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*The Right Use of History* May 19 2021

**Advanced Marathonning** Oct 24 2021 Shave minutes off your time using the latest in science-based training for serious runners. Advanced Marathonning has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the marathon of your life. Including marathon-pace runs and tempo runs, Advanced Marathonning provides only the most effective methods of training. You'll learn how to complement your running workouts with strength, core, flexibility, and form training; implement cutting-edge nutrition and hydration strategies and recovery techniques; and taper properly to reach peak performance. With easy-to-understand day-by-day training schedules for 18- and 12-week preparation for weekly distances of 55, 55 to 70, 70 to 85, and 85-plus miles, Advanced Marathonning is simply the most comprehensive and efficient approach to marathonning. If you're ready to achieve your personal best, this book is for you.

**Easy Green Living** Feb 25 2022 We are what we eat, but we also are what we use to clean our homes, pamper our skin, and decorate our rooms, according to Rene'e Loux, accomplished raw food chef, award-winning author, and host of Fine Living TV's Easy Being Green. In her new book, Easy Green Living, she applies her whole-foods philosophy to home, garden, and beauty routines. Rene'e Loux demonstrates that being green at home is easy, affordable, and better in every sense of the word. She discusses the daily choices we face that can keep the home, personal care, and beauty routines free of toxins. She exposes the dirt on cleaning products and common hazardous ingredients and reveals her recommendations for greener options, including her "Green Thumb Guides" for choosing non-toxic, eco-smart, and human-friendly products. Peppared with compelling and inspiring facts, Easy Green Living is full of "5 Step" lists, products and recipes for green cleaning, helpful charts, safer choices for every room, and inspirational advice so we can save the planet--one cleaning spritz at a time. As recent special issues of Vanity Fair, Time, Newsweek, and other major publications have demonstrated, going green is an idea whose time has come. Whether addressing big-picture topics like renewable energy, or offering simple suggestions for everyday living, this complete lifestyle guide shows that healthier choices don't mean a radical or complicated life change--it is, after all, easy to be green.

**Computerworld** Feb 13 2021 For more than 40 years, Computerworld has been the leading source of technology news and information for IT influencers worldwide. Computerworld's award-winning Web site (Computerworld.com), twice-monthly publication, focused conference series and custom research form the hub of the world's largest global IT media network.

**Runner's World** Feb 02 2020

**InfoWorld** Jun 27 2019 InfoWorld is targeted to Senior IT professionals. Content is segmented into Channels and Topic Centers. InfoWorld also celebrates people, companies, and projects.

**The Runner's World Big Book of Marathon and Half-Marathon Training** Sep 10 2020 The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World **Runner's World Big Book of Marathon and Half-Marathon Training** gives readers the core essentials of marathon training, nutrition,

injury prevention, and more. The editors of Runner's World know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. Runner's World Big Book of Marathon and Half-Marathon Training is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

*Let's Use Free Speech to Empower Ourselves* Nov 05 2022 Don't despair! You can improve in every area of life and when you do so empowerment will seize your soul. You'll get addicted to the empowerment high so you'll keep coming back to the virtuous cycle that this pamphlet discusses. 30 pages.

*Boating* Dec 26 2021

**Index of Army Motion Pictures for Public Non-profit Use** Sep 30 2019

*U-M Computing News* Dec 14 2020

*Computerworld* Aug 02 2022 For more than 40 years, Computerworld has been the leading source of technology news and information for IT influencers worldwide.

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**Running Times** Apr 05 2020 Running Times magazine explores training, from the perspective of top athletes, coaches and scientists; rates and profiles elite runners; and provides stories and commentary reflecting the dedicated runner's worldview.

*Computerworld* May 31 2022 For more than 40 years, Computerworld has been the leading source of technology news and information for IT influencers worldwide.

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**Marathon Medicine** Apr 29 2022 Leading experts in the field examine the physiology, psychology and medical aspects of long distance running, focusing on the significant developments in this area over the past 25 years. Topics include: the history of endurance training; the social phenomenon of marathon running; marathon myths and medicine; the effects of ageing; and the dominance of African runners.

**Official Gazette of the United States Patent and Trademark Office** Sep 22 2021

Marathon, Revised and Updated 5th Edition Apr 17 2021 Now completely updated and revised--a new edition of the long-running marathon training guide that has helped more than half a million people reach their goals. Marathon: The Ultimate Training Guide is among the bestselling running books of all time for many reasons, but above all others is this one: It works. Marathon running has changed in the seven years since the fourth edition--there are more runners than ever before, the popularity of half-marathons has grown immensely, and guidelines for best recovery and diet practices have changed. This revised fifth edition includes a new chapter on ultramarathons, along with material on recovery techniques, several new training programs, and advice on how to win a Boston qualifying race and improve your personal record. At its core remains Hal Higdon's clear and essential information on injury prevention, training, and nutrition. Marathon demystifies the marathon experience and allows each runner to achieve peak performance without anguish or pain, taking the guesswork out of marathon training, whether it's for your first or fiftieth. With Higdon's comprehensive approach and tried-and-tested methods, any runner will learn how to optimize their training and achieve their marathon goals.

