



# Women Who Run

*Shanti Sosienski*

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## **Women Who Run** Shanti Sosienski

Women run for all kinds of reasons. We run for health, to ease tension, for strength, to challenge ourselves, to be social with friends, as professional athletes or the dream of being one, to turn our minds on, and to turn them off. Whether running a marathon, taking a quick jog around the neighborhood, or trying to reach the top of Pikes Peak, women of all ages and abilities have discovered running. In *Women Who Run* a wide range of women, including Olympians, marathoners, ultra runners, young track phenoms, and recreational runners, talk about why they run, what drives them, and what continues to spark their interest in the sport.

*Women Who Run* features Bobbi Gibb, the first woman to run the Boston Marathon; Louise Cooper, breast cancer survivor and finisher of the grueling 135-mile Badwater Marathon; Kristin Armstrong, who found solace and camaraderie in running with other women post-divorce; Olympic runner and two-time LA Marathon winner and Kenyan Lornah Kiplagat, Wall Street Journal reporter and Muslim women's activist, Asra Nomani; Pam Reed who ran 300-miles in one run—and many more.

This book will inspire and motivate you to get off the couch and find your inner runner.

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