

## The Perfect Mile

The true story of the deadliest naval mutiny in history. For readers of Tom Clancy's *Hunt for Red October* and Nathaniel Philbrick's *In the Heart of the Sea*, Neal Bascomb's gripping adventure at sea is the story of courage, the power of ideas, and the fragile nature of alliance. In 1905, after being served rancid meat, more than seven hundred Russian sailors mutinied against their officers aboard what was then one of the most powerful battleships in the world. Theirs was a life barely worth living -- a life of hard labor and bitter oppression, an existence, in its hopelessness and injustice, not unlike that of most of the working class in Russia at the time. Certainly their rebellion came as no surprise. Still, against any reasonable odds of success, the sailors-turned-revolutionaries, led by a charismatic firebrand risked their lives to take control of the ship and fly the red flag of revolution. What followed was a violent port-to-port chase that spanned eleven harrowing days and came to symbolize the Russian revolution itself. A pulse-quickening story that alternates between the opulent court of Nicholas II and the razor's-edge tension aboard the *Potemkin*, *Red Mutiny* is a tale threaded with terrific adventure, epic naval battles, heroic sacrifices, treachery, bloodlust, and a rallying cry of freedom that would steer the course of the twentieth century. It is also a fine work of scholarship that draws for the first time on the Soviet archives to shed new light on this seminal event in Russian and naval history. "[An] elegiac and emotionally

involving story...beautifully researched...[A] high-seas drama as gripping as a novel by C.S. Forester or Patrick O'Brian....Bascomb has written a remarkable book about an episode that, once historians get it right, will rank next to Spartacus' uprising against Rome and Washington rallying his troops at Valley Forge." -Los Angeles Times"I can pay this superb book no greater compliment than to admit that, despite knowing the outcome, I was genuinely gripped as the dramatic events unfolded. With this brilliant reassessment, Bascomb has restored the extraordinary story of the Potemkin to its rightful place in Russia's history." -Sunday Telegraph Book Review"An outstandingly good book."-Times of London"A masterful touch and perfect pacing."-Seattle Times"thrilling and judicious." -Boston Globe"A rollicking good yarn, an energetic, colorful account of 11 days that shook the world."-Daily Telegraph"A real page-turner."-Naval History"Bascomb has a knack for writing interesting books about events you're not sure you're all that interested in. Now he turns to the mutiny aboard the battleship Potemkin...His book all but throbs with Russia: vodka, fiery rhetoric, aristocratic snobbiness, peasant resignation, Russian glory, Russian shame and all the rest of the stuff that made Dr. Zhivago such a good movie."-St. Louis Post Dispatch"Bascomb presents the gripping events of June 1905 with sharply focused immediacy and a flair for high drama... In his capable hands, this powerful morality play vividly reminds us never to underestimate a handful of people willing to die for an idea... Bascomb recounts the unfolding events in a believable and authoritative voice... History

at its best: readable, dramatic, and propelled by unforgettable principals."-Kirkus, starred review

The heart-pounding story of an unlikely band of ragtags who took on Hitler's Grand Prix driver. In the years before World War II, Adolf Hitler wanted to prove the greatness of the Third Reich in everything from track and field to motorsports. The Nazis poured money into the development of new race cars, and Mercedes-Benz came out with a stable of supercharged automobiles called Silver Arrows. Their drivers dominated the sensational world of European Grand Prix racing and saluted Hitler on their many returns home with victory. As the Third Reich stripped Jews of their rights and began their march toward war, one driver, René Dreyfus, a 32-year-old Frenchman of Jewish heritage who had enjoyed some early successes on the racing circuit, was barred from driving on any German or Italian race teams, which fielded the best in class, due to the rise of Hitler and Benito Mussolini. So it was that in 1937, Lucy Schell, an American heiress and top Monte Carlo Rally driver, needed a racer for a new team she was creating to take on Germany's Silver Arrows. Sensing untapped potential in Dreyfus, she funded the development of a nimble tiger of a new car built by a little-known French manufacturer called Delahaye. As the nations of Europe marched ever closer to war, Schell and Dreyfus faced down Hitler's top drivers, and the world held its breath in anticipation, waiting to see who would triumph.