Computerworld Oct 31 2019 For more than 40 years, Computerworld has been the leading source of technology news and information for IT influencers worldwide.

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**MotorBoating** Aug 29 2019

**Marathon** Aug 22 2021 A training guide for beginners, first-time marathoners, and women runners counsels readers on how to build speed and distance while maximizing one's performance and building on defensive running skills, in an updated edition by a senior writer for Runner's World magazine. Original.

**Writing a Marathon** Mar 17 2021

**The Secret History of Mac Gaming** Jul 29 2019 The Macintosh challenged games to be more than child's play and quick reflexes. It made human-computer interaction friendly, inviting, and intuitive. Mac gaming led to much that is now taken for granted by PC gamers and spawned some of the biggest franchises in video game history. It allowed anyone to create games and playful software with ease, and gave indie developers a home for their products. It welcomed strange ideas and encouraged experimentation. It fostered passionate and creative communities who inspired and challenged developers to do better and to follow the Mac mantra 'think different'. Drawing on archive material and interviews with key figures from the era – and featuring new material from Craig Fryar, Apple's first Mac games evangelist and the co-creator of hit game Spectre – The Secret History of Mac Gaming is the story of those communities and the game developers who survived and thrived in an ecosystem that was serially ignored by the outside world. It's a book about people who followed their hearts first and market trends second, showing how clever, quirky, and downright wonderful video games could be.

**The Competitive Runner's Handbook** Jan 27 2022 For both runners entering that first neighborhood race and elite marathoners, trainers Bob and Shelly-lynn Florence Glover's completely revised guide is the book on training to compete. A book that's already sold close to 200,000 copies, The Competitive Runner's Handbook will now offer all the latest information needed to design basic training programs; special workouts to increase strength, endurance, and power; schedules and worksheets to develop individual goals; and specifics on preparing for all kinds of races—with an emphasis on the 10K and the marathon. Informed by their over thirty years of coaching experience, the Glovers give winning tips on alternative training, footwear and diet, and common injuries and illnesses, as well as sensible advice on balancing running with work and home life.

**CIO** Jan 03 2020

**Grammar to Go: How It Works and How To Use It** Dec 02 2019 Brief and basic in its coverage, GRAMMAR TO GO, 5th Edition, offers students a unique focus on sentence diagramming that helps them visualize and understand how words connect. Perfect as a primary text or as a supplement for courses with an emphasis on learning basic grammar and punctuation skills, this edition incorporates a wide range of material to help students hone their skills, including additional "GrammarSpeak" features (which provide guidance on common errors in daily speech and writing); a new "Write Now" feature in each chapter that offers a specific writing topic for paragraph development while focusing on the grammar lessons of the chapter; and more integrated exercises on interesting topics from sports to history to the arts. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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**Seascapes: Shaped by the Sea** May 07 2020 Despite the fact that the sea covers 70 per cent of the Earth's surface, and is integral to the workings of the world, it has been largely neglected or perceived as marginal in modern consciousness. This edited collection disrupts notions of the sea as 'other', as foreign and featureless, through specific, situated accounts which highlight the centrality of the sea for the individuals concerned. Bringing together academics who combine scholarly expertise with lived experiences on, in and with the sea, it examines humans' relationships with the sea. Through the use of auto-ethnographic accounting, the contributors reflect on how the sea has shaped their sense of identity, belonging and connection. They examine what it is to be engaged with the sea, and narrate their lived, sentient, corporeal experiences. The sea is a cultural seascape just as it is physical reality. The sea shapes us and we, in turn, attempt to 'shape it' as we construct various versions of it that reflect our on-going and mutable relationship with it. The use of embodied accounts, as a way of conveying lived-experiences, and the integration of relevant theoretical frames for understanding the broader cultural implications provide new opportunities to understand seascapes.

**Marathon Running** Jul 09 2020

*MotorBoating* Nov 24 2021

**Training Food** Mar 05 2020 When you're in training, what you eat makes a real difference to your performance. This is the book every athlete needs to fuel their training – a practical, enjoyable, food guide that fits in with your everyday life. To help you achieve your goals, prevent injuries and keep your body working efficiently and effectively, Training Food provides everyday meal plans tailored around your sport. These include nutrient-packed breakfasts, energy-boosting lunches, recovery dinners and snacks to eat on the go. Whether you're looking for the right performance nutrition for cycling, running, triathlons or team sports, this book shows you how to achieve the results you want.