

running with sherman

running with sherman is more than just a phrase—it's the heartwarming tale of resilience, transformation, and the unique bond between humans and animals. In this comprehensive article, you'll discover the story behind "Running with Sherman," explore its profound impact on readers, and learn how it inspires both seasoned athletes and those seeking motivation in their own lives. We'll delve into the main themes, characters, and lessons presented in the book, examine how running with an unlikely companion can change perspectives, and cover the broader context of animal-assisted therapy and exercise. Whether you're a runner, animal enthusiast, or someone searching for inspiration, this article will provide a detailed analysis, practical insights, and engaging content around the subject of running with Sherman. Get ready to be informed and inspired as we break down the story, its background, and its lasting influence.

- Background and Overview of "Running with Sherman"
- The Story: Sherman's Journey and Transformation
- Main Themes and Lessons from the Book
- Running and Animal-Assisted Therapy
- Impact on Readers and Running Community
- Practical Insights for Runners and Animal Lovers
- Frequently Asked Questions about Running with Sherman

Background and Overview of "Running with Sherman"

"Running with Sherman" is a best-selling book written by Christopher McDougall, the acclaimed author of "Born to Run." The narrative centers around Sherman, a rescued donkey, and his journey to physical and emotional recovery through the transformative power of running. The story begins when McDougall brings Sherman to his rural Pennsylvania farm, hoping to help heal the neglected animal. The book explores the unexpected adventure that unfolds as Sherman becomes an integral part of a human-animal running team, ultimately competing in a rigorous burro race in Colorado.

Set against the backdrop of nature, "Running with Sherman" interweaves themes of perseverance, rehabilitation, and the surprising connections between animal welfare and athletic achievement. McDougall's storytelling blends humor, science, and compassion, making the book appealing to a wide audience, from endurance athletes to those curious about animal-assisted therapy.

The book's relevance extends beyond the narrative itself, serving as an inspiration for anyone facing physical or emotional obstacles. By highlighting the benefits of active engagement with animals, it encourages readers to consider alternative approaches to health, recovery, and personal

growth.

The Story: Sherman's Journey and Transformation

Rescue and Rehabilitation

Sherman's journey begins with a dramatic rescue from dire living conditions. Severely neglected and suffering from physical ailments, Sherman arrives at McDougall's farm in need of intensive care. The initial challenge lies in restoring his health and trust, requiring patience, veterinary intervention, and consistent nurturing.

Training for the Burro Race

Once Sherman's health stabilizes, the focus shifts to a new challenge: preparing him for a burro race. Burro racing is an endurance sport where humans and donkeys run together, a unique tradition that tests the strength and teamwork of all participants. Sherman's training involves gradually increasing physical activity, building stamina, and fostering a cooperative spirit between him and McDougall.

- Daily walks and gentle runs to improve fitness
- Bonding exercises to build trust and communication
- Exposure to varied terrain to prepare for race conditions
- Positive reinforcement to encourage participation

The Race and Its Challenges

The climax of Sherman's journey is the burro race in Colorado. The event presents numerous obstacles, from rough terrain to unpredictable weather. Sherman's progress in the race reflects both his physical transformation and the deepening bond with McDougall. Their journey illustrates how persistence, teamwork, and empathy can overcome adversity, making Sherman's story a powerful metaphor for human resilience.

Main Themes and Lessons from the Book

Resilience and Second Chances

One of the central themes in "Running with Sherman" is the idea of second chances. Sherman's recovery exemplifies how compassion and effort can restore hope and vitality, even in the most challenging circumstances. The story encourages readers to embrace opportunities for growth and healing, whether for themselves or those in need.

Human-Animal Connection

The book explores the profound relationship that develops between humans and animals when they work towards a shared goal. McDougall's experiences with Sherman highlight the therapeutic benefits of animal companionship, including emotional support, increased motivation, and enhanced well-being. The narrative demonstrates that animals can be powerful partners in both physical and psychological journeys.

Endurance and Teamwork

Training for and participating in the burro race underscores the importance of endurance, patience, and teamwork. McDougall and Sherman face setbacks and triumphs together, learning to communicate and adapt. Their collaboration serves as a lesson in the value of persistence and mutual respect in overcoming obstacles.

Running and Animal-Assisted Therapy

Benefits of Running with Animals

Running with animals, such as donkeys or dogs, offers a range of physical and mental benefits. The activity promotes cardiovascular health, builds muscle strength, and improves overall fitness. In addition, the companionship of animals provides emotional comfort, reduces anxiety, and fosters a sense of purpose.

- Enhanced motivation for exercise
- Reduced feelings of loneliness
- Increased social interaction
- Support for individuals with anxiety or depression

Animal-Assisted Therapy Explained

Animal-assisted therapy is a recognized approach in physical and mental health care. It involves structured interaction with animals to promote recovery, rehabilitation, and emotional growth. "Running with Sherman" showcases how active engagement with animals can accelerate healing and encourage positive lifestyle changes.

Integrating Animals into Fitness Routines

The story inspires runners and fitness enthusiasts to consider incorporating animals into their routines. Whether through running, walking, or hiking, working with animals can add enjoyment, accountability, and variety to exercise. The unique challenges of training with an animal, as seen in

Sherman's story, also teach patience and adaptability.

Impact on Readers and Running Community

Inspiration and Motivation

"Running with Sherman" has resonated with readers worldwide, inspiring many to pursue their own goals or adopt new approaches to health and wellness. The narrative motivates endurance athletes to overcome setbacks and encourages individuals facing difficulties to seek creative solutions.

Influence on Animal Welfare Awareness

The book raises awareness about the importance of animal rescue and rehabilitation. Sherman's story highlights the challenges faced by neglected animals and demonstrates the positive outcomes that result from compassionate intervention.

Growth of Burro Racing and Animal Sports

Since the publication of "Running with Sherman," interest in burro racing and similar animal sports has grown. The book has introduced new audiences to the tradition and culture surrounding these unique events, promoting community involvement and animal welfare.

Practical Insights for Runners and Animal Lovers

Tips for Training with Animals

For those inspired by "Running with Sherman," there are several practical considerations for incorporating animals into running and fitness routines. Successful training requires patience, consistency, and a focus on the animal's well-being.

1. Start slowly and build up activity levels gradually
2. Use positive reinforcement to encourage participation
3. Monitor the animal's health and comfort during exercise
4. Choose safe, appropriate environments for running
5. Consult with veterinarians or animal trainers for guidance

Support for Animal Rehabilitation

Those interested in animal welfare can support rehabilitation efforts through volunteering, donations, or adopting rescued animals. Sherman's journey demonstrates the impact individuals can have on transforming lives, both human and animal.

