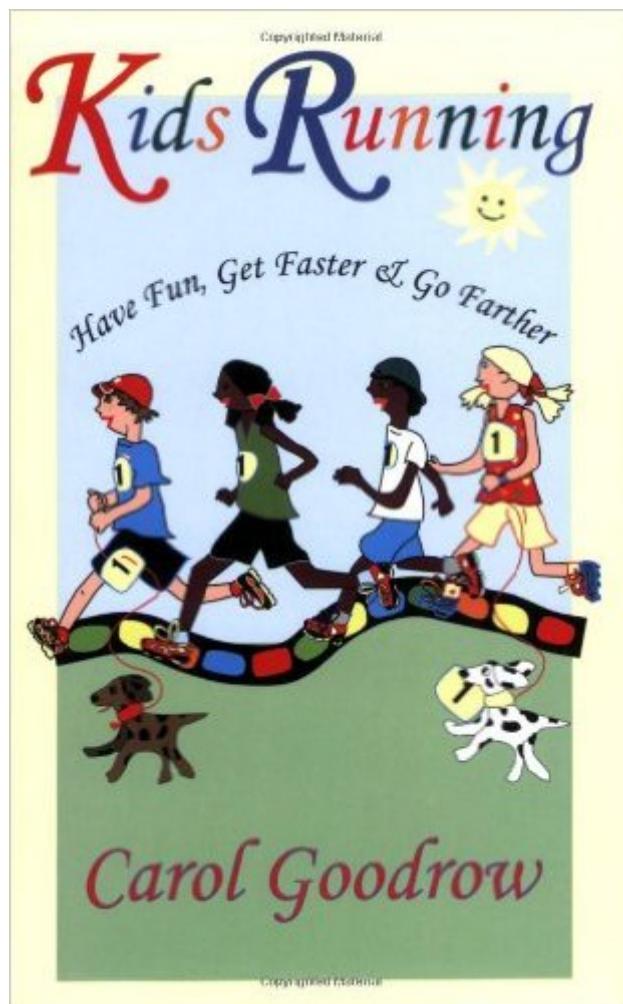


The book was found

# 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 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: 4.8 out of 5 starsÂ See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #449,061 in Books (See Top 100 in Books) #22 inÂ Books > Children's Books > Sports & Outdoors > Track & Field #63 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #96 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 6 - 12 years

Grade Level: 1 - 6

## **Customer Reviews**

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.

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.

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.

Carol Goodrow breaks through the finish line with a gold medal finish again! Recommended for grades 1 to 6, this 82-page gem has content stimulating enough for adult readers, yet colorful, clever and charming enough to read to toddlers. The information is rock-solid, perfect for a lifelong foundation in health. This book is a cheerful antedote to wearisome complaints of youth with too much screen time and too little nutritious food. It is not preachy, and has enough informative tidbits and silly riddles to keep readers returning again and again. Librarians, teachers, parents and grandparents will want to get this mighty treasure.

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.

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Kids Running: Have Fun, Get Faster & Go Farther Running for Beginners: Get a Glimpse inside the Runner's World: Your Training Plan on How to Start Running Injury Free Farther Than Any Man: The Rise and Fall of Captain James Cook On a Farther Shore: The Life and Legacy of Rachel Carson, Author of Silent Spring Books For Kids: The Misadventures of Mischievous Missy (KIDS ADVENTURE BOOKS #9) (Kids Books, Children Books, Kids Stories, Kids Adventure, Kids

Fantasy, Mystery, Series Books Kids Ages 4-6 6-8 9-12) The New Rules of Running: Five Steps to Run Faster and Longer for Life Books for Kids: Chompy the Shark (Bedtime Stories For Kids Ages 4-8): Short Stories for Kids, Kids Books, Bedtime Stories For Kids, Children Books, Early ... (Fun Time Series for Early Readers Book 2) 101 Things to Do Outside: Loads of fantastically fun reasons to get up, get out, and get active! Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations Chi Running: A Training Program for Effortless, Injury-Free Running Running for Beginners: Teach Me Everything I Need to Know About Running in 30 Minutes Interviewing: BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! (BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! GET THE JOB YOU DESERVE!) (Volume 1) Johnny Tractor's Fun Farm Day (John Deere (Running Press Kids) Time For Kids: Jesse Owens: Running into History (Time for Kids Biographies) Vegetable Juicing for Everyone: How to Get Your Family Healthier and Happier, Faster! The 2-Hour Job Search: Using Technology to Get the Right Job Faster Get Back To Work Faster: The Ultimate Job Seeker's Guide The Cheat Code: Going off Script to Get More, Go Faster, and Shortcut Your Way to Success The Practice of Practice: Get Better Faster Goals! How to Get Everything You Want Faster Than You Ever Thought Possible

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