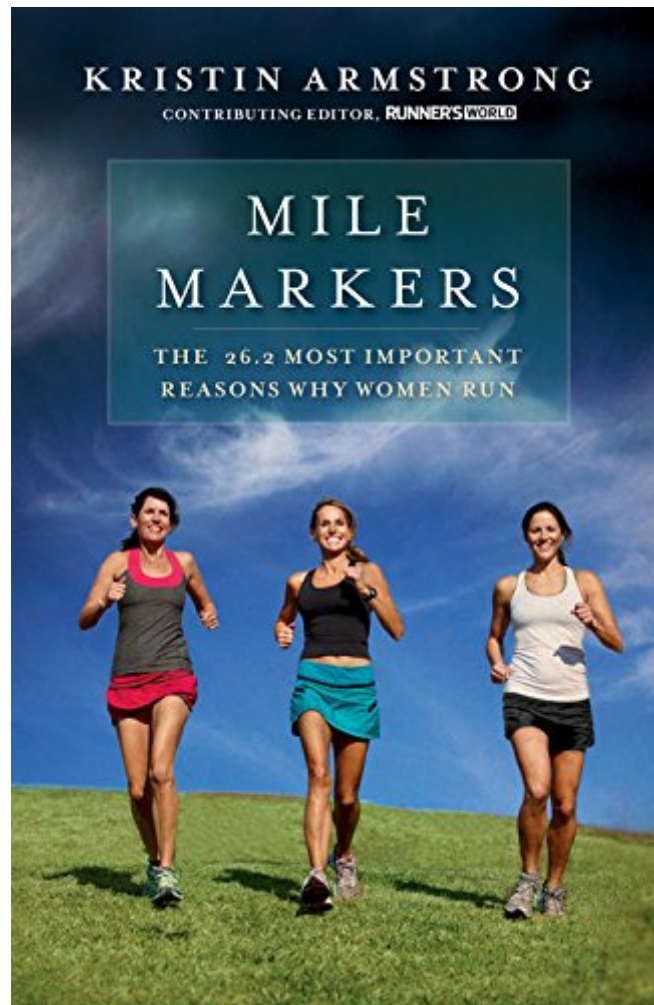


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# Mile Markers: The 26.2 Most Important Reasons Why Women Run



## Synopsis

In *Mile Markers*, Runner's World contributing editor Kristin Armstrong captures the ineffable and timeless beauty of running, the importance of nurturing relationships with those we love, and the significance of reflecting on our experiences. This collection considers the most important reasons women run, celebrating the inspiring passion runners have for their sport and illustrating how running fosters a vitally powerful community. With unique wit, refreshing candor, and disarming vulnerability, Armstrong shares her conviction that running is the perfect parallel for marking the milestones of life. From describing running a hardfought race with her tightly-knit group of sweat sisters, to watching her children participate in the sport for the very first time, Armstrong infuses her experiences with a perspective of hope that every moment is a chance to become a stronger, wiser, more peaceful woman. Running threads these touching stories together, and through each of them we are shown the universal undercurrents of inspiration, growth, grace, family, empowerment, and endurance.

## Book Information

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## Customer Reviews

First, I have to say this book says right in the title it is meant for women, so I don't take off points for

feeling like I'm on the outside looking in because I'm a guy. There is some great stuff here for any runner. The main thing I'd tell anyone is that if you read Kristin Armstrong's "Mile Markers" blog on runnersworld.com you are not going to see anything that really jumps off the page. Indeed, some of the content looked familiar. After digging around the book I found some mouse print up front indicating some material had already appeared online. If you have not followed Armstrong's blog this is a great read for women. She is a gifted writer in her ability to speak to her audience.

Ummmm...maybe it's my own fault but this book is more like someone's personal diary. It's a nice book and very heartfelt but not quite what I was looking for or expecting. Get it from the library not worth the purchase.

There is only one running-related message here: women (people) run to overcome stress and unhappiness. Nothing new, and certainly not worth almost 300 pages. The other message is that female/female relationships are good. Oh...!! Perhaps other young running mothers will find the book inspiring, but I doubt if many of them have the financial support to lead the life that Kristen describes. For an experienced, older female runner and marathoner it was truly one of the least interesting books I have tried to read. Not to deny Kristen the pain her divorce must have caused her, and her perseverance in building a positive life that includes running, I can only conclude that her only real asset as a writer is having the last name of a world-famous endurance athlete.

how many essays can one woman write about how running has delivered her and her gal pals to a greater sense of self? I like running with my girlfriends too, but I don't need it articulated in such an inane way.

Save your money! This book is so sticky sweet you want to puke. Look at me, I'm Kristin Armstrong. I have millions of dollars from my ex-husband and I have soo many friends and super children and I run. Yeah me! There is nothing inspirational about this book. There is nothing to learn from this book. It's as shelf indulgent as your friend on Facebook who post 400 pictures of their kids and another 200 of them drinking wine with their friends. What a waste.

Read it more than once! Not a big Lance Armstrong fan, but... the ex wife wrote this well... easy to read. Good tips, and down to earth storyline makes this more motivating. Add to that the reality factor, and its a plus. Then, remember she runs for a living, and has had a not so average life, and

that puts things in a new perspective. Still though, I have many books about running, and distance running, and next to Galloway's, this one is one of my favorites. Highly recommend, even if you don't plan to run that far.

Kristin Armstrong has a way with words, and expressed things I think or feel so much better than I could have. Absolutely beautiful collection of articles on everything related to running, life, and being a female.

I have folded down the corner of so many pages in this book of passages that I want to read, re-read & read again. Kristin's book is a collection of simple, yet poignant (upon her own reflection), life moments strung together forming a collective resolute message of celebration of mind, body and spirit. I absolutely recommend this book.

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