In *Mile Markers*, Runner's World contributing editor Kristin Armstrong captures the

ineffable and timeless beauty of running, the importance of nurturing relationships with those we love, and the significance of reflecting on our experiences. This collection considers the most important reasons women run, celebrating the inspiring passion runners have for their sport and illustrating how running fosters a vitally powerful community. With unique wit, refreshing candor, and disarming vulnerability, Armstrong shares her conviction that running is the perfect parallel for marking the milestones of life. From describing running a hardfought race with her tightly-knit group of sweat sisters, to watching her children participate in the sport for the very first time, Armstrong infuses her experiences with a perspective of hope that every moment is a chance to become a stronger, wiser, more peaceful woman. Running threads these touching stories together, and through each of them we are shown the universal undercurrents of inspiration, growth, grace, family, empowerment, and endurance.

Are you awed by the smell of flowers or the busy buzz of the bees? Are you awed by the all of the snow or the rustle of the trees? In *The Book of Awe*, readers are reminded to take a minute and see the beauty in the everyday things around them.

In 1905 more than seven hundred Russian sailors mutinied against their officers aboard the battleship *Potemkin*, one of the most powerful battleships in the world. Led by the charismatic firebrand Matyushenko, they risked their lives to take control of their ship and fly the red flag of revolution. What followed was a violent port-to-port chase that spanned eleven harrowing days and came to symbolize the Russian Revolution itself.

This pulse-pounding story alternates between the opulent court of Nicholas II and the drama on the high seas. Neal Bascomb combines extensive research and fresh information from Soviet archives to tell the true story of the deadliest naval mutiny in history. *Red Mutiny* is a terrific adventure filled with epic naval battles, heroic sacrifices, treachery, bloodlust, and the rallying cries of freedom.

The definitive, fully authorised story of the record-breaking rivalry between London Olympics organiser Sebastian Coe and Steve Ovett. Steve Ovett and Sebastian Coe presided over the golden era of British athletics. Between them they won three Olympic gold medals, two silvers, one bronze and broke a total of twelve middle-distance records. They were part of the landscape of the late seventies and early eighties -- both household names, their exploits were watched by millions. As far apart as possible in terms of class and upbringing -- Ovett is the art student, the long-haired son of a market-trader from Brighton, a natural athlete; Coe's formative years were spent under the rigorous training routine of Peter Coe, a self-taught trainer who referred to his son as 'my athlete' -- their rivalry burned as intense on the track as away from it. The pendulum swung between the pair of them -- each breaking the other's records, and, memorably, triumphing in each other's events in Moscow in 1980 -- for the best part of a decade, until the final showdown at the Los Angeles Olympics in 1984 . . . *The Perfect Distance* is both a detailed re-creation and a fitting celebration of the greatest era of British athletics.

## Download File PDF The Perfect Mile

Envious of her best friends lavish lifestyle, a young woman wonders how different her life would be if she had an opportunity to change her past.

Two people driven to win. Only one can claim the prize. She's a sprint car racer driven by secrets. He's the man who must uncover them on national TV. Slide Job: A dirty move in which a race driver skids his/her car sideways in front of another car to steal a position. Sprint car driver Morgan Blade is willing to do anything to help save her critically ill father, even become a contestant on a new TV racing reality show. But once the cameras start rolling, she realizes the cost of the prize money. If the show's sexy producer has his way, her most heartbreaking secrets will be revealed to a worldwide audience. Secrets are Tyler Dalton's business. Forced to produce one more reality show to fulfill his contract, he can't wait to get it over with and move on with his life. However, part of who he is means giving it his best. In reality TV, controversy drives ratings. So despite a combustible attraction to his star, Tyler must unveil the secrets beneath Morgan's fiery faade. But when she becomes more than just another contestant ... will he go for the slide job, even if it means losing her?

Explains the practical aspects of exercise physiology and modern coaching, including energy systems, the aerobic and anaerobic thresholds, VO<sub>2</sub> max, running economy, muscle fibers, and more. In addition, it covers how these ideas should inform both your day-to-day workouts and the underlying philosophy that forms the foundation of your training program.

