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MY BOOKCASE

Don't you like the smell of books? And don't you like the sight of books in a bookcase? Here's a picture of my collection. The lowest shelf is filled with reference books - many of which were from my Dad's.

There's a shelf for novels - quite a few Tom Clancys and other fictions. Then there's another for non-fictions but the collection I'm particularly fond of is that of running, naturally! While most are bought new, I've found some gems from "Pay Less Books" for a tiny fraction of the original price. That said, [Kinokuniya](#) and [Borders](#) have done well to bring in plenty of choices, which saves me from having to shop online. Sorting, categorization and the level of service extended are first class. That can't be said about [MPH](#) though as not only are their running books selection measly, books are often found haphazardly arranged and dog-eared.

A stocktake of the collection will show a varied menu from training guides to philosophy and from humour to biographies. Of all the training handbooks, the one that I find myself returning to time and again is The Competitive Runners Handbook by Bob Glover, while the others mostly contain pretty safe and standard info. The Lore of Running is too humongous and exhaustive (and might I say dry?), something to be used as a reference and not as a cover-to-cover read. Dean Karnazes's book is a little chest thumping (ego trip if you will, but that's my take) but his exploits are still quite interesting to read. Jim Denison's account on Geb's races are gripping read. If you want some madness, look no further than Don Kardong and Bob Schwartz.



I've tagged these books with my personal rating. The unrated ones mean I've not had the time to read them yet.

- [Lore of Running](#) - Tim Noakes ★★★★★ - for whichever chapters that I've completed
- [Marathon!](#) (used) - Jeff Galloway ★★★★★
- [Marathon!: The Story of the Greatest Race on Earth](#) - Timothy Collings (cover shows Liz McColgan) ★★★★★



- [The Quotable Runner](#) - Mark-Will Weber (Editor) ★★★★★
- [Non-Runners Marathon Trainer](#) - David Whitsett et al ★★★★★
- [Alberto Salazar's Guide To Road Racing](#) - Alberto Salazar
- [Daniels Running Formula](#) - Jack Daniels ★★★★★
- [Paul Tergat: Running To The Limit](#) - Jurg Wurz ★★★★★
- [Ultra Marathon Man](#) - Dean Karnazes ★★★★★
- [Hills, Haws & Ho Chi Minh](#) - Don Kardong ★★★★★
- [I Run, Therefore I Am Nuts](#) - Bob Schwartz ★★★★★
- [The Greatest: The Story Of Haile Gebrselassie](#) - Jim Denison ★★★★★
- [The Competitive Runners Handbook](#) - Bob Glover ★★★★★
- [Personal Best](#) - George Sheehan
- [Going The Distance: One Man's Journey to the End of His Life](#) - George Sheehan ★★★★★
- [Bill Rodgers' Lifetime Running Plan](#) (used) - Bill Rodgers
- [Running With Legends](#) (used) - Michael Sandrock ★★★★★ - rating is for the marathoners' sections
- [The Complete Book Of Running](#) (used) - Jim Fixx (bought it purely as a collection, afterall it's a classic credited to the starting of the running boom)
- [The Elements of Effort](#) (used) - John Jerome ★★★★★
- [Running For The Soul](#) (used) - Claudia Piepenburg ★★★★★
- [Paula: My Story So Far](#) - Paula Radcliffe
- [The London Marathon: The History of the Greatest Race on Earth](#) - John Bryant ★★★★★
- [Bowerman: On The Wings of Nike](#) - Kenny Moore ★★★★★

I've also got my sights set on the following few as well:

- [Anything For A T-shirt: Fred Lebow And The New York City Marathon, The World's Greatest Footrace](#) - William Burke
- [The Essential Guide to Running the New York City Marathon](#) - Toby Tanser

The journey continues...

*Jamie
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