



When Running Was Young and So Were We

By Jack Welch

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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!

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Editorial Review

Review

A surprising book! Surprised to learn more about runners I competed against. Surprised to learn more about races I was in. No surprise - this is a book for runners by a runner who can really write.

Alberto Salazar

If you didn't know from whence the inspiration for the growth and popularity of running came, you will after reading, "When Running Was Young and So Were We." Stories to motivate and entertain while keeping all of us young.

Joan Benoit

Reading When Running Was Young And So Were We brought back not just good memories of that Golden Age of road racing, and the stunning excitement of what felt like a new sport beginning here in the USA, but also the friendship of so many of the runners highlighted here, and the great spirit of comraderie that existed then. Perhaps those days were the launchpad for the Running Boom. I still love to run, and always will, thanks in part to writers like Jack D. Welch who worked so hard to reveal all aspects of running!

Bill Rodgers,

Four-time winner of NY City Marathon, four-time winner Boston Marathon

I don't think many runners today realize America even had a Golden Age of Running. But it did. It was a time when it seemed just about everyone you knew was running 80 miles a week, and those were just the dilettantes. If you were in the low 30s for 10K, you had plenty of company, even in local races. Jack Welch was right in the middle of it all, as a darned competitive runner and an even better writer, and he brings it all back to life in this wonderfully nostalgic collection.

John L. Parker, Jr.,
Author, 'Once a Runner'

Jack D. Welch writes like a sports reporter, a news journalist, an author, and all is written with his unparalleled quick wit.

As well, he has a unique perspective as a competitive runner. Jack is the perfect author to accompany today's runner through a retrospective visit to the Golden Age of running with his keen observations on the day's elite runners, and their physical and mental attributes from start to finish line.

Jacqueline Hansen

1973 Boston Marathon winner, twice marathon World Record holder

When U.S. distance running was younger than it is now, and smaller, it was also faster. The mid-1970s and the decade beyond was a golden age for road racers. Never before (or, alas, since) have so many Americans run so well: almost annual victories at the Boston and New York City Marathons by Bill Rodgers and then Alberto Salazar... world records for Salazar and Joan Benoit... Benoit's Olympic gold medal. Jack Welch saw it all, and from many angles: runner, magazine publisher, shoe-company executive and writer. You couldn't ask for a better tour guide of those golden years than the author of this book.

Joe Henderson,

Former longtime editor of *Runner's World*

['Remembering Pre'] is one of the best, most powerful pieces of writing I have ever read. Your short declarative sentences hit like hammers. You wrote as Pre ran. I can imagine no other writer who could have told his story as well. Runners everywhere probably wish you had written more. I certainly do."

Jeff Johnson, Nike's first employee

If you were running in the '80's and '90's this book should bring back pleasant memories of days gone by. For the rest, it is a good starting place to learn about the roots of American distance running.

Benji Durden, 1980 Olympian

From the Back Cover

For many years Jack Welch wrote for "Running" magazine and "Track & Field News," chronicling the extraordinary developments of running during the 1970s, 80s and 90s. "When Running Was Young and So Were We" is based on his columns from that period and tells 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 the lessons learned along the way. It's a sports book that offers an up-close-and-personal look at Olympic greats, big races, and long runs. It's a training book that outlines many of the techniques and strategies that make a winner, on and off the field of competition. And it's a celebration of the human spirit that examines 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!

About the Author

Jack D. Welch was the cofounder of *Running* magazine, former director of public relations for Nike, senior editor of road racing for *Track & Field News*, and part-owner of the Oregon Runner specialty shop. He has trained at altitude for years, logged many hundred-mile weeks, and finished 93rd in the national marathon championships. He has run with, and become friends with, many of the great names of marathon running, including Alberto Salazar, Don Kardong, Joan Benoit Samuelson, and Bill Rodgers. Having covered the sport for almost three decades, he was on the press truck, at the parties, behind the scenes, track-side for some of the best performances by some of the greatest runners in history.

Users Review

From reader reviews:

Sharon Stennis:

Within other case, little persons like to read book When Running Was Young and So Were We. You can choose the best book if you love reading a book. Providing we know about how is important the book When Running Was Young and So Were We. You can add understanding and of course you can around the world by the book. Absolutely right, simply because from book you can learn everything! From your country until foreign or abroad you can be known. About simple matter until wonderful thing you could know that. In this era, we are able to open a book or perhaps searching by internet gadget. It is called e-book. You can use it when you feel bored stiff to go to the library. Let's read.

Shanon Stephens:

Here thing why this specific When Running Was Young and So Were We are different and trustworthy to be yours. First of all reading through a book is good nonetheless it depends in the content of it which is the content is as yummy as food or not. When Running Was Young and So Were We giving you information deeper including different ways, you can find any e-book out there but there is no reserve that similar with When Running Was Young and So Were We. It gives you thrill looking at journey, its open up your personal eyes about the thing that happened in the world which is maybe can be happened around you. It is possible to

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Ryan Maggard:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family members or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book When Running Was Young and So Were We it is quite good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. When you did not have enough space to develop this book you can buy often the e-book. You can m0ore easily to read this book through your smart phone. The price is not very costly but this book has high quality.

Audrey Spence:

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