#1 NEW YORK TIMES BESTSELLER · WALL STREET JOURNAL BESTSELLER · USA TODAY BESTSELLER “The Boy, the Mole, the Fox and the Horse is not only a thought-provoking, discussion-worthy story, the book itself is an object of art.”- The New York Times From the revered British illustrator, a modern fable for all ages that explores life’s universal lessons, featuring 100 color and black-and-white drawings. “What do you want to be when you grow up?” asked the mole. “Kind,” said the boy. Charlie Mackesy offers inspiration and hope in uncertain times in this beautiful book based on his famous quartet of characters. The Boy, the Mole, the Fox, and the Horse explores their unlikely friendship and the poignant, universal lessons they learn together. Radiant with Mackesy’s warmth and gentle wit, The Boy, the Mole, the Fox, and the Horse blends hand-written narrative with dozens of drawings, including some of his best-loved illustrations (including “Help,” which has been shared over one million times) and new, never-before-seen material. A modern classic in the vein of The Tao of Pooh, The Alchemist, and The Giving Tree, this charmingly designed keepsake will be treasured for generations to come.

Encourage your child to play hidden pictures in order to encourage object constancy skills, which fuels the ability to determine pictures based on their features. This means that regardless of how an artist interprets an apple, your

child will also recognize it as an apple. So what are you waiting for? Play hidden pictures today!

Glenn Cunningham set the world record for the mile in the 1930s. But as a boy, he had been terribly burned in a schoolhouse fire, a fire that took the life of his older brother Floyd. And that is when Glenn's life quest began. He was bed-ridden for months. The doctors thought he might never walk again. But he recovered, slowly, agonizingly, with fierce determination—and within a year was both walking and running. Huge burn scars covered his legs. In high school, he was a champion athlete, and set a world high school record in the mile. He went on to be one of America's greatest runners, setting records and winning races with astonishing ease. His story, however, is now largely forgotten—but it is an inspiring and timeless one that bears telling in our modern age. Throughout the book there is a portrait of sportsmanship and decency rarely seen these days. And how Glenn Cunningham spent his life after track is just as inspiring as his accomplishments on the track. Paul Kiell has created a detailed, dramatic biography of this extraordinary American athlete. "American Miler inspires while capturing the power of the human spirit! Kiell's prose and accompanying period photographs vividly chronicle Cunningham's heroic determination in the face of physical challenge. A great American story of forging strength from hardship."



—Trisha Meili, author, *I Am the Central Park Jogger: A Story of Hope and Possibility* “Dr. Kiell has written the definitive biography of a giant figure in American sport who became a vital influence in many young lives.” —Robert J. Corrigan, author, *Tracking Heroes: 13 Track & Field Champions* “Glenn Cunningham refused to let adversity keep him from his goals. His life is an inspiration to athletes in any sport, and to anyone with the will to succeed in the face of overwhelming odds. Thank you, Dr. Kiell, for sharing his story so beautifully.” —Richard Traum, Ph.D., Founder and CEO, Achilles Track Club “Dr. Kiell’s comprehensive portrayal of Glenn’s outstanding athletic career and personal life enables the reader to appreciate the exploits and character of this great American hero—Cunningham the athlete and Cunningham the man.” —Howard Schmertz, Millrose Games Meet Director Emeritus “American Miler has brought my teammate back to life: The race is on. I feel again the ache of muscle, the sear of lung, the sting of cinders as we stride. I hear, too, our cheering Jayhawks urging Glenn to yet another record; and I remember Cunningham as a friend, the noblest of the best.” —Paul Borel, former classmate and teammate of Glenn Cunningham

The story of America's greatest running legend. For five years, no American runner could beat him at any distance over a mile. But at the age of 24, with his

best years still ahead, long-distance runner Steve Prefontaine finally lost. Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential, accomplished runners of our time. More than 20 years later, Pre continues to influence the running world. From his humble origins in Coos Bay, Oregon, Pre became the first person to win four NCAA titles in one event. Year after year, he was virtually unbeatable. Instead of becoming one of the new breed of professional track athletes, Pre chose to stay amateur and fight for the adequate funding he felt American amateur athletes deserved. A man of incredible desire and energy, Pre trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, "He ran every race as if it were his last." But Pre not only touched runners; his exciting technique as well as his maverick lifestyle made him a favorite of the fans. A race with Prefontaine in it was automatically an event. His brief but brilliant life—documented by author Tom Jordan—is the tale of a true American hero. This is his story. "Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative." —Steve Prefontaine \*The e-book edition does not include

photos

From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and—even more important—on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private writer and for the exploding population of

athletes who find similar satisfaction in distance running.