Embracing the Lessons of "Running with Sherman"

Readers and runners alike can apply the book's lessons to their own lives, emphasizing resilience, teamwork, and empathy. The story encourages a holistic approach to health, combining physical activity with emotional and social engagement.

Frequently Asked Questions about Running with Sherman

Q: What is "Running with Sherman" about?

A: "Running with Sherman" is a non-fiction book by Christopher McDougall that tells the inspiring story of a rescued donkey named Sherman and his journey to recovery through training for a burro race, highlighting themes of resilience, teamwork, and the human-animal bond.

Q: Who is Sherman and why is his story significant?

A: Sherman is a neglected donkey rescued by Christopher McDougall. His story is significant because it demonstrates how compassion, rehabilitation, and shared activity can transform lives, both animal and human.

Q: What are the main lessons from "Running with Sherman"?

A: The main lessons include the power of second chances, the importance of endurance and teamwork, and the therapeutic benefits of human-animal partnerships in overcoming challenges.

Q: How does running with animals impact physical and mental health?

A: Running with animals provides physical benefits like improved fitness and cardiovascular health, along with mental benefits such as reduced stress, increased motivation, and emotional support.

Q: What is burro racing, and how is it featured in

the book?

A: Burro racing is an endurance sport where humans and donkeys run together, typically over rugged terrain. In the book, Sherman trains for and competes in a burro race, symbolizing his transformation and the teamwork between him and his human companions.

Q: Can anyone train to run with animals like Sherman?

A: Yes, with proper guidance and consideration for the animal's health and temperament, individuals can train to run with animals. It requires patience, consistency, and attention to safety and comfort.

Q: What impact has "Running with Sherman" had on the running community?

A: The book has inspired runners and animal lovers to explore new approaches to fitness, raised awareness about animal welfare, and increased interest in unique sports like burro racing.

Q: Is animal-assisted therapy discussed in the book?

A: While not the central theme, "Running with Sherman" illustrates many principles of animal-assisted therapy, showing how interaction with animals can support physical and emotional healing.

Q: How can readers support animal rescue and rehabilitation?

A: Readers can support animal rescue by volunteering, donating to organizations, or adopting rescued animals. Advocacy and education also play crucial roles in improving animal welfare.

Q: What makes "Running with Sherman" a unique story?

A: The combination of endurance running, animal rehabilitation, and personal transformation sets "Running with Sherman" apart as a compelling, inspiring narrative that appeals to a broad audience.

Running With Sherman

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Running with Sherman: A Guide to Canine Companionship on the Trail

Are you a runner looking to enhance your workouts and deepen your bond with your furry friend? Then "running with Sherman" – or your own canine companion – might be the perfect adventure for you! This comprehensive guide explores everything you need to know about safely and successfully sharing your runs with your dog, from choosing the right breed and gear to understanding potential health concerns and maximizing your shared experience. We'll delve into training techniques, essential equipment, and safety precautions to ensure both you and your dog enjoy countless miles of happy trails together.

Choosing the Right Running Buddy: Breed Considerations

Not all dogs are built for running. While your fluffy Pomeranian might enjoy a short stroll, breeds with high endurance and a love for activity are better suited for regular runs. Think about breeds known for their stamina and athleticism, such as Border Collies, Labrador Retrievers, German Shepherds, and Australian Shepherds. However, even within breeds, individual dogs have varying levels of fitness and tolerance. Consider your dog's age, health, and overall energy levels before embarking on serious running routines. Always consult with your veterinarian to ensure your dog is healthy enough for running. A pre-run check-up is a crucial first step.

Gear Up for Success: Essential Running Equipment

Running with your dog isn't just about putting on your shoes and hitting the pavement. Proper equipment is essential for both your comfort and your dog's safety. A properly fitted harness is crucial; avoid using collars, which can cause choking or injury during runs. Look for harnesses designed specifically for running, with features like padded straps and reflective details for visibility. Consider a running leash, ideally one that allows for some flexibility but prevents your dog from pulling excessively. A hydration system for both you and your dog is also important, especially during longer runs. Don't forget about booties to protect your dog's paws from harsh terrain.

Training Your Dog to Run Safely: Patience and Consistency

Training your dog to run alongside you requires patience, consistency, and positive reinforcement. Start with short walks and gradually increase the distance and intensity. Teach your dog basic commands like "heel," "stay," and "leave it" to ensure control and prevent distractions. Practice

running in different environments, gradually introducing them to busier areas and varied terrain. Reward your dog with praise, treats, or toys to reinforce positive behavior. Never force your dog to run if they show signs of fatigue or discomfort. Always monitor their body language closely.

Health and Safety Considerations: Preventing Injuries and Overexertion

Running with your dog comes with responsibilities. Monitor your dog's body language for signs of fatigue, such as panting excessively, slowing down, or limping. Provide regular water breaks and rest stops, especially during hot weather. Be mindful of the terrain and avoid running on excessively hot pavement or rough surfaces that could injure your dog's paws. Pay attention to potential hazards like traffic, wildlife, and other dogs. Learn how to recognize and address common running-related injuries in dogs, such as strains, sprains, and overheating. Regular veterinary checkups are paramount.

Monitoring Your Dog's Fitness: Adapting to Their Needs

Every dog is different, and their fitness level will vary. Adjust your running pace and distance to suit your dog's capabilities. Avoid pushing your dog too hard, especially in the beginning. Gradually increase the duration and intensity of your runs over time, always paying attention to your dog's signals. Consider incorporating rest days into your running schedule to allow your dog's body to recover. Listen to your dog's needs – they are the best indicator of their fitness levels.

Beyond the Run: Building a Stronger Bond

Running with your dog is more than just physical exercise; it's a fantastic way to strengthen your bond. Sharing this activity allows you to connect with your dog on a deeper level, building trust and mutual respect. The shared experience creates lasting memories and fosters a deeper connection between you and your canine companion. It's a mutually beneficial activity that enhances both physical and emotional wellbeing.

Conclusion

Running with Sherman, or any canine companion, can be an incredibly rewarding experience for both you and your dog. By following these guidelines, paying attention to your dog's needs, and prioritizing safety, you can enjoy countless miles of happy trails together, strengthening your bond while staying fit and healthy. Remember, patience, consistency, and careful monitoring are key to a

successful and enjoyable shared running journey.

