

"I'd highly recommend *The Long Distance Runner's Guide to Injury Prevention and Treatment* to any runner as a way to prevent, get through, and bounce back from injury."

—RYAN HALL, Olympian and US record holder in the half-marathon

For any runner who loves hitting the pavement and conquering half-, full-, and ultra-marathons, getting injured is a terrifying, and often heartbreaking, setback. Yet, almost three-quarters of long distance runners will suffer from a serious injury several times in their athletic career. Although it may be impossible to completely avoid injury, *The Long Distance Runner's Guide to Injury Prevention and Treatment* is a vital source to help those who love to run understand some of the most common causes of injuries and learn how to best avoid and treat athletic ailments. In this book, expert editors and longtime runners combine valuable insights, tips, and tactics from more than a dozen medical professionals who specialize in treating endurance athletes.

"*The Long Distance Runner's Guide to Injury Prevention and Treatment* is a heavy read. For good reason! There is tons of usable and applicable science for everyone who has a passion for running."

—RAY ZAHAB, ultramarathoner and author of *Running for My Life*

"Touching on everything from stress fractures to gastrointestinal issues to race fueling, *The Long Distance Runner's Guide to Injury Prevention and Treatment* gives a comprehensive and practical guide for all runners to help us treat, navigate, and prevent the injuries and issues that keep us sidelined."

—AMELIA BOONE, three-time winner of World's Toughest Mudder obstacle race and 2013 Spartan Race World Champion

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The Long Distance Runner's Guide to  
Injury Prevention and Treatment

# THE LONG DISTANCE RUNNER'S GUIDE TO INJURY PREVENTION AND TREATMENT

How to Avoid Common Problems  
and Deal With Them  
When They Happen

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