“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 ultramarathons, 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

BRIAN J. KRAKAK, MD, MBA, FACSM, is a clinical associate professor in the Departments of Rehabilitation, Orthopedics, and Sports Medicine at University of Washington and Seattle Children’s Hospital with expertise in the field of sports medicine. He lives in Seattle, Washington.

GRANT LIPMAN, MD, FACEP, is a clinical associate professor of surgery in the Division of Emergency Medicine at Stanford University School of Medicine. He is the author of The Wilderness First Aid Handbook, as well as dozens of scholarly articles and book chapters. He lives in Redwood City, California.

BRANDEE L. WAITE, MD, FAAPMR, is assistant clinical professor of physical medicine and rehabilitation, and sports medicine at the University of California, Davis. She lives in Sacramento, California.