the miles themselves losing weight gaining confidence finding yourself connecting with friends expecting more setting goals dealing with disappointment figuring out how to train efficiently clearing your head reconnecting with your memories building a better you Whether you've run more marathons than you can remember or you're just getting started you'll find the inspiration you need to get out there keep pushing and run like a mother

**Chicken Soup for the Soul: Running for Good** Amy Newmark, Dean Karnazes, 2019-06-04 Whether you want to get moving or keep moving you need inspiration Novice walkers and seasoned runners alike will find that inspiration and so much more in these stories written by those who know that the toughest step to take in any walk or run is the first Beginning an athletic pursuit like running or walking for fitness takes a good deal of motivation determination and inspiration all of which can be found in these 101 real life stories Written by people who took that all important and elusive first step these stories will not only help readers get off the couch and get moving but they'll inspire even the most seasoned of athletes to keep moving Coauthored by the famous ultramarathoner Dean Karnazes who brings his own advice to readers as well as stories from some of the best known runners in the world

**Women's Two Roles** Viola Klein, Alva Myrdal, 2013-10-28 First published in 1998 This is Volume XV of fifteen in the Sociology of Gender and the Family Series Originally published in 1956 this study looks at the two roles of women of in the workplace and at home with the aim of looking at social reforms needed for the to reconcile family and a professional life in the period after World War II

Eat Like a Pig, Run Like a Horse Anastacia Marx de Salcedo, 2022-07-05 There is no magic pill There is no perfect diet Could it be that our underlying assumption that what we're eating is making us fat and sick is just plain wrong To address the rapid rise of lifestyle diseases like diabetes and heart disease scientists have conducted a whopping 500 000 studies of diet and another 300 000 of obesity Journalists have written close to 250 million news articles combined about these topics Yet nothing seems to halt the epidemic Anastacia Marx de Salcedo's Eat Like a Pig Run Like a Horse looks not just to data driven science but to animals and the natural world around us for a new approach What she finds will transform the national debate about the root causes of our most pervasive diseases and offer hope of dramatically reducing the number who suffer no matter what they eat It all began with her own medical miracle she has multiple sclerosis but has discovered that daily exercise was key to keeping it from progressing And now new research backs up her own experience This revelation prompted Marx de Salcedo to ask what would happen if people with lifestyle illnesses put physical activity front and center in their daily lives Eat Like a Pig Run Like a Horse takes us on a fascinating journey that weaves together true confessions mad-ish scientists and beguiling animal stories Marx de Salcedo shows that we need to move beyond our current diet focused model to a new dynamic concept of metabolism as regulated by exercise Suddenly the answer to good health is almost embarrassingly simple Don't worry about what you eat Worry about how much you move In a few years time adhering to a finicky Keto Paleo low carb or any other special diet to stay healthy

will be as antiquated as using Daffy's Elixir or Dr Bonker's Celebrated Egyptian Oil popular medicines from the 1800s to cure disease And just as the 19th century health revolution was based on a new understanding that the true cause of malaria tuberculosis and cholera was microorganisms so the coming 21st century one will be based on our new understanding that exercise is the only way to metabolic health Fascinating and brilliant Eat Like a Pig Run Like a Horse is primed to usher in that new era

**The Rámáyana of Tulsi Dás** Tulasīdāsa,1878 *Running Like a Girl* Alexandra Heminsley,2014-06-10 In her twenties Alexandra Heminsley spent more time drinking white wine than she did in pursuit of athletic excellence When she decided to take up running in her thirties she had high hopes for a blissful runner's high and immediate physical transformation After eating three slices of toast with honey and spending ninety minutes on iTunes creating the perfect playlist she hit the streets and failed miserably The stories of her first runs turn the common notion that we are all born to run on its head and exposes the truth about starting to run it can be brutal Running Like a Girl tells the story of getting beyond the brutal part how Alexandra makes running a part of her life and reaps the rewards not just the obvious things like weight loss health and glowing skin but self confidence and immeasurable daily pleasure along with a new closeness to her father a marathon runner and her brother with whom she ultimately runs her first marathon

**Run Like a Pro (Even If You're Slow)** Matt Fitzgerald,Ben Rosario,2022-03-01 Cutting edge advice on how to achieve your personal best for everyone from casual runners to ultramarathoners In 80/20 Running respected running and fitness expert Matt Fitzgerald introduced his revolutionary training program and explained why doing 80 percent of runs at a lower intensity and just 20 percent at a higher intensity is the best way for runners at all levels as well as cyclists triathletes and even weight loss seekers to improve their performance Now in this eye opening follow up Fitzgerald teams with Olympic coach Ben Rosario to expand and update the 80/20 program to include ultramarathon training and such popular developments as the use of power meters New research has bolstered the case that the 80/20 method is in fact that most effective way to train for distance running and other endurance sports Run Like a Pro Even If You're Slow shows readers how to take the best practices in elite running and adopt them within the limits of their own ability lifestyle and budget