FAQs

1. My dog pulls on the leash while running. How can I fix this? Use a front-clip harness to discourage pulling. Practice loose-leash walking before attempting runs. Reward your dog for walking calmly beside you.
2. What if my dog gets injured during a run? Assess the injury. If it's minor, provide rest and water. For serious injuries, immediately seek veterinary attention.
3. Can I run with my dog in all weather conditions? Avoid extreme heat or cold. Adjust your run based on the weather; shorter runs in extreme temperatures are preferable.
4. How often should I run with my dog? Start slowly, perhaps a few times a week with short runs. Gradually increase frequency and duration based on your dog's fitness level.
5. What are the signs of overheating in dogs? Excessive panting, drooling, lethargy, weakness, and vomiting are all signs your dog is overheating. Seek immediate veterinary attention if you see these symptoms.

running with sherman: Running with Sherman Christopher McDougall, 2020-07-28 From the bestselling author of *Born to Run*, a heartwarming story about training a rescue donkey to run one of the most challenging races in America, and, in the process, discovering the life-changing power of the human-animal connection. A delight, full of heart and hijinks and humor. —John Grogan, author of *Marley & Me: Life and Love with the World's Worst Dog* When Christopher McDougall decided to adopt a donkey in dire straits, he had no idea what he was getting himself into. But with the help of his neighbors, Chris came up with a crazy idea. Burro racing, a unique type of competition in which humans and donkeys run side by side over mountains and through streams, would be exactly the challenge Sherman and Chris needed. In the course of Sherman's training, Chris would enlist Amish running clubs, high-spirited goats, the service animal community, and two Sarah Palin-loving long-distance female truckers. Sherman's heartwarming story of overcoming all odds to run one of the most unbelievable races in America shows the healing power of movement and the strength of the human-animal connection. Look for Christopher McDougall's new book, *Born to Run 2*, coming in December!

running with sherman: Running with Sherman Christopher McDougall, 2019-10-15 From the bestselling author of *Born to Run*, a heartwarming story about training a rescue donkey to run one of the most challenging races in America, and, in the process, discovering the life-changing power of the human-animal connection. A delight, full of heart and hijinks and humor. —John Grogan, author of *Marley & Me: Life and Love with the World's Worst Dog* When Christopher McDougall decided to adopt a donkey in dire straits, he had no idea what he was getting himself into. But with the help of his neighbors, Chris came up with a crazy idea. Burro racing, a unique type of competition in which humans and donkeys run side by side over mountains and through streams, would be exactly the challenge Sherman and Chris needed. In the course of Sherman's training, Chris would enlist Amish running clubs, high-spirited goats, the service animal community, and two Sarah Palin-loving long-distance female truckers. Sherman's heartwarming story of overcoming all odds to run one of

the most unbelievable races in America shows the healing power of movement and the strength of the human-animal connection. Look for Christopher McDougall's new book, *Born to Run 2*, coming in December!

running with sherman: *Running with Sherman* Christopher McDougall, 2019-10-15 A delight, full of heart and hijinks and humor . . . McDougall is a gifted storyteller who gets to the heart of the human-animal connection. --John Grogan, author of *Marley & Me: Life and Love with the World's Worst Dog* From the best-selling author of *Born to Run*, a heartwarming story about training a rescue donkey to run one of the most challenging races in America, and, in the process, discovering the life-changing power of the human-animal connection. When Chris McDougall agreed to take in a donkey from an animal hoarder, he thought it would be no harder than the rest of the adjustments he and his family had made after moving from Philadelphia to the heart of Pennsylvania Amish country. But when he arrived, Sherman was in such bad shape he could barely move, and his hair was coming out in clumps. Chris decided to undertake a radical rehabilitation program designed not only to heal Sherman's body but to heal his mind as well. It turns out the best way to soothe a donkey is to give it a job, and so Chris decided to teach Sherman how to run. He'd heard about burro racing--a unique type of race where humans and donkeys run together in a call-back to mining days--and decided he and Sherman would enter the World Championship in Colorado. Easier said than done. In the course of Sherman's training, Chris would have to recruit several other runners, both human and equine, and call upon the wisdom of burro racers, goat farmers, Amish running club members, and a group of irrepressible female long-haul truckers. An entire community comes together to help save Sherman and, along the way, Chris shows us the joy of a life with animals.

running with sherman: *Born to Run* Christopher McDougall, 2010-12-09 A New York Times bestseller 'A sensation ... a rollicking tale well told' - The Times At the heart of *Born to Run* lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals. A small group of the world's top ultra-runners (and the awe-inspiring author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long. With incredible energy and smart observation, McDougall tells this story while asking what the secrets are to being an incredible runner. Travelling to labs at Harvard, Nike, and elsewhere, he comes across an incredible cast of characters, including the woman who recently broke the world record for 100 miles and for her encore ran a 2:50 marathon in a bikini, pausing to down a beer at the 20 mile mark.

running with sherman: *Born to Run 2: The Ultimate Training Guide* Christopher McDougall, Eric Orton, 2022-11-03 'Invaluable' - WATERSTONES BEST SPORTS BOOKS OF 2022 'Born to Run 2 is a must read for every runner out there' Rich Roll 'Amazing, really incredibly inspiring book' Joe Wicks on *Born to Run* *Born to Run*'s Chris McDougall and long-time running coach Eric Orton show us how to join the global barefoot running movement and explore the world on our own two feet. *Born to Run 2: The Ultimate Training Guide* teaches every runner, new or experienced, how to master humankind's first true superpower and tap into hidden reserves of strength and stamina. With chapters dedicated to the Free Seven - Food, Fitness, Form, Focus, Footwear, Fun and Family - we learn exactly how to change our biomechanics, clean up our diets, heal our injuries, adapt to healthier footwear, and prepare for our dream challenge. Packed with advice and inspiring stories from runners who have made the transition, it includes: - A rock-solid food primer on optimum diet and power-packed On the Run recipes - Techniques for running with dogs and baby buggies to help you run with the whole family - 'Perfect Form' exercises that will overhaul your stride in less than ten minutes - A 90-Day Run Free Programme, designed to give everything you need to run faster and farther, forever.

running with sherman: *Our Dogs, Ourselves* Alexandra Horowitz, 2019-09-03 From Alexandra Horowitz, #1 New York Times bestselling author of *Inside of a Dog*, an eye-opening, informative, and wholly entertaining examination and celebration of the human-canine relationship for the curious dog owner and science-lover alike. We keep dogs and are kept by them. We love dogs and (we

assume) we are loved by them. We buy them sweaters, toys, shoes; we are concerned with their social lives, their food, and their health. The story of humans and dogs is thousands of years old but is far from understood. In *Our Dogs, Ourselves*, Alexandra Horowitz explores all aspects of this unique and complex interspecies pairing. As Horowitz considers the current culture of dogdom, she reveals the odd, surprising, and contradictory ways we live with dogs. We celebrate their individuality but breed them for sameness. Despite our deep emotional relationships with dogs, legally they are property to be bought, sold, abandoned, or euthanized as we wish. Even the way we speak to our dogs is at once perplexing and delightful. In thirteen thoughtful and charming chapters, *Our Dogs, Ourselves* affirms our profound affection for this most charismatic of animals—and opens our eyes to the companions at our sides as never before.

