



Sole Sisters: Stories of Women and Running

Jennifer Lin, Susan Warner

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More than 11 million women run regularly, a number that's growing every year. They tend to be educated and affluent-the perfect audience for *Sole Sisters*.

Half of all runners are women, and they are changing the face of the sport. It's a social outlet, a healthful way to improve mental well-being, and an opportunity to form bonds with like-minded women.

Sole Sisters: Stories of Women and Running is a gripping collection of stories that captures the inspirational heart of the women's running. Authors Jennifer Lin and Susan Warner have interviewed women of all ages from all walks of life and all parts of the country. All of their subjects have one thing in common: Running has transformed them. There are both heartrending stories of grief and survival and lighthearted tales of friendship. Among them are:

- * Sisters who competed in a 5K race to honor a sister who survived breast cancer.
- * A 9/11 widow who ran her first marathon to honor the memory of her husband.
- * A 65-year-old woman who overcame obesity and alcoholism to finish the grueling Ironman triathlon.
- * An unknown runner from Norway named Grete Waitz who decided to run a marathon-and changed the face of the sport.

Sole Sisters: Stories of Women and Running is not just for women who run. It appeals to all women who know what it means to have the support of others who share their trials and triumphs. *Sole Sisters: Stories of Women and Running* is sometimes touching, sometimes funny, and always inspiring.

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From reader reviews:

Shelly Rodriguez:

Spent a free time and energy to be fun activity to perform! A lot of people spent their sparetime with their family, or their very own friends. Usually they performing activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? May be reading a book is usually option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try look for book, may be the guide untitled Sole Sisters: Stories of Women and Running can be excellent book to read. May be it might be best activity to you.

Eduardo Baro:

Often the book Sole Sisters: Stories of Women and Running has a lot of information on it. So when you make sure to read this book you can get a lot of gain. The book was published by the very famous author. Tom makes some research previous to write this book. This particular book very easy to read you can obtain the point easily after reading this book.

Emily Scott:

The reason? Because this Sole Sisters: Stories of Women and Running is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will shock you with the secret it inside. Reading this book alongside it was fantastic author who also write the book in such incredible way makes the content on the inside easier to understand, entertaining means but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of advantages than the other book get such as help improving your proficiency and your critical thinking technique. So , still want to hold off having that book? If I were you I will go to the book store hurriedly.

Donald Rivera:

Is it you who having spare time in that case spend it whole day simply by watching television programs or just resting on the bed? Do you need something new? This Sole Sisters: Stories of Women and Running can be the response, oh how comes? A book you know. You are so out of date, spending your extra time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

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