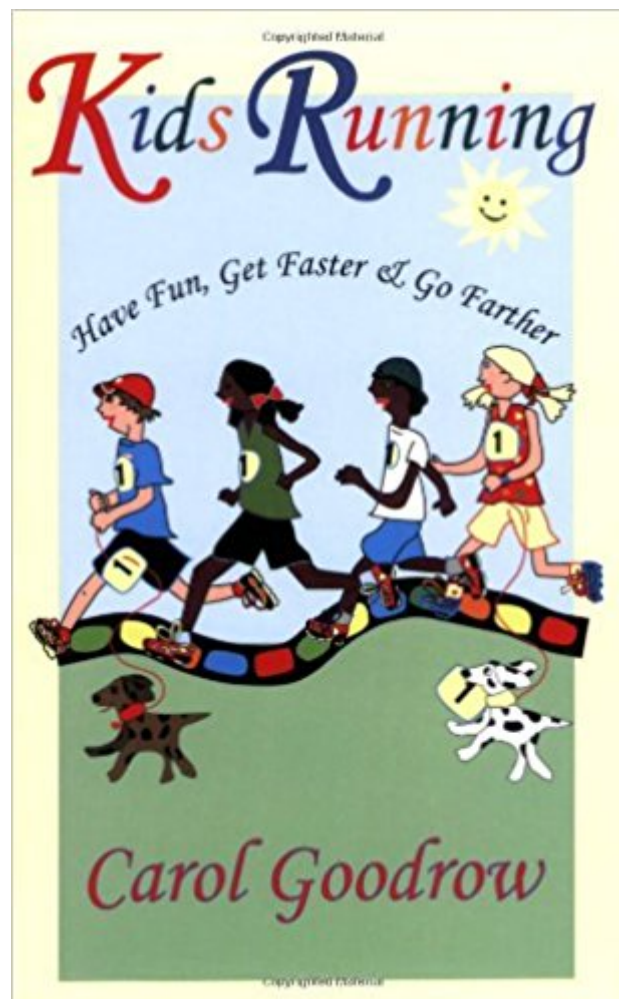




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Kids Running: Have Fun, Get Faster & Go Farther



Synopsis

A book about runningâwritten just for kids.Kids Running tells you all you need to know about this wonderful sport: getting started, training, fun runs, races, proper footwear, good eating habits,âcross-training, safety, running games, after-school clubs, clothing, mileage tracking, and journal writing. ââââ With a lively mix of pictures, information, vocabulary, and some entertaining asides, this book will help channel all that youthful energy toward excellent running, and a lifetime of good health.Recommended for grades 1 through 6.â

Book Information

Paperback: 88 pages

Publisher: Breakaway Books (May 1, 2008)

Language: English

ISBN-10: 1891369768

ISBN-13: 978-1891369766

Product Dimensions: 6 x 0.3 x 9.1 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 9 customer reviews

Best Sellers Rank: #877,592 in Books (See Top 100 in Books) #43 inâBooks > Children's Books > Sports & Outdoors > Track & Field #114 inâBooks > Children's Books > Growing Up & Facts of Life > Health > Fitness #185 inâBooks > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 6 - 12 years

Grade Level: 1 - 6

Customer Reviews

Carol Goodrow is the founding editor of Kidsrunning.com, a Runner's World site, which has won numerous awards for its creative and informative content. She is also an award-winning elementary school teacher in Tolland, Connecticut.

I purchased this book for my 4 year old who is training for her first 5k. She is very excited about her upcoming color run. This book is a great reference book for children, yet is slightly over my four year olds head. It makes for interesting night night stories.

I thought this book was very cute; however, my two children did not pick it up on their own. Only

were interested when I offered to read it to them. My boys are 7 and 8. One reads all the time. The book did offer some cute ideas for children to fit running/fitness into their everyday life. Also, like the idea of encouraging kids to participate in organized race events and how to get started in this process.

I purchased this for an 8 year old who is just beginning running. She and her mom were very excited with this book

I purchased this book for an elementary running club program. We read a chapter from this book each session. This is a great place to start for beginning runners.

The children found this book to be very entertaining. They went through it rather quickly.

It is difficult to find beginning running books aimed at 8-10 year olds. This one has solid information. My grandson is 9 and interested in becoming a runner, and this book gave him good tips and information.

The rap on kids sports today seems to be about too much, too soon, too much specificity, too much competitiveness, too much pressure, too much incentive to specialize early and practice one sport. And then there's Carol Goodrow's vision of Kids' Running, which is the the reverse of every reason parents might be afraid of getting their kids involved in sports. Want to run? Great, here's some ways to have fun doing it. Want to ride your bike today instead? Jump rope, play some kickball, play a game with your teammates? No problem, go ahead, you won't even notice you're still running. Want to do a race or two? Nothing but good news. This book is a reassuring reference for parents, but it's also an empowering menu of fun stuff for kids, too, enough to make their parents wish they were kids again and could be out running the butterfly loops with their friends, too. For more advanced readers, there are characters who can be followed through the book as they figure out this sport for themselves.

Carol has been able to carry forward the delightful style of the "Kids Running" web-site into this equally delightful book. With so many pictures of kids (and their ever-present pet dogs) enjoying the many running activities, and with so many cute rhymes about running and healthy eating, it's hard to imagine any child NOT getting caught up in the fun and excitement! As "Professor Shoelace", I was

also pleased to see that Carol promotes the virtues of good fitting running shoes or sneakers, securely tied with shoelaces. This comes by way of advice on the very first page of the book, as well as by example in the countless pictures of kids wearing colorful running shoes, all neatly tied with colorful shoelaces.

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