running with sherman: Coasting Elise Downing, 2021-07-08 Elise had a new job, flat and relationship – and they were all making her utterly miserable. Then the obvious solution hit her: run 5,000 miles around the coast of Britain. Over the next 301 days, she saw Britain at its most wild and wonderful, and discovered that running away doesn't solve your problems – but it's more fun than dealing with them.

running with sherman: *The Incomplete Book of Running* Peter Sagal, 2019-09-10 Peter Sagal, the host of NPR's *Wait Wait...Don't Tell Me!* and a popular columnist for *Runner's World*, shares "commentary and reflection about running with a deeply felt personal story, this book is winning, smart, honest, and affecting. Whether you are a runner or not, it will move you" (Susan Orlean). On the verge of turning forty, Peter Sagal—brainiac Harvard grad, short bald Jew with a disposition towards heft, and a sedentary star of public radio—started running seriously. And much to his own surprise, he kept going, faster and further, running fourteen marathons and logging tens of thousands of miles on roads, sidewalks, paths, and trails all over the United States and the world, including the 2013 Boston Marathon, where he crossed the finish line moments before the bombings. In *The Incomplete Book of Running*, Sagal reflects on the trails, tracks, and routes he's traveled, from the humorous absurdity of running charity races in his underwear—in St. Louis, in February—or attempting to "quiet his colon" on runs around his neighborhood—to the experience of running as a guide to visually impaired runners, and the triumphant post-bombing running of the Boston Marathon in 2014. With humor and humanity, Sagal also writes about the emotional experience of running, body image, the similarities between endurance sports and sadomasochism, the legacy of running as passed down from parent to child, and the odd but extraordinary bonds created between strangers and friends. The result is "a brilliant book about running...What Peter runs toward is strength, understanding, endurance, acceptance, faith, hope, and charity" (P.J. O'Rourke).

running with sherman: *Dr. Nicholas Romanov's Pose Method of Running* Nicholas S. Romanov, 2002 Running barefoot isn't as natural as we're led to believe. Recent studies have shown that up to 85% of runners get injured every year, how natural is that? The most important question that running barefoot or naturally doesn't address is how we should run. Repetitive ground impact forces are at the root of most running injuries. A 30 minute jog can log more than 5,000 foot strikes; its because of this volume of movement that efficient

running with sherman: *The Girl in the Picture* Denise Chong, 2001-08-01 More than any other Vietnam book in recent years, *The Girl in the Picture* confronts us with the ceaseless, ever-compounding casualties of modern warfare. —The San Francisco Chronicle On June 8, 1972, nine-year-old Kim Phuc, severely burned by napalm, ran from her blazing village in South Vietnam and into the eye of history. Her photograph—one of the most unforgettable images of the twentieth century—was seen around the world and helped turn public opinion against the Vietnam War. This book is the story of how that photograph came to be—and the story of what happened to that girl after the camera shutter closed. Award-winning biographer Denise Chong's portrait of Kim Phuc—who eventually defected to Canada and is now a UNESCO spokesperson—is a rare look at the Vietnam War from the Vietnamese point-of-view and one of the only books to describe everyday life in the wake of this war and to probe its lingering effects on all its participants.

running with sherman: Race Across the Sky Derek Sherman, 2013-07-30 Who would you run one hundred miles for? Caleb Oberest is an ultramarathon runner, who severed all ties to his family to race brutal 100-mile marathons across mountains. Shane Oberest is a sales rep for a cutting-edge biotechnology firm, creating new cures for the diseases of our time. Shane has spent his life longing to connect with his older brother, but the distance between them was always too vast. Caleb's running group live by strict rules, but Caleb is breaking one of them. He has fallen in love with a new member and her infant daughter. When Caleb discovers that the baby has a fatal genetic disease, he reaches out to Shane. On the verge of becoming a father himself, Shane devises a plan that could save this baby and bring his lost brother home. But to succeed, both brothers will need to risk everything they have. And so each begins a dangerous race that will push them past their boundaries, and take all of Caleb's legendary endurance to survive. Derek Sherman's authentic, compelling story of ultramarathons, biotechnology, and family takes us deep into new worlds and examines how far we will go for the people we love.

running with sherman: *Hopi Runners* Matthew Sakiestewa Gilbert, 2018-10-10 In the summer of 1912 Hopi runner Louis Tewanima won silver in the 10,000-meter race at the Stockholm Olympics. In that same year Tewanima and another champion Hopi runner, Philip Zeyouma, were soundly defeated by two Hopi elders in a race hosted by members of the tribe. Long before Hopis won trophy cups or received acclaim in American newspapers, Hopi clan runners competed against each other on and below their mesas—and when they won footraces, they received rain. *Hopi Runners* provides a window into this venerable tradition at a time of great consequence for Hopi culture. The book places Hopi long-distance runners within the larger context of American sport and identity from the early 1880s to the 1930s, a time when Hopis competed simultaneously for their tribal communities, Indian schools, city athletic clubs, the nation, and themselves. Author Matthew Sakiestewa Gilbert brings a Hopi perspective to this history. His book calls attention to Hopi philosophies of running that connected the runners to their villages; at the same time it explores the internal and external forces that strengthened and strained these cultural ties when Hopis competed in US marathons. Between 1908 and 1936 Hopi marathon runners such as Tewanima, Zeyouma, Franklin Suhu, and Harry Chaca navigated among tribal dynamics, school loyalties, and a country that closely associated sport with US nationalism. The cultural identity of these runners, Sakiestewa Gilbert contends, challenged white American perceptions of modernity, and did so in a way that had national and international dimensions. This broad perspective linked Hopi runners to athletes from around the world—including runners from Japan, Ireland, and Mexico—and thus, *Hopi Runners* suggests, caused non-Natives to reevaluate their understandings of sport, nationhood, and the cultures of American Indian people.

