

Reads for Runners

Stories, science, and voices that reflect the full running community.



TRAINING & PERFORMANCE

Science of Running – Chris Napier
Evidence-based guidance on biomechanics, injury prevention, and smarter training.

How Bad Do You Want It? – Matt Fitzgerald
The psychology behind endurance and pushing past perceived limits.

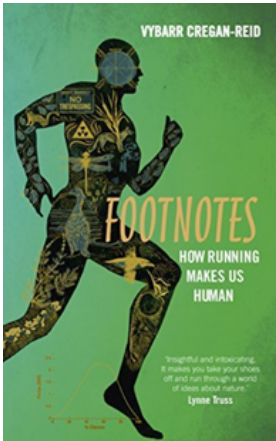
Endure – Alex Hutchinson
The science of fatigue and the brain’s role in endurance performance.

The Lost Art of Running – Shane Benzie & Tim Major
Rediscovering natural, fluid movement through global running traditions.

Running Is My Therapy – Scott Douglas
How running supports mental health and emotional resilience.

How She Did It – Molly Huddle, Sara Slattery, & Mary Cain
Expert advice and candid stories centering women in competitive running.

Slow AF Run Club – Martinus Evans
An inclusive, body-positive guide proving running is for every pace.



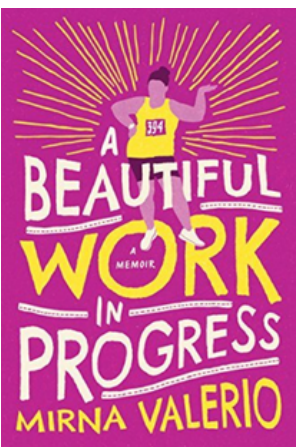
RUNNING & HUMAN NATURE

Footnotes – Vybarr Cregan-Reid
Running as literature, philosophy, and reconnection with the natural world.

Running with the Kenyans – Adharanand Finn
A journalist trains in Kenya’s Rift Valley to understand running greatness.

Born to Run – Christopher McDougall
Adventure and science exploring humanity’s natural capacity to run.

Exercised – Daniel E. Lieberman
Why humans resist exercise—and how to move in sustainable ways.



MEMOIR & COMMUNITY

A Beautiful Work In Progress – Mirna Valerio
Breaking stereotypes about who belongs in endurance sports.

Running While Black – Alison Mariella Désir
Race, equity, and reclaiming space in running culture.

Can't Nothing Bring Me Down – Ida Keeling & Anita Diggs
A world-record sprinter who began running at 67.

Good for a Girl – Lauren Fleshman
Challenging systems and redefining success for female athletes.

The Longest Race – Kara Goucher & Mary Pilon
Exposing abuse in elite sport and reclaiming love of running.

26 Marathons – Meb Keflezighi & Scott Douglas
Lessons from an Olympic champion’s marathon career.

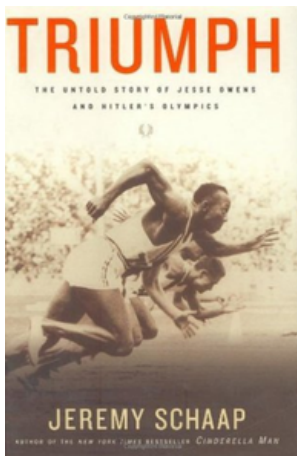
Eat and Run – Scott Jurek & Steve Friedman
Plant-based ultrarunning and the mindset behind dominance.

Let Your Mind Run – Deena Kastor & Michelle Hamilton
How positive psychology fueled Olympic success.

Ultramarathon Man – Dean Karnazes
Extreme endurance and the joy of testing limits.

Running with Sherman – Christopher McDougall
Training a rescue donkey becomes a story of healing and community.

What I Talk About When I Talk About Running – Haruki Murakami
Meditations on running, discipline, and creativity.



HISTORY & CULTURE

Running: A Global History – Thor Gotaas
A sweeping look at running across eras and cultures.

Triumph – Jeremy Schaap
Jesse Owens and the 1936 Olympics as resistance and resilience.

Running with the Buffaloes – Chris Lear
Inside a collegiate cross-country team chasing a national title.

Mighty Moe – Rachel Swaby & Kit Fox
The forgotten teenage marathon record-setter of 1967.

Boston Marathon: History by the Mile – Paul C. Clerici
A mile-by-mile history of America’s most iconic marathon.



FICTION

Running the Rift – Naomi Benaron
A Rwandan runner’s Olympic dream amid the genocide.

Once a Runner – John L. Parker Jr.
A cult classic about obsession and the pursuit of excellence.