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**The Thread That Runs So True When Running Was Young and So Were We
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**For many years Jack Welch wrote for Running magazine and Track & Field
News, chronicling the extraordinary developments of running during the 1970s,
80s and 90's. When Running Was Young and So Were We is based on his
columns from this period and is a unique book - telling the story of how running
became a way of life for millions. It's a book about excellence, inspiration and
greatness. Not just what it takes to cross the finish line first, but also the
lessons learned along the way. It's a sports book - offering an up-close and
personal look at Olympic greats, big races and long runs. It's a training book -
outlining many of the techniques and strategies that make you a winner, on and
off the field of competition. It's a celebration of the human spirit -examining
what happens when both great athletes and keen amateurs are driven to
challenge their own personal limits. What do greats like Alberto Salazar, Joan
Benoit, Dick Beardsley, Mary Decker and Steve Prefontaine all have in common?
Read their stories and be inspired! The EC-Council | Press Ethical Hacking and
Countermeasures Series is comprised of five books covering a broad base of
topics in offensive network security, ethical hacking, and network defense and
countermeasures. The content of this series is designed to immerse the reader
into an interactive environment where they will be shown how to scan, test,
hack and secure information systems. With the full series of books, the reader
will gain in-depth knowledge and practical experience with essential security
systems, and become prepared to succeed on the Certified Ethical Hacker, or**

C|EH, certification from EC-Council. This certification covers a plethora of offensive security topics ranging from how perimeter defenses work, to scanning and attacking simulated networks. A wide variety of tools, viruses, and malware is presented in this and the other four books, providing a complete understanding of the tactics and tools used by hackers. By gaining a thorough understanding of how hackers operate, an Ethical Hacker will be able to set up strong countermeasures and defensive systems to protect an organization's critical infrastructure and information. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. This edition updates the best-selling Red Hat Linux server book to cover all the new features with information on installation, SQL database services, FTP services and more. A deeply compelling saga of love, jealousy, honor, and greed, *And So Flows History* (Yôksanûn hûrûnda, 1947) depicts the relentless power of exterior forces on the individual lives of three generations of the illustrious Cho family—from the waning years of the Choson dynasty in the late nineteenth century to the tumultuous postliberation era. So you want to run an Ultramarathon. It all looks a very long way, doesn't it? It can't be good for you, it can't be fun and surely you have to be some kind of super-athlete to be able to run that far? This book shows that it is a very long way, that it can be good for you, and that you most certainly don't have to be super-human to finish one. It also goes further by inspiring you to get started and by guiding you each step of the way. So, whether you're just curious to know more about this fast-growing global sport or searching for the right answers to your own ultra-running breakthrough, this book will prove as valuable as your favourite running shoes. Includes advice on making the transition from marathon or triathlon; strategies for winning the mental battle; keeping your feet intact; maintaining the right fuel intake; how to build strength and endurance and, finally, how to deal with running in the dark. Andy Mouncey writes from the heart, combining great insight and knowledge with a knack for making the complicated seem simple. Throw in a healthy dose of dry humour and case-study contributions from real people at various stages of their ultra-running journey and you have a book that redefines the 'How To' style of sports training guide. Illustrated with 93 colour photographs. A personal narrative of the author's experiences as a teacher in the mountain region of Kentucky. Copyright © Libri GmbH. All rights reserved.

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