running with sherman: *Running with Sherman* Christopher McDougall, 2020-07-02 When barefoot running guru Christopher McDougall takes in a neglected donkey, his aim is to get Sherman back to reasonable health. But Sherman is ill-tempered, obstinate and uncooperative - and it's clear his poor treatment has made him deeply fearful of humans. Christopher knows that donkeys need a purpose - they are working, pack animals - and so when he learns of the sport of Burro Racing or running with donkeys, he sets out to give Sherman something worth living for. With the aid of Christopher's menagerie on his farm in rural Pennsylvania, his wife Mika and their friends and neighbours including the local Amish population, Sherman begins to build trust in Christopher. To give him a purpose, they start to run together. But what Sherman gains in confidence and meaning is something we all need: a connection with nature, the outdoors, with movement. And as Christopher learns, the side benefits of exercise and animal contact are surprising, helping with mental and physical health in unexpected ways.

running with sherman: *Starfist: First to Fight* David Sherman, Dan Cragg, 1999-02-11 "Hard to put down . . . Any book written by Cragg and Sherman is bound to be addictive, and this is the first in what promises to be a great adventure series. First to Fight is rousing, rugged, and just plain fun."—Ralph Peters, New York Times bestselling author of Red Army "Marines, we have just become a low-tech deep recon patrol . . ." Stranded in a hellish alien desert, stripped of their strategic

systems, quick reaction force, and supporting arms, and carrying only a day's water ration, Marine Staff Sergeant Charlie Bass and his seven-man team faced a grim future seventy-five light-years from home. The only thing between his Marines and safety was eighty-five miles of uncharted, waterless terrain and two thousand bloodthirsty savages with state-of-the-art weapons in their hands and murder on their minds. But the enemy didn't reckon on the warrior cunning of Marines' Marine Charlie Bass and the courage of the few good men who would follow him anywhere—even to death. . .

running with sherman: Flash Rachel Anne Ridge, 2015-04-24 The heartwarming tale of an irrepressible donkey who needed a home—and forever changed a family. Rachel Anne Ridge was at the end of her rope. The economy had crashed, taking her formerly thriving business along with it. She had been a successful artist, doing work she loved, but now she felt like a failure. How would her family pay their bills? What would the future hold? If only God would somehow let them know that everything was going to be all right . . . and then Flash the donkey showed up. If there is ever a good time to discover a wounded, frightened, bedraggled donkey standing in your driveway, this wasn't it. The local sheriff dismissed Flash as "worthless." But Rachel didn't believe that, and she couldn't turn him away. She brought Flash into her struggling family during their darkest hour—and he turned out to be the very thing they needed most. Flash is the true story of their adventures together in learning to love and trust; breaking down whatever fences stood in their way; and finding the strength, confidence, and faith to carry on. Prepare to fall in love with Flash: a quirky, unlikely hero with gigantic ears, a deafening bray, a personality as big as Texas, and a story you'll never forget.

running with sherman: The Best Cook in the World Rick Bragg, 2019-04-02 NEW YORK TIMES BESTSELLER • Part cookbook, part memoir, these "rollicking, poignant, sometimes hilarious tales" (USA Today) are the Pulitzer Prize-winner's loving tribute to the South, his family and, especially, to his extraordinary mother. Here are irresistible stories and recipes from across generations. They come, skillet by skillet, from Bragg's ancestors, from feasts and near famine, from funerals and celebrations, and from a thousand tales of family lore as rich and as sumptuous as the dishes they inspired. Deeply personal and unfailingly mouthwatering, *The Best Cook in the World* is a book to be savored.

running with sherman: Building a Second Brain Tiago Forte, 2022-06-14 Building a second brain is getting things done for the digital age. It's a ... productivity method for consuming, synthesizing, and remembering the vast amount of information we take in, allowing us to become more effective and creative and harness the unprecedented amount of technology we have at our disposal--

running with sherman: Congressional Record United States. Congress, 1968

running with sherman: The Outrun Amy Liptrot, 2015-12-31 NOW A MAJOR FILM STARRING SAOIRSE RONAN WITH A NEW AFTERWORD FROM THE AUTHOR THE SUNDAY TIMES TOP TEN BESTSELLER WINNER OF THE PEN ACKERLEY PRIZE AND THE WAINWRIGHT PRIZE After spending her twenties in London, Amy Liptrot returns to her home in Orkney where she comes to terms with the addiction that has consumed the past decade of her life. On the remote island, Amy spends her mornings swimming in the cold sea, her days observing wildlife, and her nights searching the sky for any signs of the Northern Lights. She soon discovers how the natural world can restore life, heal old wounds and renew hope.

running with sherman: The Bonfire of the Vanities Tom Wolfe, 2018-06-21 An exhilarating satire of Eighties excess that captures the effervescent spirit of New York, from one of the greatest writers of modern American prose. Sherman McCoy is a WASP, bond trader and self-appointed 'Master of the Universe'. He has a fashionable wife, a Park Avenue apartment and a Southern mistress. His spectacular fall begins the moment he is involved in a hit-and-run accident in the Bronx. Prosecutors, newspaper hacks, politicians and clergy close in on him, determined to bring him down. Exuberant, scandalous and exceptionally discerning, *The Bonfire of the Vanities* was Tom Wolfe's first venture into fiction and cemented his reputation as the foremost chronicler of his age. 'The air of New York crackles with an energy that causes the adrenalin to pump... The feeling is

perfectly reproduced in Wolfe's novel... Electric' Sunday Times 'The quintessential novel of The Eighties' The Guardian

running with sherman: Summer of the Bass W. D. Wetherell, 2015-11-24 The black bass is not only the most popular American gamefish, fished for by millions, but is also one of the country's most iconic creatures, embodying many of the traits and virtues we like to think of as typically American. And yet, despite the hundreds of how-to books published on bass fishing over the years, few if any authors have stepped back to examine the bass's place in the natural world, to honor its virtues, and describe its remarkable adaptations to an ever-changing environment as it spread from its original home in the continent's middle to 49 out of the 50 states. Bass tournaments with huge cash prizes, overpowered bass boats, glitzy bass fishing programs on TV. That's what people think of when they think of bass--a heavily commercialized, over-the-top commodity involving big bucks and crowds. That the bass can also be a creature of the quiet, forgotten places, the beautiful wild places, is a story that has been drowned beneath all the bassy hype and buzz. In *Summer of the Bass; My Love Affair with America's Greatest Fish*, prizewinning novelist and dedicated fly-fisher W. D. Wetherell sets out to change our views of the smallmouth and largemouth, restoring them to their status as one of the world's truly great fishes. Part natural history, part cultural investigation, part memoir, *Summer of the Bass*, in its whole-hearted, lyrical celebration of the bass's many virtues, gives America's greatest fish the classic it has long deserved. Skyhorse Publishing is proud to publish a broad range of books for fishermen. Our books for anglers include titles that focus on fly fishing, bait fishing, fly-casting, spin casting, deep sea fishing, and surf fishing. Our books offer both practical advice on tackle, techniques, knots, and more, as well as lyrical prose on fishing for bass, trout, salmon, crappie, baitfish, catfish, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

running with sherman: The Absolutely True Diary of a Part-Time Indian (National Book Award Winner) Sherman Alexie, 2012-01-10 A New York Times bestseller—over one million copies sold! A National Book Award winner A Boston Globe-Horn Book Award winner Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, *The Absolutely True Diary of a Part-Time Indian*, which is based on the author's own experiences, coupled with poignant drawings by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and black-and-white interior art throughout, this edition is perfect for fans and collectors alike.