Life took Desmond "Coach Dez" Dunham down an unpaved path toward both manhood and coaching, testing his spirit, humility, and purpose. Now a nationally recognized high school coach, *Running Against The Odds* chronicles Dunham's journey to finding his passion within youth sports, culminating at the 2007 Penn Relays - one of the most defining moments of his illustrious running career. In this impassioned coming-of-age memoir, Dunham recounts his turbulent childhood, filled with challenges in economically-distressed Gary, Indiana. Despite constant rejection and disappointment from a distant, alcoholic father, Dunham persevered, attended Howard University, and found his passion on the track with key support along the way. From humble beginnings with the odds stacked against him, Dunham's story shows that underdogs prevail.

WHO IS REALLY THE MONSTER? Nineteen year old Callan Sanclair has cared for his mother, and helped her cope with her illness, ever since his father was killed seven years ago. Except she does not have any ordinary illness... but a curse which turns her into a werewolf at the night of the full moon. Since discovering her curse, Callan always feared a visit from the mysterious company called Lycorp, a group of werewolf hunters who are determined to keep the world safe from those suffering with the curse. When his mother is taken by Lycorp,

Callan must find a way to infiltrate the company from the inside. But first he must endure a gruelling job interview which will test his breaking point. The Wolf Trials might be the death of him.

From the internationally acclaimed, best-selling author of "Hunting Eichmann" and "The Perfect Mile, "a World War II spy adventure set in Norway that draws on firsthand interviews and memoirs of the saboteurs"

Caleb faces two key questions in his 23rd year: can he be happy with a retail career that falls short of his artistic dreams, and which girl should be the focus of his neurotically awkward dating life? Fellow mall worker Leah should be a blonde ray of sunshine, but she is overshadowed when teenage crush Sophie unexpectedly returns to Caleb's life. The Perfect Hours explores the ever-present battle between the urge to dream and the safety of settling. It's about how the moments when everything is right make all the struggle and uncertainty worthwhile.

Do you feel like you struggle to make time for everything? We are living in a time-poor society, working more than ever and with less time for ourselves and family. The pressures and stress of the obligations we feel we have, often leave us without time to do everything that we would like to. More critically, we lack the time to reflect, review our lives and consider our direction. Time to contemplate if

the decisions we are making are going to lead us to a life of purpose or an old age filled with regret. Time for Anything is based on 5 years of research by Craig D Robinson. Using the techniques in this book, Craig went from working in an entry level position to, in just four years: start 2 companies, recharge with 12 weeks holiday a year, start a family, grow and sell his startups and retire at the age of 34. This book shows you how you too can have time for it all.

Enjoy 20 limited-detail illustrations, designed for those who would rather keep it simple. Each page was hand-drawn and edited by K J Kraemer, with you in mind. If you don't want to spend days on a project or just want room to get creative, this adult coloring book is for you!

It was a blustery late spring day in 1954 and a young Oxford medical student flung himself over the line in a mile race. There was an agonising pause, and then the timekeeper announced the record: three minutes, fifty-nine point four seconds. But no one heard anything after that first word - 'three'. One of the most iconic barriers of sport had been broken, and Roger Bannister had become the first man to run a mile in under four minutes. To this day, more men have conquered Mount Everest than have achieved what the slender, unassuming student managed that afternoon. Sixty years on and the letters still arrive on Roger Bannister's doormat, letters testifying to the enduring appeal of the four-

minute mile and the example it set for the generation of budding athletes who were inspired to attempt the impossible. In this frank memoir, Sir Roger tells the full story of the talent and dedication that made him not just one of the most celebrated athletes of the last century but also a distinguished doctor, neurologist and one of the nation's best-loved public figures. With characteristically trenchant views on drugs in sport, the nature of modern athletics and record breaking, the extraordinary explosion in running as a leisure activity, and the Olympic legacy, this rare and brilliant autobiography gives a fascinating insight into the life of a man who has lived life to the fullest.

