

## Run to the book stores

By Bill Shaw

### *The Facts*

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I started this column on Thanksgiving Eve about 7:45 a.m. as I descended east on the Highway 36 bridge over the Brazos River in the fourth mile of five-miler. If it's Thanksgiving, it's time to write my annual Christmas-gifts-for-runners column.

Diana Krall belts out "Jingle Bells" on her new "Christmas Songs" CD as I start crunching out this column on Saturday morning.

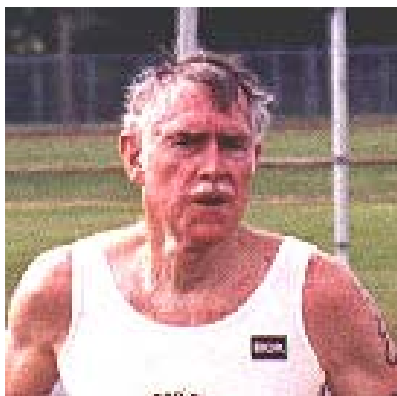
At the top of my wish list is a running log. I prefer *The Complete Runner's Day-by-Day Log and Calendar* (\$14.95) by Monty Jerome because of the monthly essays and weekly quotations and photos. I already order it. Fans of John Bingham prefer *The Penguin Brigade Training Log* (\$14.95) by the popular columnist and author of the "Penguin Chronicles" in *Runner's World*.

*Runner's World*, the most popular of national running magazines, offers a 52-percent-off subscription in the December issue if your runner doesn't subscribe.

See the latest issue or [runnersworld.com](http://runnersworld.com).

No Texas runner should be without *Inside Texas Running*, a

tabloid devoted exclusively to the Texas running community. The latest special subscription deal features a \$10 gift certificate to participating athletic stores. Order online at [InsideTexasRunning.com](http://InsideTexasRunning.com) or call (281)-759-0555. A one-year subscription is \$15.



ITR's sister magazine, *Runner Triathlete News*, covers running, cycling, swimming, duathlon and triathlon competition in Texas, Louisiana, Arkansas, Oklahoma and New Mexico.

RTN also offers a \$10 gift certificate to participating athletic stores with an \$18, one-year subscription. See [RunnerTriathleteNews.com](http://RunnerTriathleteNews.com) or call (281)-759-7766.

How about a book on running? My favorite is *Galloway's Book on Running* (\$15.95). Jeff Galloway revised and updated his second edition in 2002. Galloway covers everything from getting started to training for a marathon and how to deal with injuries. He also includes schedules for 5Ks to marathons for runners of varied levels and goals. Every runner should have this book on his or her shelf.

Another favorite is *The Quotable Runner: Great*

*Moments of Wisdom, Inspiration, Wrongheadedness and Humor* (\$22) edited by Mark Wilber.

A book I don't own but that sounds interesting is *How Running Changed My Life: True Stories of the Power of Running* (\$15) edited by Garth Battista.

*Women Runners* (\$14) edited by Irene Reti and Bettianne Shoney Sien is a perfect gift for the female runner on your list.

The classic novel for runners is *Once a Runner* by John L. Parker Jr. Since it is a classic and most likely out of print, the list price is \$42.

I have a signed copy of Houstonian Bruce Glikin's novel *Slinger Sanchez Running Gun* (\$15.95) in my library. *Inside Texas Running* serialized Glikin's more recent novel *Distance Runner* (\$18.95). It is available from ITR and on my wish list.

Non-runners might enjoy giving their running friends *I Run, Therefore I Am — Nuts!* which takes a humorous look at those of us who are addicted to running.

Is the runner on your list ready to move up to multi-sport competition? I recommend *The Triathlete's Training Diary for Dummies* (\$12.95) by Allen St. John and *Triathlon 101: Essentials for Multisport Success* (\$16.95) by John Mora.

Shop locally, of course. If the books are not available at local bookstores, surf [amazon.com](http://amazon.com).