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Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

Need directions? Are you good at getting lost? Then GPS is just the technology you ' ve dreamed of, and GPS For Dummies is what you need to help you make the most of it. If you have a GPS unit or plan to buy one, GPS For Dummies, 2nd Edition helps you compare GPS technologies, units, and uses. You ' ll find out how to create and use digital maps and learn about waypoints, tracks, coordinate systems, and other key point to using GPS technology. Get more from your GPS device by learning to use Web-hosted mapping services and even how to turn your cell phone or PDA into a GPS receiver. You ' ll also discover: Up-to-date information on the capabilities of popular handheld and automotive Global Positioning Systems How to read a map and how to get more from the free maps available online The capabilities and limitations of GPS technology, and how satellites and radio systems make GPS work How to interface your GPS receiver with your computer and what digital mapping software can offer Why a cell phone with GPS capability isn ' t the same as a GPS unit What can affect your GPS reading and how accurate it will be How to use Street Atlas USA, TopoFusion, Google Earth, and other tools Fun things to do with GPS, such as exploring topographical maps, aerial imagery, and the sport of geocaching Most GPS receivers do much more than their owners realize. With GPS For Dummies, 2nd Edition in hand, you ' ll venture forth with confidence!

Fuel up like 2017 New York City Marathon Champion Shalane Flanagan. From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook—and New York Times bestseller—that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories, obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-blowing nutritional wisdom, and inspiring stories from two fitness-crazed women that became fast friends over 15 years ago, Run Fast. Eat Slow. has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-

quenching drinks, and wholesome treats—all made without refined sugar and flour. Fan favorites include Can't Beet Me Smoothie, Arugula Cashew Pesto, High-Altitude Bison Meatballs, Superhero Muffins, Kale Radicchio Salad with Farro, and Double Chocolate Teff Cookies.

Sensor Technologies: Healthcare, Wellness and Environmental Applications explores the key aspects of sensor technologies, covering wired, wireless, and discrete sensors for the specific application domains of healthcare, wellness and environmental sensing. It discusses the social, regulatory, and design considerations specific to these domains. The book provides an application-based approach using real-world examples to illustrate the application of sensor technologies in a practical and experiential manner. The book guides the reader from the formulation of the research question, through the design and validation process, to the deployment and management phase of sensor applications. The processes and examples used in the book are primarily based on research carried out by Intel or joint academic research programs. “ Sensor Technologies: Healthcare, Wellness and Environmental Applications provides an extensive overview of sensing technologies and their applications in healthcare, wellness, and environmental monitoring. From sensor hardware to system applications and case studies, this book gives readers an in-depth understanding of the technologies and how they can be applied. I would highly recommend it to students or researchers who are interested in wireless sensing technologies and the associated applications. ” Dr. Benny Lo Lecturer, The Hamlyn Centre, Imperial College of London “ This timely addition to the literature on sensors covers the broad complexity of sensing, sensor types, and the vast range of existing and emerging applications in a very clearly written and accessible manner. It is particularly good at capturing the exciting possibilities that will occur as sensor networks merge with cloud-based ‘ big data ’ analytics to provide a host of new applications that will impact directly on the individual in ways we cannot fully predict at present. It really brings this home through the use of carefully chosen case studies that bring the overwhelming concept of 'big data' down to the personal level of individual life and health. ” Dermot Diamond Director, National Centre for Sensor Research, Principal Investigator, CLARITY Centre for Sensor Web Technologies, Dublin City University "Sensor Technologies: Healthcare, Wellness and Environmental Applications takes the reader on an end-to-end journey of sensor technologies, covering the fundamentals from an engineering perspective, introducing how the data gleaned can be both processed and visualized, in addition to offering exemplar case studies in a number of application domains. It is a must-read for those studying any undergraduate course that involves sensor technologies. It also provides a thorough foundation for those involved in the research and development of applied sensor systems. I highly recommend it to any engineer who wishes to broaden their knowledge in this area!" Chris Nugent Professor of Biomedical Engineering, University of Ulster

Guided by “ Akira-sensei, ” John comes to realize the greatest adversity on his journey will be the challenge of defeating the man in the mirror. This powerful story of one boy ’ s journey to achieve his life long goal of becoming a samurai warrior, brings the Train to be CLUTCH curriculum to life in a powerful and memorable way. Some things you will learn... —No matter how it feels, you are always building your own house. —How and why you must surrender to the outcome in order to be at your best. —Why you never want to have your identity wrapped up in what you do. —Why your strength lies in faithfulness to the little things. —How to develop a heart posture of gratitude. —How to use the biggest challenges as a training ground for greatness. —Why the process is more important than the goal.

