

Running Tide Joan Benoit



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I definitely enjoyed this book as it gave me insights into Joan Benoit Samuelson as a person in addition to an athlete. I found some of the training methods somewhat dated, but I could also identify with a lot of the psychology behind these methods.

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Joan Benoit is the author of Running Tide (3.60 avg rating, 40 ratings, 10 reviews, published 1987)

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Joan Benoit Samuelson (born May 16, 1957) is a retired American marathon runner who was the first-ever women's Olympic Games marathon champion, winning the Gold medal at the 1984 Summer Olympics in Los Angeles and thus setting the existing women's American record in the Olympic Marathon.

Joan Benoit - Wikipedia

Running Tide by Joan Benoit; Sally Baker. Knopf Doubleday Publishing Group, 1987. Hardcover. Acceptable. Disclaimer:A readable copy. All pages are intact, and the cover is intact. Pages can include considerable notes-in pen or highlighter-but the notes cannot obscure the text. An ex-library book and may have standard library stamps and/or stickers.

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