running with sherman: *Reborn on the Run* Catra Corbett, 2018-05-15 This is a story you'll love and never forget.—Christopher McDougall, author, *Born to Run* and *Natural Born Heroes* Aside from her rock star looks, Catra Corbett is a standout in the running world on her accomplishments alone. Catra is the first American woman to run over one hundred miles or more on more than one hundred occasions and the first to run one hundred and two hundred miles in the Ohlone Wilderness, and she holds the fastest known double time for the 425-miles long John Muir Trail, completing it in twelve days, four hours, and fifty-seven minutes. And, unbelievably, she's also a former meth addict. After two years of addiction, Catra is busted while selling, and a night in jail is enough to set her straight. She gives up drugs and moves back home with her mother, abandoning her friends, her boyfriend, and the lifestyle that she came to depend on. Her only clean friend pushes her to train for a 10K with him, and surprisingly, she likes it—and decides to run her first marathon after that. In *Reborn on the Run*, the reader keeps pace with Catra as she runs through difficult terrain and extreme weather, is stalked by animals in the wilderness, and nearly dies on a training run but continues on, smashing running records and becoming one of the world's best ultrarunners. Along the way she attempts

suicide, loses loved ones, falls in love, has her heartbroken, meets lifelong friends including her running partner and dachshund TruMan, and finally faces the past that led to her addiction.

running with sherman: Good Talk Mira Jacob, 2019-04-04 'By turns hilarious and heart-rending. Plunges fearlessly into the murky grey areas of race and family, of struggling to find common ground, of trying to talk to our children and help them make sense of it all' Celeste Ng 'Does Donald Trump hate Muslims?' 'Is that how people really walk on the moon?' 'Is it bad to be brown?' 'Are white people afraid of brown people?' Inspired by her viral BuzzFeed piece '37 Difficult Questions from My Mixed-Raced Son', Mira Jacob responds to: her six-year-old, Zakir, who asks if the new president hates brown boys like him; uncomfortable relationship advice from her parents, who came to the United States from India one month into their arranged marriage; and increasingly fraught exchanges with her Trump-supporting in-laws. Jacob also investigates her own past, including how it felt to be a brown-skinned New Yorker on 9/11. As earnest and moving as they are laugh-out-loud funny, these are the stories that have shaped one life, but will resonate with many others.

running with sherman: In the Footsteps of Crazy Horse Joseph Marshall, 2015-11-10 Jimmy McClean is a Lakota boy—though you wouldn't guess it by his name: his father is part white and part Lakota, and his mother is Lakota. When he embarks on a journey with his grandfather, Nyles High Eagle, he learns more and more about his Lakota heritage—in particular, the story of Crazy Horse, one of the most important figures in Lakota and American history. Drawing references and inspiration from the oral stories of the Lakota tradition, celebrated author Joseph Marshall III juxtaposes the contemporary story of Jimmy with an insider's perspective on the life of Tasunke Witko, better known as Crazy Horse (c. 1840-1877). The book follows the heroic deeds of the Lakota leader who took up arms against the US federal government to fight against encroachments on the territories and way of life of the Lakota people, including leading a war party to victory at the Battle of the Little Bighorn. Along with Sitting Bull, Crazy Horse was the last of the Lakota to surrender his people to the US army. Through his grandfather's tales about the famous warrior, Jimmy learns more about his Lakota heritage and, ultimately, himself. American Indian Youth Literature Award

running with sherman: What to Look for in Winter Candia McWilliam, 2012-03-20 The British literary sensation—"the most startling, discomfiting, complicated, ungovernable, hilarious and heart-rending of memoirs " (The Telegraph)—the story of a celebrated writer's sudden descent into blindness, and of the redemptive journey into the past that her loss of sight sets in motion. Candia McWilliam, whose novels *A Case of Knives*, *A Little Stranger*, and *Debatable Land* made her a reader favorite throughout the United Kingdom and around the world, here breaks her decade-long silence with a searing, intimate memoir that fans of Lorna Sage's *Bad Blood*, Mary Karr's *Lit*, and Diana Athill's *Somewhere Toward the End* will agree "cements her status as one of our most important literary writers beyond question" (Financial Times).

running with sherman: Salad for President Julia Sherman, 2017-05-16 The creator of the immensely popular Salad for President blog presents a visually rich collection of more than 75 salad recipes, with contributions and interviews by artists/creative professionals like William Wegman, Tauba Auerbach, Laurie Anderson, and Alice Waters. Julia Sherman loves salad. In the book named after her popular blog, Sherman encourages her readers to consider salad an everyday indulgence that can include cocktails, soups, family style brunch dishes, and dinner-party entrées. Every part of the meal is reimagined with a fresh, vegetable obsessed perspective. This compendium of savory recipes will tempt readers in search of diverse offerings from light to hearty: Collard Chiffonade Salad with Roasted Garlic Dressing and Crouton Crumble, Heirloom Tomatoes with Crunchy Polenta Croutons, or Flank Steak and Bean Sprouts with Miso-Kimchi Dressing. On the lighter end there are Grilled Hearts of Palm with Mint and Triple Citrus, Persimmon Caprese, and fresh Blood Marys. The recipes, while not exclusively vegetarian, are vegetable-forward and focused on high-quality seasonal produce. Sherman also includes insider tips on pantry staples and growing your own salad garden of herbs and greens. Salad--with its infinite possibilities--is a game of endless combinations, not stifling rules. And with that in mind, Salad for President offers a window into how artists

approach preparing their favorite dishes. She visits sculptors, painters, photographers, and musicians in their homes and gardens, interviewing and photographing them as they cook. Utterly unique in its look into the worlds of food, art, and everyday practices, *Salad for President* is at once a practical resource for healthy, satisfying recipes and an inspiring look at creativity.

