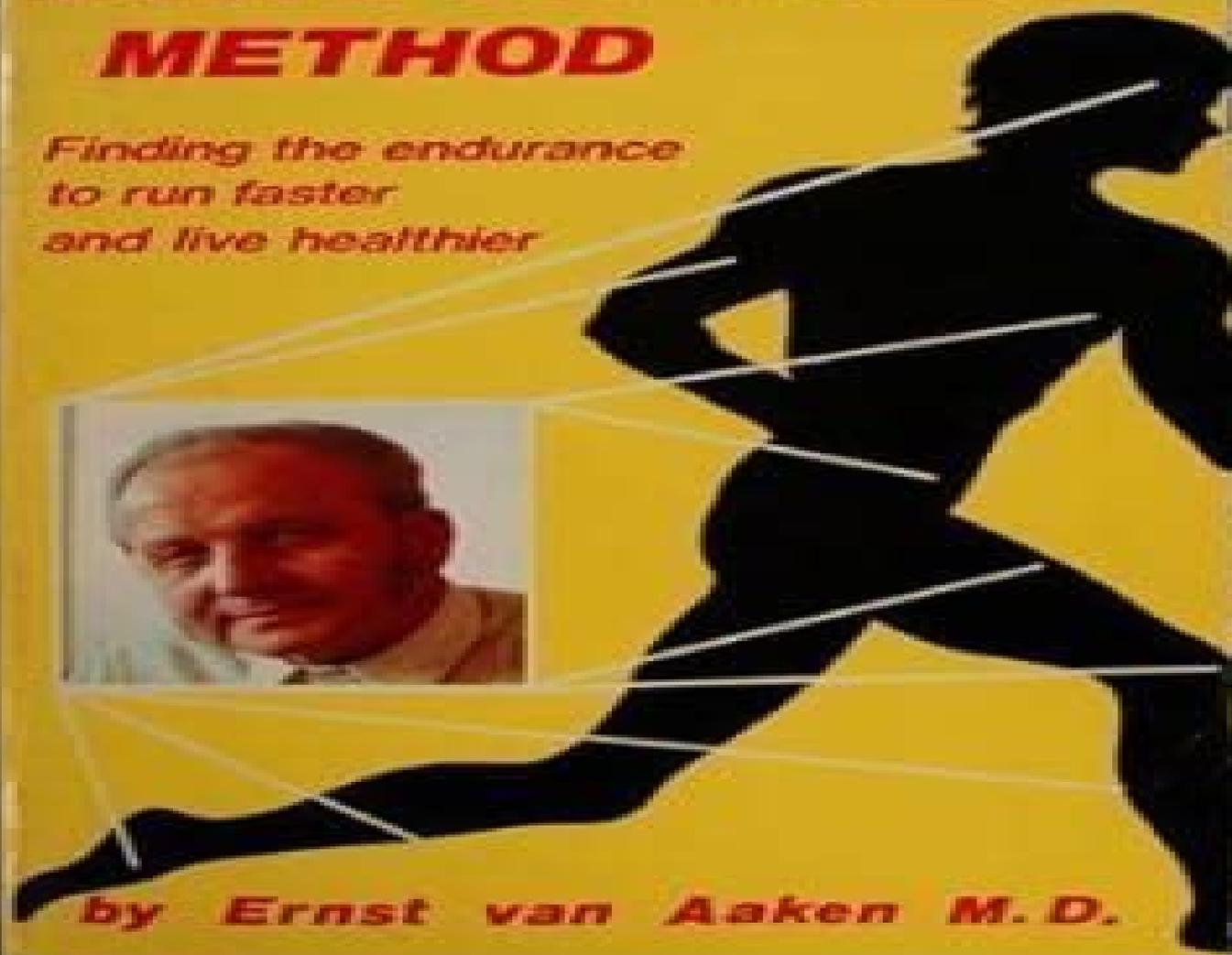


# **VAN AAKEN**

## **METHOD**

*Finding the endurance  
to run faster  
and live healthier*



**by Ernst van Aaken M.D.**

# Van Aaken Method

**Richard Benyo**



## **Van Aaken Method:**

Van Aaken Method Ernst van Aaken,1976      Van Aaken Method Ernst van Aaken,1976      *First Ladies of Running* Amby Burfoot,2016-04-05 Today millions of women and girls around the world enjoy running and entering races It wasn't always so In 1961 when Julia Chase edged to the start of a Connecticut 5 miler officials tried to push her off the road At the 1966 Boston Marathon Roberta Gibb hid behind a forsythia bush worried that police might arrest her The next year at Boston Kathrine Switzer was assaulted mid race by a furious race organizer In the mid 60s Indianapolis high schooler Cheryl Bridges was told not to run anywhere near the boys track team because she might distract them When Charlotte Lettis signed up for the University of Massachusetts cross country team in the fall of 1971 she was told to use the men's locker room A few years later in coastal Maine young Joan Benoit would stop her workouts to pretend she was picking roadside flowers embarrassed that her neighbors might spot her running *First Ladies of Running* tells the inspiring stories of these and other fiercely independent runners who refused to give up despite the cultural and sports barriers they faced Legends such as Doris Brown Francie Larrieu Mary Decker Jackie Hansen Miki Gorman and Grete Waitz are chronicled by *Runner's World* editor Amby Burfoot Burfoot even runs the 1994 Marine Corps Marathon with Oprah Winfrey whose successful finish opened the floodgates for other women runners *First Ladies of Running* is a beautiful and long overdue tribute to the pioneers of women's running and a gift of empowerment for female runners everywhere      **Curiosities in Medicine** Sibylle Scholtz,Myriam Becker, Lee MacMorris,Achim Langenbucher,2022-12-14 This anthology is devoted to the curious side of Medical History Carl Sagan said You have to know the past to understand the present This collection of 80 short stories written by experts in the field inspires curiosity and provides a detailed look at the History of Medicine It investigates many topics including ancient Egyptian knowledge the fundamental importance of toothache and how it birthed Anesthesia and why and when women were allowed to run marathons The authors report on the background of rubber gloves the stethoscope and the intraocular lens Historically important biographies are included such as those of Arthur Conan Doyle Napoleon Bonaparte and Claude Monet The book is relevant for those interested in Medicine and its curious history      Making the Marathon Your Event Richard Benyo,2011-08-10 In easy to understand language Benyo covers preliminaries preparation pacing and strategy and much more He helps runners tailor a general program to their own particular needs and backs his recommendations with up to the minute research From the Trade Paperback edition      Breakthrough Swimming Cecil M. Colwin,2002-02-20 Never before has one book taken such a comprehensive look at the evolution science and coaching application of competitive swimming In *Breakthrough Swimming* legendary swimming coach and researcher Cecil Colwin provides a rich perspective on the development of the sport and explains major advances in stroke mechanics training methods and racing techniques Accompanied by richly detailed illustrations this engaging text is one of the most insightful written works on the sport It makes clear sense out of the scientific principles and puts into context the historical changes in the sport Not only will you

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