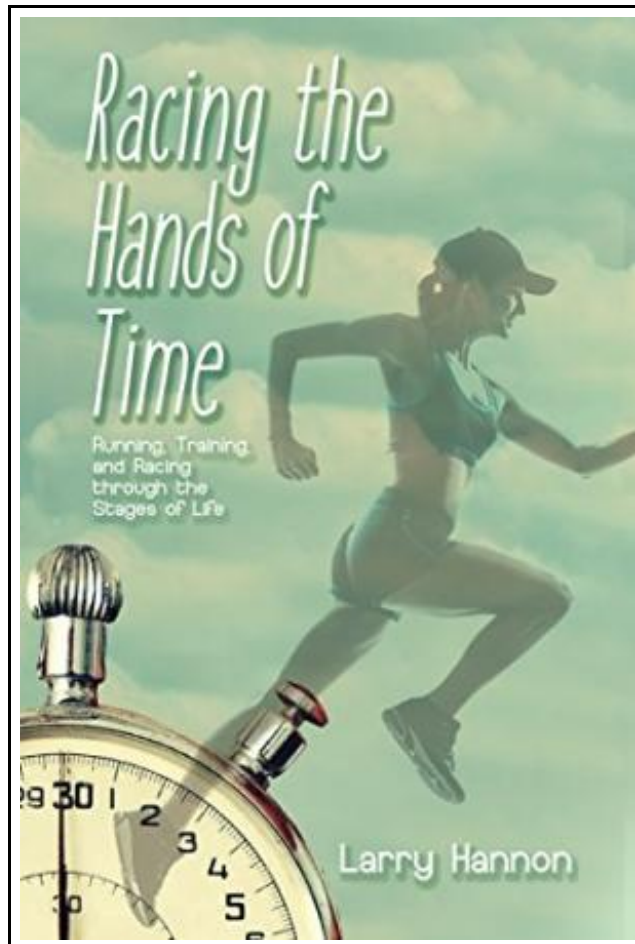


Racing the Hands of Time: Running, Training, and Racing Through the Stages of Life (Paperback)



Filesize: 6.79 MB

Reviews



Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.

(Prof. Damon Kautzer III)

RACING THE HANDS OF TIME: RUNNING, TRAINING, AND RACING THROUGH THE STAGES OF LIFE (PAPERBACK)



Dorrance Publishing Co., 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Racing the Hands of Time distills a lifetime of running, coaching, and study into a comprehensive yet compact guide to fitness, sport, and living. Larry Hannon offers the eager student a program for lifelong exercise, health, and longevity grounded in the author's own extensive experience and a wealth of research and learning. A highlight of the book is the up-to-date survey of the latest findings in sports science, so that prospective runners can feel confident in Hannon's suggestions about the way to run and the way to live. As he says, he sees this book as a way to pass the baton onto a new generation. About the Author Larry Hannon graduated with a BA in Sport and Exercise Science from Messiah College and with an MS in Counseling and Psychology from the University of West Alabama. He coached cross country and track field at the collegiate level from 2006 to 2014. He currently competes for S.W.I.F.T. Racing (Strength, Wisdom, Integrity, Faith, Truth), a running club founded in 2008 by Messiah College alumni for Christian Athletes. Hannon has previously published athletics/training/fitness related articles in Track Coach, Techniques, Athletics Weekly and School Bus Fleet.

-  [Read Racing the Hands of Time: Running, Training, and Racing Through the Stages of Life \(Paperback\) Online](#)
-  [Download PDF Racing the Hands of Time: Running, Training, and Racing Through the Stages of Life \(Paperback\)](#)

See Also



The Official eBay Guide: To Buying, Selling and Collecting Just About Everything

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, The Official eBay Guide: To Buying, Selling and Collecting Just About Everything, Laura Fisher Kaiser, Michael Kaiser, Omidyar, Pierre, HAPPY HUNTING(TM) ON eBay Aunt Fannie's...

[Save eBook »](#)



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on...

[Save eBook »](#)



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

[Save eBook »](#)



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how...

[Save eBook »](#)



Froebel's Occupations

Theclassics.Us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually...

[Save eBook »](#)