running with sherman: Sanctuary Patrick Barrett, Susy Flory, 2022-03 For decades, his family rescued lost and forgotten donkeys in the Irish countryside. He had no idea that one day, the donkeys would rescue him. Patrick Barrett grew up on the back of a donkey. In the small village of Lisscarroll, he befriended the abandoned and abused donkeys his family cared for in their animal sanctuary. He became a true donkey whisperer -- communicating with them in ways they could understand and teaching himself how to speak in their distinctive calls. But Patrick's life took an unexpected turn. He shipped out with the Irish Army and encountered unimaginable wartime horrors in Lebanon and Kosovo. In the aftermath, he returned home a broken man, sinking into the depths of PTSD and addictions. He believed nothing could save him -- but he hadn't counted on God or the donkeys. *Sanctuary* is the remarkable true story of how faith turned one lost man's life around with the help of the rescue animals who love him--Back cover.

running with sherman: Mortality Christopher Hitchens, 2012-08-25 The world's greatest contrarian confronts his own death in this brave and unforgettable book. During the American book tour for his memoir, *Hitch-22*, Christopher Hitchens collapsed in his hotel room with excruciating pain in his chest. As he would later write in the first of a series of deeply moving *Vanity Fair* pieces, he was being deported 'from the country of the well across the stark frontier that marks off the land of malady.' Over the next year he experienced the full force of modern cancer treatment. *Mortality* is at once an unsparingly honest account of the ravages of his disease, an examination of cancer etiquette, and the coda to a lifetime of fierce debate and peerless prose. In this moving personal account of illness, Hitchens confronts his own death - and he is combative and dignified, eloquent and witty to the very last.

running with sherman: William Tecumseh Sherman: In the Service of My Country: A Life James Lee McDonough, 2016-06-14 The New York Times best-selling biography of one of America's most storied military figures. General William Tecumseh Sherman's 1864 burning of Atlanta solidified his legacy as a ruthless leader. Evolving from a spirited student at West Point, Sherman became a general who fought in some of the Civil War's most decisive campaigns—Shiloh, Vicksburg, Atlanta—until finally, seeking a swift ending to the war's horrendous casualties, he devastated southern resources on his famous March to the Sea across the Carolinas. Later, as general-in-chief of the U.S. Army, Sherman relentlessly paved the way west during the Indian wars. James Lee McDonough's fresh insight reveals a man tormented by fears that history would pass him by and that he would miss his chance to serve his country. Drawing on years of research, McDonough delves into Sherman's dramatic personal life, including his strained relationship with his wife, his personal debts, and his young son's death. The result is a remarkable, illuminating portrait of an American icon.

running with sherman: North: Finding My Way While Running the Appalachian Trail Scott Jurek, 2018-04-12 2,200 miles. 47 days. One remarkable journey. In July 2015, ultramarathon legend Scott Jurek smashed the world record for running the Appalachian Trail, the sprawling mountain path that runs nearly the entire length of the United States. For nearly seven weeks straight, Jurek battled the elements to run, hike and stumble 50 miles every single day. A tale of mind-boggling physical exertion, pressure and endurance, *North* reveals the extraordinary lengths to which we can push our bodies and our minds. Instant New York Times Bestseller _____ 'Pure suspense, adventure, and inspiration . . . His story of plunging into the wilderness in pursuit of a dream is both heartwrenching and spellbinding.' Christopher McDougall, author of *Born to Run* 'Probably America's greatest ever ultrarunner.' *Guardian* 'Scott Jurek's record-setting journey on the Appalachian Trail was the most punishing, most demanding, most gruelling feat I've ever personally witnessed . . . An immersive and engaging book.' Aron Ralston, author of *127 Hours* 'I'm a huge fan . . . *North* is tremendous.' Vassos Alexander, BBC Radio 2 'Undoubtedly the greatest ultrarunner of

his generation.' Independent

running with sherman: Thunder Boy Jr. Sherman Alexie, 2016-05-10 Thunder Boy Jr. is named after his dad, but he wants a name that's all his own. Just because people call his dad Big Thunder doesn't mean he wants to be Little Thunder. He wants a name that celebrates something cool he's done, like Touch the Clouds, Not Afraid of Ten Thousand Teeth, or Full of Wonder. But just when Thunder Boy Jr. thinks all hope is lost, he and his dad pick the perfect name...a name that is sure to light up the sky. National Book Award-winner Sherman Alexie's lyrical text and Caldecott Honor-winner Yuyi Morales's striking and beautiful illustrations celebrate the special relationship between father and son.

running with sherman: Larger Than Life Maria Sherman, 2020-07-21 This nostalgic, fully-illustrated history of boy bands -- written by culture critic and boy band stan Maria Sherman -- is a must-have for diehard fans of the genre and beyond. The music, the fans, the choreography, the clothes, the merch, the hair. Long after Beatlemania came and went, a new unstoppable boy band era emerged. Fueled by good looks and even greater hooks, the pop phenomenon that dominated the '80s, '90s, and 2000s has left a long-lasting mark on culture, and it's time we celebrate it. Written by super fan Maria Sherman for stans and curious parties alike, *Larger Than Life* is the definitive guide to boy bands, delivered with a mix of serious obsession and tongue-in-cheek humor. *Larger Than Life* begins with a brief history of male vocal groups, spotlighting The Beatles, the Jackson 5, and Menudo before diving into the building blocks of these beloved acts in *Boy Bands 101*. She also focuses on artists like New Edition, New Kids on the Block, Backstreet Boys, *NSYNC, One Direction, and BTS before ending with an interrogation into the future of boy bands. Included throughout are Tiger Beat-inspired illustrations, capsule histories of the swoon-iest groups, in-depth investigations into one-hit wonders, and sidebars dedicated to conspiracy theories, dating, in-fighting, haters, fan fiction, fashion (Justin and Britney in denim, of course), and so much more. Informative, affectionate, funny, and never, ever fan-shaming, *Larger Than Life* is the first and only text of its kind: the ultimate celebration of boy bands and proof that this once maligned music can never go unappreciated.

