



Run Forever

Amby Burfoot

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In RUN FOREVER, Boston Marathon winner and former *Runner's World* editor-in-chief Amby Burfoot shares practical advice and wisdom on how to run with greater joy and health for an entire lifetime.

Everyone learns how to run at an early age. It's naturally wired into your body. Yet in recent years, running has become complicated by trendy gadgets and doctrine. With a Boston Marathon win and over 100,000 miles run on his resume, Amby Burfoot steers the sport back to its simple roots in RUN FOREVER. From a warm and welcoming perspective, Burfoot provides clear, actionable guidance to runners of every age and ability level.

Whether you are a beginner runner or experienced marathoner, RUN FOREVER will show you how to motivate yourself, avoid injuries, increase speed and endurance, and reach your goals. Best of all, you'll enjoy optimal health throughout your life.

Run Forever Details

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Author : Amby Burfoot

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From Reader Review Run Forever for online ebook

Sabine says

A very extensive but basic and easy book about running. A great introduction to the sport for someone new to running. Not overwhelming like a lot of information that is found on the internet. Just nice and easy but still every aspect you could think of is mentioned, explained and probably more than sufficient for the average runner.

Once you are running for a while and feel that you would like to know about fancy gadgets or a different approach on some areas it is still early enough to google a specific area and spice up your running with what you find.

Even as a quite seasoned runner I found this book refreshing - it is back to the roots. Don't overthink things. You don't need each and every electronics you can find on the market. Just use some common sense and run, eat and live healthy overall.

I requested this book from NetGalley and am thankful that Center Street and the author provided me with a copy.

Nathan says

A comprehensive book that's primarily great for beginners, who might be wide-eyed at all of the options and positively confused on where to begin in regards to running, but yields benefits for athletes of all levels of experience. There's so much to consider---shoes, hydration, socks, clothing, and Burfoot's book is strapped with at least a general answer on how not only to intelligently approach not just a structured training program (advice accumulated from his decades of running knowledge), but literally how to run, to get yourself going in forward motion.

I have conversations (they're infrequent, but they do happen) with runners (new or erstwhile ones, typically) that tend to infer that the sport of running is some kind of instance to where the speedsters and the endurance beasts hog the glory and the rest of the runners are just fodder along the roadway. Not only is there mountains of proof that such an idea is stupid, but Amby is here to help to throw his hard-earned research on the pile. Our bodies are made to play; we are engineered to run around, as is mentioned several times in the book. Obviously, as is markedly highlighted in the pages, one shouldn't view running as the panacea for poor life decisions like a terrible diet, nor should one directly focus on running as the only avenue through which to pursue longevity of life. If incorporated skillfully, however, running can be as rewarding of an effort as you'll find.

There's a ton of wisdom seeping through the pages here, and, as mentioned earlier, anyone, no matter their experience level, can glean something from it, whether it's inspiration to keep going from a running legend, a re-up on how to approach a training regimen, a satisfying (and healthy) inlet into the sport, or a combo of all three.

I must also add that, while Burfoot gives examples of training programs within, those (especially experienced runners) seeking super-detailed schedules should not get their hopes up. That's not the point of

the book. Also worth mentioning is that Burfoot is trying his best to address the most pressing issues regarding running, and some of these answers may feel either too scorched-earth or feel like there's too much of a wide pass over a particular issue. Such is a pitfall of reading books with comprehensive knowledge about sports to deal out. Learn what you can, as much as you can, and proceed sensibly. If a subject feels like it's missing a puzzle piece, it probably is. That sort of intuition appears to be something that Burfoot looks to cement in all runners, probably much to the chagrin of medical professionals specializing in sports injuries.

Burfoot's writing has a manner to it that lets you pour through the pages, even when the technical jargon sneaks in there. It's not a very long read, and it's a recommend.

Many thanks to NetGalley and Center Street for the advance read.

A Tale of One Reader says

I realize now that being simple is the best way of conveying what people need to hear. This book is very easy to read and digest. I am now, more then ever, interested in running and hope to run more in the future.

Monica says

I think running sounds like a great way to relax and to exercise on all of the park trails near my house. While it sounds good, I haven't really known how to start. Run Forever by Amby Burfoot is a helpful book if you are a beginner like I am. Although, I think he has some tips even experienced runners could use.

Burfoot is a life-long runner who is now in his 70s. Among other races, he has run the Boston Marathon many times and won it in 1968. Before retiring, he was also editor-in-chief of Runner's World magazine. He continues to run today, although he says he runs slower. He shares a lot of information that he has gleaned through the years in Run Forever. Burfoot says in the introduction that "Running is the simplest of sports. It deserves a simple book. That is why I wrote Run Forever." He organized the book into six main sections: Getting Started, Nutrition for Runners, Going Farther, Dealing with Injuries, Getting Faster and Running Forever. Each chapter has key information broken down into easy to read sections. Whether you just want to relax with some weekend runs or whether you want to train for a marathon, Burfoot has a lot of helpful information in Run Forever.

I enjoyed reading Run Forever. While I read the book straight through, this book could easily be read in sections and spurts for when you need or want the information. I like how practical Burfoot is in his writing and how easily he explains things. He does make running sound simpler than some of my running friends make it out to be with all of their fitbits and other gadgets. He shares what he has learned from both running races well and from challenges that he has faced through the years. I would encourage any beginning runner or anyone even interested in beginning running to get a copy of Run Forever.

I received Run Forever from the publisher. I was not required to write a positive review.

L. Dunne says

Good, simple advice. Definitely what I needed, as a long-time runner.