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Linde utilises new and ancient knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a summary within each one:

Lifestyle; Food & Nutrition; Medical Care; Mind; Water; and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving time & money and gaining longevity; Fuses together specialised areas in health & mind, lifestyle & environment under one cover; Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, energies and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media weekly, even daily; For more information please visit [www.thebookbook.co.uk](http://www.thebookbook.co.uk)

There was a time when running the mile in four minutes was believed to be



beyond the limits of human foot speed, and in all of sport it was the elusive holy grail. In 1952, after suffering defeat at the Helsinki Olympics, three world-class runners each set out to break this barrier. Roger Bannister was a young English medical student who epitomized the ideal of the amateur — still driven not just by winning but by the nobility of the pursuit. John Landy was the privileged son of a genteel Australian family, who as a boy preferred butterfly collecting to running but who trained relentlessly in an almost spiritual attempt to shape his body to this singular task. Then there was Wes Santee, the swaggering American, a Kansas farm boy and natural athlete who believed he was just plain better than everybody else. Spanning three continents and defying the odds, their collective quest captivated the world and stole headlines from the Korean War, the atomic race, and such legendary figures as Edmund Hillary, Willie Mays, Native Dancer, and Ben Hogan. In the tradition of *Seabiscuit* and *Chariots of Fire*, Neal Bascomb delivers a breathtaking story of unlikely heroes and leaves us with a lasting portrait of the twilight years of the golden age of sport.

Escape from the everyday stresses in your life and unwind with *Chromalaxing, Kaleidoscope Series, Adult Coloring Book #1*. The first book in this great new series. Forty intricately and delightfully designed images. Printed one side per page. The reverse side includes the image number so you can leave your

thoughts and specific feedback for us per image. Your finished work may be suitable for framing or gift giving. Our website (<http://www.chromalaxing.com>) features fun art contests. Enter today and show us your masterpiece for a chance to win great prizes. Vote for your favorites too. Our designs offer a pleasing variety in image complexity suitable for beginner to expert-level. Provides unlimited hours of relaxing stress relief, as well as an enjoyable artistic outlet. Tap into the soothing and rejuvenating effects that coloring has been shown to produce. Join countless adults all over the world and rediscover the fun and relaxing hobby of coloring. Grab your pencils, pens... relax and explore your creative side today.

Lark isn't your normal princess. She's the princess of Myrinor, an influential kingdom with a rich history. Along with that title come great responsibilities, such as learning swordplay, trying her best to be the perfect role model, and most importantly, hiding her deepest secret. As days go by, she discovers that her best friend, Julian, is not what he seems. An ancient curse resurfaces from the past and drags them both into the heart of a forgotten kingdom. The fates of both kingdoms rest in their hands. The quest begins to end it all.

Top five Best Books About Running, Runner's World Magazine Top three Best Books About Running, readers of Runner's World Magazine (December 2009) A

phenomenal portrait of courage and desire that will do for college cross-country what John Feinstein's *A Season on the Brink* did for college basketball.

What does every mile mean to you? When you hit the trails, the road, the track or the treadmill, what does each mile mean? A group of runners and walkers from around the world share their stories as they let us know what every mile matters means to them. Get ready to be inspired.

“Riveting and poignant . . . The Winter Fortress metamorphoses from engrossing history into a smashing thriller . . . Mr. Bascomb’s research and, especially, his storytelling skills are first-rate.”—The Wall Street Journal “Weaving together his typically intense research and a riveting narrative, Neal Bascomb’s *The Winter Fortress* is a spellbinding piece of historical writing.” — Martin Dugard, author of *Into Africa* and co-author of the *Killing* series In 1942, the Nazis were racing to complete the first atomic bomb. All they needed was a single, incredibly rare ingredient: heavy water, which was produced solely at Norway’s Vemork plant. Under threat of death, Vemork’s engineers pushed production into overdrive. If the Allies could not destroy the plant, they feared the Nazis would soon be in possession of the most dangerous weapon the world had ever seen. But how would the Allied forces reach the castle fortress, set on a precipitous gorge in one of the coldest, most inhospitable places on earth? Based on a trove of top-secret

documents and never-before-seen diaries and letters of the saboteurs, *The Winter Fortress* is an arresting chronicle of a brilliant scientist, a band of spies on skis, perilous survival in the wild, Gestapo manhunts, and a last-minute operation that would alter the course of the war. “A taut and peerlessly told adventure story full of thrills, derring-do and heart-stopping tension.” — *Seattle Times* “Told with both historical and scientific accuracy . . . this book has rocketed into my pantheon of the top suspense-filled stories about [World War II], along with *The 900 Days* and *The Colditz Story*.” — Ethan Siegel, *Forbes*

A portrait of the foremost track coach and founder of Nike describes how he helped contribute to numerous team titles and record achievements while working at the University of Oregon, offers insight into the 1972 Munich Olympic Games, and considers Bowerman's relationship with runner Steve Prefontaine. Reprint.