running with sherman: The Cool Impossible Eric Orton, 2014-05-06 Featured in the book *Born to Run*, running coach Eric Orton offers a guide for every runner... Natural running is more than barefoot running. It's about the joy of running that we were all born with and can reawaken. With a program focused on proper form, strength development, and cardiovascular training, Orton will help beginners, competitors, and enduring veterans reach "the cool impossible"—the belief that any achievement, athletic or otherwise, is within our reach. Inside you'll find: * Foot strength exercises for runners to catapult performance, combat injuries, and transform technique * A total-body-strength program designed for runners * Step-by-step run-form coaching for performance and lifelong healthy running * A training program for building endurance, strength, and speed * No-nonsense nutrition for runners * Visualization and mind-training tactics to run and live the Cool Impossible * And much more... **ATHLETICISM IS AWARENESS**—awareness of form and technique, awareness of our effort level, and, most important, awareness of what we think. And with that awareness comes the endless potential for mastery and achievement beyond anything you thought possible. **INCLUDES PHOTOS**

running with sherman: Full Circle Andrea Barber, 2019-11-12 She grew up in front of the world on the beloved sitcom *Full House*, but then actress Andrea Barber abruptly left Hollywood. Why did she leave and what did she do for twenty years out of the spotlight before returning to television? This is her funny and inspiring memoir of fame, heartache, resilience—and the reboot of a lifetime . . . When Kimmy Gibbler burst into the Tanners' home on *Full House* in 1987, audiences immediately connected with the confident and quirky pre-teen character, played by ten-year-old actress Andrea Barber. During an eight-season run on one of the most popular series of the '80s and '90s, Andrea came of age in front of millions. But she was as far removed from her character as a girl can get. The introverted young star was plagued with self-doubt, insecurities, and debilitating anxieties that left her questioning her identity after the show's cancelation. Andrea wouldn't return

to the public eye until 2016, for Fuller House. So what happened in those intervening decades that Andrea jokingly calls “the lost years”? For starters, Andrea never stopped working. But it was on a series of life-changing transitions: earning a college degree, then a Master’s, building a career in international education, getting married, and starting a family. She also faced some unforeseeable transitions: navigating a sudden divorce after nearly twelve years of marriage, and second-guessing her capabilities as a single mother. But it was her devastating bout with post-partum anxiety and depression that derailed Andrea’s life—and became a crucial turning point. Full Circle is a raw, refreshingly honest look into the life of a celebrity who has never been fully comfortable in the spotlight. Here Andrea shares her deeply personal struggles with mental health in a way she has never done before. She opens up about fighting her way back and finding solace—while finding herself—all before her life came full circle with her costars and lifelong friends on Fuller House. Sharing her journey from child star, to champion of mental health, and back to stardom, Andrea writes in a way that feels like catching up with an old friend. You’ll laugh, reminisce, and finally get to know the woman behind the zany next door neighbor.

running with sherman: *Engineering Software as a Service* Armando Fox, David A. Patterson, 2016 (NOTE: this Beta Edition may contain errors. See <http://saasbook.info> for details.) A one-semester college course in software engineering focusing on cloud computing, software as a service (SaaS), and Agile development using Extreme Programming (XP). This book is neither a step-by-step tutorial nor a reference book. Instead, our goal is to bring a diverse set of software engineering topics together into a single narrative, help readers understand the most important ideas through concrete examples and a learn-by-doing approach, and teach readers enough about each topic to get them started in the field. Courseware for doing the work in the book is available as a virtual machine image that can be downloaded or deployed in the cloud. A free MOOC (massively open online course) at saas-class.org follows the book's content and adds programming assignments and quizzes. See <http://saasbook.info> for details. (NOTE: this Beta Edition may contain errors. See <http://saasbook.info> for details.) A one-semester college course in software engineering focusing on cloud computing, software as a service (SaaS), and Agile development using Extreme Programming (XP). This book is neither a step-by-step tutorial nor a reference book. Instead, our goal is to bring a diverse set of software engineering topics together into a single narrative, help readers understand the most important ideas through concrete examples and a learn-by-doing approach, and teach readers enough about each topic to get them started in the field. Courseware for doing the work in the book is available as a virtual machine image that can be downloaded or deployed in the cloud. A free MOOC (massively open online course) at saas-class.org follows the book's content and adds programming assignments and quizzes. See <http://saasbook.info> for details.

running with sherman: *The March* E. L. Doctorow, 2005 In the last years of the Civil War, General William Tecumseh Sherman marched 60,000 Union troops through Georgia and the Carolinas, cutting a 60-mile wide swath of pillage and destruction. That event comes back in this magisterial novel. High school & older.

running with sherman: Demontech: Onslaught David Sherman, 2002-01-29 The diabolic armies appear invincible—but they haven’t met the Marines. The Dark Prince’s power to summon demons has made his forces second to none, and ensured his place as one of the invasion’s leaders. Not content to merely seize his father’s throne, the renegade royal dreams of world conquest—and with his army and his black arts, there is little to stop him. So unexpected, so well planned is the invasion of the free port New Bally that out of hundreds in the city, only two escape capture. Haft and Spinner will need all their courage and cunning to retrieve their weapons from their enemy-held ship, cross the open meadows surrounding the city walls, and escape into the forest beyond—where they hope to regroup and drive back the invaders. Luckily, Haft and Spinner are no ordinary men. They are Marines . . .

running with sherman: *Girl Trouble* Christopher McDougall, 2005-11-01 Gloria Trevi, Mexico's most popular singer in the 1990s, stunned fans and the world when revelations surfaced that the talent school she and her boyfriend, producer Sergio Andrade, operated was a front for a sex-slave

operation. Trevi eluded authorities for two years before being apprehended and jailed in Brazil, where she then became pregnant and blamed a guard for raping her. An extradition struggle ensued, with the Mexican government demanding her return and Brazil denying the request -- on the grounds that the parent of a Brazilian-born child cannot be extradited. The shocking truth of the baby's paternity is only one twist in this stranger-than-fiction tale. In *Girl Trouble*, Christopher McDougall recounts the complete story of how Trevi rose to fame and then notoriety. With exclusive interviews with Trevi, Andrade, and many of the victims, he offers readers an inside look at this scandal that continues to astound a decade later.

running with sherman: Marching with Sherman Mark H. Dunkelman, 2012-04-02 *Marching with Sherman: Through Georgia and the Carolinas with the 154th New York* presents an innovative and provocative study of the most notorious campaigns of the Civil War -- Union General William Tecumseh Sherman's devastating 1864 March to the Sea and the 1865 Carolinas Campaign. The book follows the 154th New York regiment through three states and chronicles 150 years, from the start of the campaigns to their impact today. Mark H. Dunkelman expands on the brief accounts of Sherman's marches found in regimental histories with an in-depth look at how one northern unit participated in the campaigns and how they remembered them decades later. Dunkelman also includes the often-overlooked perspective of southerners -- most of them women -- who encountered the soldiers of the 154th New York. In examining the postwar reminiscences of those staunch Confederate daughters, Dunkelman identifies the myths and legends that have flourished in the South for more than a century. *Marching with Sherman* concludes with Dunkelman's own trip along the 154th New York's route through Dixie -- echoing the accounts of previous travelers -- and examining the memories of the marches that linger today.

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