Dana Larose says

I really enjoyed it. Amby Burfoot was the Executive Editor for Runner's World for years, won the Boston Marathon in 1968 and still continues to run, although he claims in the book that after 2018 he's not going to do anymore marathons. He comes across as a good-natured curmudgeon (for instance, in his opinion the only important advance in running tech in the last 30 years is not GPS watches, not sports drinks, but wicking socks).

His advice is generally simple and geared toward people who want to establish a lifelong (at least into your 70s or 80s) habit of running. He's a big advocate of prudent speed work, run/walk, and lots of slow running. However slow you are doing most of your runs at right now, Amby probably thinks you are running too fast.

And above all, his writing style was enjoyable to read. Definitely a book I'll push into the hands of anyone who wants to take up running.

Sarah says

As a runner, I LOVED "Run Forever" by Amby Burfoot. This book spoke to the person inside me that loves running. I couldn't contain myself and the excitement that I had on the inside as I was reading each page made me want to throw on my running shoes and go outside.

This book gets back to the basics of running in the best way possible. Whether you're an experienced runner or have never ran a mile in your life, this book will want to make you run. Amby shares his experience as a runner that inspires you to achieve bigger and better dreams for yourself. I love all that he shares in this book and the fact that he says that running is one of the most simplest sports, which i believe to be true, if you keep it that way.

"Run Forever" has a wealth of information and is great resource for the beginner or the life long runner looking for some tips on running. As a practical writer, you will get practical advice, which I love. He also shares advice, tools and success'/ failures that he has learned about running along the way. I love this transparency and authenticity in this book. You can learn a lot from him, just by gleaning on better nutrition or recovery. The chapters are very simple, but approachable and realistic for your life, which I appreciate. Overall, I give this book a 5/5 stars. It was a fantastic read and have some friends that I am purchasing a copy for because they love to run. If you are a runner, you need this book!

Carianne Carleo-Evangelist says

Thank you, NetGalley, for the chance to read this in exchange for an honest review.

As a relatively new, yet older (38) runner, I quite enjoyed the variety of tips that Burfoot put forward. I also enjoyed how he interspersed them with his own personal history. Some are ones I was familiar with from reading some of his other writings or had heard from other writing runners, others were new to me. I particularly appreciated how he laid out intervals and his nuanced look at an athlete's diet. Running isn't black or white and there's a lot of gray areas, which he explored. I like how he laid this book out, both in overall chronology as well as within each section. The "chaplets" were structured so that you got enough information as standalones, but could also go further if the topic was of particular interest. I'll believe he's done with marathons if he doesn't toe the line at Boston next year.

I'd recommend this for newer runners, but more experienced runners would likely find the info to be things they already knew.

Debi Lantzer says

Basically, I've been struggling to be a "proper" runner since I started running in 2008. Most of the early years I spent learning how to breathe, how to pace, how to do the basics of running and not just throwing on my shoes and running down the road like a child. Then I had my car accident, learned how to walk all over again, and began to learn to run all over again. I've never felt strong enough or fast enough, and I've certainly struggled with stamina, so when I saw this book, Run Forever by Amby Burfoot, I was definitely interested in reading it!

Mr. Burfoot has the credentials. His running spans over decades and to read about his running history was very impressive. I was eager to hear what he had to say. I read over the table of contents of Run Forever and he really addresses key issues of running. The first section was appropriately entitled "Getting Started" and starts off with Mr. Burfoot's first "horrid" run. Next he shares about the importance of not counting miles at the beginning but instead, minutes, and how folks get all caught up in the mile counting thing. And then there's speed or not speed, in the "wisdom of slow". I loved the run/walk discussion - it's something I firmly believe in.

Section 2 discusses nutrition for runners. I'm always interested in hearing/learning/knowing what others suggest for proper nutrition for runners, including carbs, fats, protein, WATER, grains, the works.

I'm not going to go through section by section, but I'm going to tell you that the topics discussed in Run Forever are real runner topics and not just your standard running book topics. I'm really looking forward to reading and re-reading each section of this book - and as I scan down the chapters, I see questions that I have at the present moment and I hope they are actually answered.

I think you can tell I've just begun reading this book, I'm midway through Section 1, but I can tell you that I'm confident that this guy has some basic, but useful information that I will be able to apply to my own running.

I received a complimentary copy of this book from Hachette Book Group in exchange for my honest review.

Thanks Hachette!

Wendy says

** I received a pre-release copy of Run Forever from Center Street Books in exchange for my honest review.**

Legendary runner and former editor-in-chief of Runner's World Amby Burfoot shares his years of experience. The book is divided into 3 page "chaplets", each chock-full of advice. While I loved all the stories and the knowledge shared here, I was hoping for more advice for running forever. As in "old age". This would be a great book for beginners and runners looking to fine tune their technique, but there's nothing in-depth here. Still, this should be on every runner's bookshelf. 4.5 stars.

LISA GORDON says

Like others have said, this is a great basic overview. It covers a variety of topics but isn't particularly detailed but would give someone new to running a solid foundation to build on. I particularly liked how each chapter was broken into bite sized sections

Michael says

Lots of helpful tips on increasing distance, preventing injury, and maintaining overall wellbeing.

Kimberly Kay says

Great book for anyone who runs or wants to run. Simple, honest, and effective advice.

Connie Ciampanelli says

"Run Forever," by Amby Burfoot, marathoner and for many years executive editor of "Runner's World," is his newest book, a clearly written, concise volume covering every aspect of running. In his easy-going, conversational, lucid, non-judgmental style, Burfoot lays out a plan for successful running into our later years. With its simple structure, sections broken down into "chaplets," it is an easy reference to keep at hand. Highly recommended.

Kim says

Great tips and reminders. Wish I would have had this book when I started running, but as I train again for my

first half marathon in 3 years, it is a big help. It's common sense but also permission to do the best you can, guilt-free.