[A Mother's Hope](#) Katie Flynn,2010-12-23 Along a blacked out wartime street a girl is scurrying a basket on one arm As the sirens begin and the bombs crash down she is filled with panic and with a heavy heart abandons her burden in a sheltered doorway meaning to return later Even as she disappears in the resulting chaos the bundle in the basket begins to wail Years later two young unfortunates meet on a miserable November day Martin has been desperately trying to hitch a lift along the lonely windswept road and when he sees a weeping girl in front of him he hurries to catch her up Rose and Martin become unlikely companions until they go their separate ways not expecting to meet again However fate decrees otherwise

*A Mother's Lie* Sarah Zettel,2020-04-07 A compulsive family drama about a mother's desperate search to reclaim her daughter from the horrors of her own past perfect for fans of Lisa Jewell's *Then She Was Gone* Beth Fraser finally has her life together She's

built a successful career in the tech sector has a bright fifteen year old daughter and she's completely erased all evidence of her troubled past At least that's what she thought Dana Fraser always wondered why she's the only kid with two backup phones emergency drills and a non negotiable check in time every single day When a stranger approaches her on the street claiming to be her grandmother Dana starts to question what else her mother has been hiding Soon Beth's worst nightmare is coming true Dana is in grave danger and unless Beth is willing to pull one last con job for her parents she may never see her daughter again

**A Mother's Ambition** Anand Prakash, Our decisions define us and our life is full of them In this short story Lata goes to a village fair with her husband Ramesh and has to decide whether to buy old cheap bangles or try some new and costly ones whether to drink juice or eat popular food items whether to buy cheapest vermilion available in the village fair or not and lastly whether to buy the toy car which his son Bannu has asked last year She has to take decision keeping in mind the debt of village's grocery shopkeeper Will she sacrifice happiness in order to achieve her ambition And most importantly is sacrifice worth the ambition I hope this story will throw light on tough decisions parents make for their children and how universal their sacrifices are

**In the Midst of This Mess: A Mother's Journal** Sharon K Miller, 2021-06-04 Hyperactivity attention deficit disorder dyslexia possible schizophrenia dyscalculia epilepsy infertility premenstrual syndrome rebellion depression and personality disorder welcome to the world of a family in chaos But in the midst of it all God was faithful merciful and always present The dream of a perfect family was not happening for this author The possibility of ever having a family seemed to be out of reach Adoption however granted a son then a daughter And soon after the daughter's adoption came a totally unexpected pregnancy a second son It finally looked as if that perfect family was a reality However each of these children had challenges that generated emotional and physical changes within the family Instead of perfection there was chaos Instead of stability there was insecurity And instead of calmness there was continual strife When a family needs to work through emotional and physical challenges permanent scars can be created along with feelings of frustration abandonment and rejection Today the children in this story are adults Some still work through those scars but most are emotionally stable and living productive lives In the Midst of This Mess A Mother's Journal was written to share God's truths and to encourage families who might also be in chaos Sometimes we just need to realize we are not alone Sometimes we just need encouragement Sometimes we just need to be reminded that God is in control no matter what

**Tough as a Mother** Jenn Hildreth, Aimee Leone, Julie Foudy, 2025-04-15 These are stories of moms not so glamorous moments that are so often untold yet need to be heard You will laugh you will relate and most importantly you will be reminded of the radness and madness that comes with being a mom Julie Foudy ESPN Analyst two time FIFA World Cup Champion and Olympic Champion Gold Medalist United States Soccer Player Strength and sacrifice Toughness and tenderness Olympic and award winning journalist producer and director Hannah Storm headline an All Star roster of tough mothers who share insight with readers through candid vulnerable conversations They come to you not as famous athletes TV

personalities or professional movers and shakers but simply as fellow working mothers who share with you their very personal stories and give you a glimpse of some of the real challenges they've faced in their quest to have it all. These rock star mothers will become your sisters in arms, kindred spirits who know what you're feeling as you try to find a place in the office to pump or step out of a meeting to take a call from a frenzied babysitter. By turns wry, self-deprecating, heartfelt and exuberant, this empowering anthology invites readers to destroy the myth of perfection, redefine the concept of balance and help all mothers feel strong and supported.

**In Arctic Seas** Robert Neff Keely, Gwilym George Davis, 1892      *Choice of Pursuits, Or, What to Do and why* Nelson Sizer, 1888

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