Based on a true story *The Invisible Mile* tells the poignant story of five Australian and New Zealand cyclists who in 1928 formed the first English-speaking team to ride in the Tour de France. They were gallant, under-resourced and badly outnumbered but taken deep to the heart by the French nation. The novel describes in a wonderful poetic and visceral voice what it was like to ride in this race (the chaos, danger and rivalries), the extraordinary lengths to which the

riders pushed themselves, suffering horrific injuries, riding through the night in pitch dark, and the ways they staved off the pain, through camaraderie, through sexual conquest, through drink, and through drugs (cocaine for energy, opium for pain). Added to the team is the fictional narrator who is cycling towards his demons in a northern France still scarred by the First World War. His brother was a fighter pilot damaged by his experiences in France, his sister has died, and this self-imposed test of endurance is slowly and painfully bringing him to his final, invisible mile where memory eventually comes to collide with the past

A gripping thriller from David Baldacci, *The Last Mile* is perfect for fans of Lee Child and James Patterson. Memories can be a real killer. Melvin Mars awaits his fate on Death Row. He was one of America's most promising football stars until, aged twenty, he was arrested and convicted for the murder of his parents just as he was due to begin a very lucrative contract with the NFL. When Amos Decker, newly appointed special agent with the FBI, hears the news that Melvin was saved in the final seconds before his execution because someone has confessed to the killings, he persuades his boss to allow him to carry out an investigation into the Mars murders. There are facts about the case which don't add up, and as the investigation deepens, Decker and his team uncover layer upon layer of lies and deception which are rooted at a time in American history which most would

rather forget, but some seem keen to remember. There is someone out there with a lot to hide, and a secret that everyone is looking for. A race against time ensues because, when revealed, that information threatens to tear apart the corridors of power at the very highest level. The case proves to be life-changing for both Mars and Decker in ways that neither could ever have imagined. The Last Mile is the second in the Amos Decker series, following Memory Man. Highly acclaimed author Neal Bascomb brings his peerless research and fast-paced narrative style to a young adult adaptation of one of his most successful adult books of all time, *The Perfect Mile*, an inspiring and moving story of three men racing to achieve the impossible -- the perfect four-minute mile. There was a time when running the mile in four minutes was believed to be beyond the limits of human foot speed. In 1952, after suffering defeat at the Helsinki Olympics, three world-class runners each set out to break this barrier: Roger Bannister was a young English medical student who epitomized the ideal of the amateur; John Landy the privileged son of a genteel Australian family; and Wes Santee the swaggering American, a Kansas farm boy and natural athlete. Spanning three continents and defying the odds, these athletes' collective quest captivated the world. Neal Bascomb's bestselling adult account adapted for young readers delivers a breathtaking story of unlikely heroes and leaves us with a lasting

portrait of the twilight years of the golden age of sport.

What are the things that you can see at the construction site? These are the small items that workers use to build buildings. It's interesting to note that knowledge of these tools might lead to a general understanding of how buildings are created. Doesn't this the perfect book to introduce your child to the world of engineering? Grab a copy t

Spot the difference is an amazing activity that boosts your child's fine-ground perception. Fine-ground perception is the skill that would allow children to see in-between the negative spaces. This makes it possible to locate hidden objects, which is an important element to learning math and reading. Don't forget to checkout with a copy of this activity book today!

