



The African Running Revolution

Michelle M Sikes

The African Running Revolution:

The African Running Revolution Dave Prokop, 1975 The biggest story in track and field this past decade has been the astounding breakthrough of the African runners in international competition. Here is the most complete and incisive book yet published. Here is the most complete and incisive book yet published on this phenomenal success story. What are the African runners really like and how do they approach competition? It altitude training is the secret behind the success of the African runners as so many believe, how is it that of all the people in the world who live at altitude the only high altitude dwellers who collectively have made any mark in the track world are runners from the East African tableland? What explains the incredible success story of Kenya's Katenjin and Kisii tribes who have accounted for all 45 of Kenya's Olympic and Commonwealth Games medals since 63? Kenya has more than 30 tribes in all. Can the Kalenjin and Kissii be a race of super runners genetically? Is there any scientific evidence to support the widely held theory that athletes living at high altitudes have a natural physiological advantage over sea level natives in the endurance running events? These and a long list of other subjects are covered in this book by such writers as Philip Ndo'o himself one of Kenya's finest runners, John Manners, Bob Hancock a coach on the 72 Olympic team, Dr. Jack Daniels, Geoff Fenwick, Dave Prokop and David Lewis Ben Jipcho's former coach. A special bonus for readers will be Tom Sturak's in depth story on Filbert Bayi undoubtedly the most complete story yet written on the Tanzanian superstar. Illustrated with numerous action photographs, *The African Running Revolution* is a book no track fan should miss.

East African Running Yannis Pitsiladis, John Bale, Craig Sharp, Tim Noakes, 2007-01-24 What makes East African middle and long distance runners the best in the world? How should contemporary academia approach this question?

The success of East African distance runners has generated a plethora of studies but much of the evidence presented to support hypotheses is anecdotal arguments being led by non academics who use popular media as their medium rather than relying on scientific publications. This has resulted in many stereotypical arguments being advocated. Within the academic community research has also been restricted by its isolation within either the natural science or social science communities. *East African Running Towards a Cross Disciplinary Perspective* presents a rare collaboration between researchers from the sports sciences and social sciences to explore the questions raised by the phenomena of East African success on the track. The text includes psycho social and economic explanations, physiological and genetic explanations, attempts to provide unified theories bringing together ideas from natural and social sciences. Includes contributions from John Bale, Jim Denison, Timothy D. Noakes and Craig Sharp.

Kenya's Running Women Michelle M. Sikes, 2023-12-01 Since Pauline Konga's breakthrough performance at the 1996 summer Olympics in Atlanta the world has become accustomed to seeing Kenyan women medal at major championships, sweep marathons and set world records. Yet little is known about the pioneer generation of women who paved the way for Kenya's reputation as an international powerhouse in women's track and field. In *Kenya's Running Women: A History* historian and former professional runner Michelle M. Sikes details the triumphs and many challenges these women

faced from the advent of Kenya's athletics program in the colonial era through the professionalization of running in the 1980s and 1990s. Sikes reveals how over time running became a vehicle for Kenyan women to expand the boundaries of acceptable female behavior. Kenya's Running Women demonstrates the necessity of including women in histories of African sport and of incorporating sport into studies of African gender and nation building. ***The London Marathon*** John Bryant, 2010-12-15. If you want to win something run 100 metres. If you want to experience something run a marathon. Emil Zatopek. The London Marathon salutes 25 years of the London Marathon by exploring the incredible physical and mental challenge that lies at the very heart of marathon running. It begins with the author standing on the start line at Blackheath for the very first London Marathon in March 1981. And it ends 26 miles and 25 years later as the author emerges still running past Buckingham Palace and on through the miles and memories to the finish. From the legend of Pheidippides and the mystery of Spiridon Louis who won the first modern Olympic marathon in 1896 to the agony of Paula Radcliffe reduced to tears on the long road to Athens more than a century later this is a story of dreams pain struggle and achievement. The courage and the craziness of the characters who for 25 years have run the streets of London have turned this race into the greatest marathon in the world. The London Marathon is a testament to their endeavour and to the spirit that leads them each spring to tackle their own suburban Everest. This is their story. ***Running Times***, 2007-07. 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. ***Transafrican Journal of History***, 1988. ***Moses Kotane, South African Revolutionary*** Brian Bunting, 1998. ***Ebony***, 1976-08. EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson it still maintains the highest global circulation of any African American focused magazine. ***Catalog of the Melville J. Herskovits Library of African Studies, Northwestern University Library (Evanston, Illinois) and Africana in Selected Libraries*** Melville J. Herskovits Library of African Studies, 1972. ***Monographic Series*** Library of Congress, 1975. ***Runner's World***, 1977. ***Zaire and the African Revolution*** Lawrence Baraebibai Ekpebu, 1989. ***Holidays, Festivals, and Celebrations of the World Dictionary*** Helene Henderson, 2005. Contains information about nearly 2,500 holidays festivals holy days feasts and fasts and other observances including popular secular and religious celebrations for more than 100 countries and every state of the United States. Provided by publisher. ***The Dictionary Catalog of the Vivian G. Harsh Collection of Afro-American History and Literature, the Chicago Public Library*** Chicago Public Library, 1978. ***The African Repository and Colonial Journal***, 1883. ***The Story of Africa and Its Explorers*** Robert Brown, 1893. ***Ebony***, 1975-05. ***Revolutionary Aesthetics and the African Literary Process*** Udunda O. Udunda, 1993. ***The Africa Pilot***, 1878. ***The African Communist***, 1984.

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