—Why comparison is the thief of all joy. —How to develop a growth mindset. —Why talent is more of a curse than a blessing. “ So many valuable stories and lessons! ” —Nick Ahmed, Arizona Diamondbacks

Harnessing the power of software platforms: what executives and entrepreneurs must know about how to use this technology to transform industries and how to develop the strategies that will create value and drive profits. Software platforms are the invisible engines that have created, touched, or transformed nearly every major industry for the past quarter century. They power everything from mobile phones and automobile navigation systems to search engines and web portals. They have been the source of enormous value to consumers and helped some entrepreneurs build great fortunes. And they are likely to drive change that will dwarf the business and technology revolution we have seen to this point. *Invisible Engines* examines the business dynamics and strategies used by firms that recognize the transformative power unleashed by this new revolution—a revolution that will change both new and old industries. The authors argue that in order to understand the successes of software platforms, we must first understand their role as a technological meeting ground where application developers and end users converge. Apple, Microsoft, and Google, for example, charge developers little or nothing for using their platforms and make most of their money from end users; Sony PlayStation and other game consoles, by contrast, subsidize users and make more money from developers, who pay royalties for access to the code they need to write games. More applications attract more users, and more users attract more applications. And more applications and more users lead to more profits. *Invisible Engines* explores this story through the lens of the companies that have mastered this platform-balancing act. It offers detailed studies of the personal computer, video game console, personal digital assistant, smart mobile phone, and digital media software platform industries, focusing on the business decisions made by industry players to drive profits and stay a step ahead of the competition. Shorter discussions of Internet-based software platforms provide an important glimpse into a future in which the way we buy, pay, watch, listen, learn, and communicate will change forever. An electronic version of this book is available under a Creative Commons license.

Triathletes, rejoice! For the first time, USA Triathlon, its elite athletes, and the nation's most respected coaches share their secrets, strategies, and advice for every stage, every event, and every aspect of the world's most demanding sport. From training to technique, fueling to recovery, if it's essential to the sport, it is covered in *Complete Triathlon Guide*. In this guide, you'll find invaluable bike-handling techniques straight from the pros, learn how to assess running form and improve running cadence and stride, troubleshoot your freestyle swim stroke, and shave seconds off starts and transitions. And you'll go inside the sport for expert instruction and personal insights from triathlon's biggest names: Joe Friel Gordon Byrn Bob Seebohar Sage Rountree Ian Murray Sara McLarty Linda Cleveland George Dallam Steve Tarpinian Krista Austin Iñigo Mujika Alicia Kendig Barb Lindquist Christine Palmquist Graham Wilson Jackie Dowdeswell Jess Manning Joe Umphenour Karl Riecken Katie Baker Kristen Dieffenbach Kurt Perham Mathew Wilson Michael Kellmann Mike Ricci Scott Schnitzspahn Sergio Borges Sharone Aharon Suzanne M. Atkinson Timothy Carlson Yann Le Meur With *Complete Triathlon Guide* you'll enhance your training regimen with the most effective workouts, including stage-specific programs for swimming, cycling, and running; programs for strength, flexibility, and endurance; tactics that address individual weaknesses; and advice on tapering to ensure you're in peak physical condition on race day. From the latest on equipment and technology to preventing injuries and dehydration, this guide has you covered. Whether you're gearing up for your first race or you're a hard-core competitor looking to stay

ahead of the pack, Complete Triathlon Guide is the one book you should not be without.

Behavioral finance presented in this book is the second-generation of behavioral finance. The first generation, starting in the early 1980s, largely accepted standard finance 's notion of people 's wants as “ rational ” wants—restricted to the utilitarian benefits of high returns and low risk. That first generation commonly described people as “ irrational ” —succumbing to cognitive and emotional errors and misled on their way to their rational wants. The second generation describes people as normal. It begins by acknowledging the full range of people 's normal wants and their benefits—utilitarian, expressive, and emotional—distinguishes normal wants from errors, and offers guidance on using shortcuts and avoiding errors on the way to satisfying normal wants. People 's normal wants include financial security, nurturing children and families, gaining high social status, and staying true to values. People 's normal wants, even more than their cognitive and emotional shortcuts and errors, underlie answers to important questions of finance, including saving and spending, portfolio construction, asset pricing, and market efficiency.

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