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Sports Medicine

1077. **Running**, edited by John A. Hawley. Malden, MA, Blackwell Science, 2000. 96p., illus., bibliog., index. (Handbook of Sports Medicine and Science). [ISBN 0-632-05391-7](#). \$29.95. LC Call no.: RC1220.R8 2000.

Subjects: Running-Physiological Aspects-Handbooks, Manuals, etc.; Running Injuries-Handbooks, Manuals, etc.

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This short work, commissioned by the Medical division of the International Olympic Committee, is part of a series focussing on several Olympic sports. It is intended as an overview of the sport science relevant to sprinters, middle distance and long distance runners and includes chapters on physiology, biochemistry, biomechanics, training techniques, nutrition and injuries common to the novice and elite runner. It provides factual and summary information about running as a competitive sport historically and the state of the sport today. Each chapter is documented with a bibliography and suggestions for further reading. Unfortunately, the early chapters detailing physiology and biochemistry speak at a level difficult for the non-scientist to understand and have little relevance for the implied user.

This book and the series seem to be intended as a resource for athletes, coaches and physiotherapeutic medical personnel. Its scope and format suggest this, though the content in the first half of the book provides data on only the most elite of athletes, Olympic champions, and other world class competitors. If, as the format would suggest, this is a resource for the professional and non-professional, why not include some comparative data on the biomechanics, or biochemistry of the amateur or recreational runner? The information is attractively and effectively presented with illustrations, photographs, graphs and charts, but the vocabulary and scientific notation for esoteric units of measurement do not provide much practical use for the athlete or trainer.

The latter half of the book, that dealing with nutrition, training techniques and medical considerations is much more informative and provides concise, practical and scientific information on running for any level athlete. The training and nutrition information is presented in a straightforward manner with the veracity of scientific investigation but without claiming absolute authority in its judgements. The chapters dispel myths about training like questions of diet, and proper fluid intake, as well as types of training sessions and training schedules that have been incorrectly followed in the past to varying success. The final chapter on medical considerations provides a great deal of summary information on the common injuries of runners as well as preventative measures. While it is not a diagnostic guide, it could be helpful for the coach, trainer or athlete curious about general ailments or preventative care. The final chapter is better served by the book's short index than other sections since injuries and ailments can more readily be identified than the biomechanical or physiological terminology.

This book would best fit in a public or school library, which had a serious athletic program. Academic libraries will find its information reproduced in more depth elsewhere, although the undergraduate in physical therapy or kinesiology might be able to use it for basic research.

To order this title, click here [ISBN 0-632-05391-7](https://www.amazon.com/dp/0632053917)