Who says having all your dreams come true is a good thing? Serenity Winters is taking the summer off. After her last year included crushing on the wrong guy (again), having her best friend move all the way across the country, and an unexpected loss she's still not prepared to deal with, she deserves it. And a visit to see Maia in California seems the perfect getaway. Beaches, bonfires and boys? Yes please! But Rennie's dreams aren't so easy to elude. Sketching what she can remember of them helps some, but her drawings are taking on a life of their own and the dreams they represent are starting to come true. Enter Alex,

who may or may not be perfect. (No, who is she kidding? He's perfect. Great hair, plus he can quote Hamlet and Yoda? Come on!) But Alex has secrets of his own, namely a hidden ability to transport himself through time using a book as a portal. Could it be that both Rennie and Alex are being drawn in to the same mystery? They better find out quickly, because her dreams are getting louder. And they know her by name.

Ryan Hall is an Olympic athlete and American record holder in the half marathon (59:43). But as a kid, Ryan hated running. He wanted nothing to do with the sport until one day, he felt compelled to run the 15 miles around his neighborhood lake. He was hooked. Starting that day, Ryan felt a God-given purpose in running. He knew he could, and would, race with the best runners in the world and that his talent was a gift to serve others. These two truths launched Ryan's 20-year athletic career and guided him through epic failures and exceptional breakthroughs to competing at the highest level. Along the way, Ryan learned how to focus on his purpose and say no to distractions, to select and strive for the right goals--goals for the heart as well as the body. With God's guidance and millions of miles pounded out on the track, Ryan discovered secrets to dealing with defeat and disappointment, enduring immense pain, building resilience, and ultimately, running as if you've already won. Now a coach, speaker, and nonprofit



partner, Ryan shares the powerful faith behind his athletic achievements and the lessons he learned that helped him push past limits, make space for relationships that enrich life on and off the running trails, and cultivate a positive mindset.

Journey with Ryan as he reflects on the joys and trials of the running life and discover for yourself the power of a life devoted to your God-given purpose.

In a world where heroes were forced into retirement in the aftermath of a nuclear attack on America Michael Sanders must rise to the occasion and discover what it means to live and rise up from underneath *The Long Shadow*.

Greg Gilmore fought hard against returning to Hershey, PA. He has trouble breathing in a town with so many Morrisons running around. Janine Morris, a woman as deeply entrenched in secrets and special military skills as him, only adds to his discomfort. Keeping his family safe is his number one goal. So why do Janine's haunted amber eyes keep enticing him to throw away all his cares and concerns to join forces with a woman who could bring all his enemies right down on the Morrison Family?

This “fast-paced account” of WWI airmen who escaped Germany’s most notorious POW camp is “expertly narrated” by the New York Times bestselling author (Kirkus, starred review). During World War I, Allied soldiers might avoid death only to find themselves in the abominable conditions of Germany’s many prison camps. The most infamous was Holzminden, a land-locked Alcatraz that housed the most escape-prone officers. Its commandant was a boorish tyrant named Karl Niemeyer, who swore that none should ever leave. Desperate to break out of “Hellminden”, a group of Allied prisoners hatch an audacious escape plan that requires a

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risky feat of engineering as well as a bevy of disguises, forged documents, and fake walls—not to mention steely resolve and total secrecy. Once beyond the watchtowers and round-the-clock patrols, they are then faced with a 150-mile dash through enemy-occupied territory toward free Holland. Drawing on never-before-seen memoirs and letters, historian Neal Bascomb “has unearthed a remarkable piece of hidden history, and told it perfectly. The story brims with adventure, suspense, daring, and heroism” (David Grann, New York Times bestselling author of *Killers of the Flower Moon*).

For more than three decades, not one American schoolboy had run a sub-4:00 mile. Then, in January 2001, Alan Webb clocked a 3:59.86 mile, the fastest indoor U.S. high school mile ever. Just a few months later, the young track star achieved legendary status: he ran a 3:53.46 mile—a full 2 seconds faster than former record holder Jim Ryun. Everywhere Webb was hailed as “America’s Next Great Miler.” In *Sub 4:00*, noted track writer Chris Lear follows Webb to college at the University of Michigan. As we witness Webb’s freshman track season—watching him struggle with injuries, interpersonal conflicts, the politics of the collegiate track world, and his own aspirations to become the best miler ever—we get an unprecedented behind-the-scenes view of the life of one of the nation’s most promising track athletes with a new chapter describing the latest developments in Webb’s fascinating career.

*The Perfect Mile* Three Athletes, One Goal, and Less Than Four Minutes to Achieve It  
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