



Running with Razors and Soul: A Handbook for Competitive Runners

G. Kent

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G. Kent has a lifetime of running experience. In the 1960's he ran on three Los Angeles City Championship cross country teams at Granada Hills High School. He went on to run at California Lutheran University in Thousand Oaks. During a long teaching career, he also coached track and cross country at Lake Weir High School in Candler, Florida. In *Running with Razors and Soul* he shares knowledge distilled from all this experience. The book is written especially for the competitive high school and college athlete who is ready to step it up a notch and become a more dynamic and successful runner.

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