The Silence of Great Distance: Women Running Long by Frank Murphy

The Silence Of Great Distance

The Silence of Great Distance is the story of the developing world of women's athletics, focused on long-distance running. With significant chapters on Doris Brown Heritage, the women of the Soviet Union, and Mary Decker Slaney, the primary narrative is carried by Stephanie Herbst, a nine-time all-American who competed for the University of Wisconsin between 1984 and 1988.

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My Personal Review:
Frank Murphy does not miss a thing in this book on women long distance runners. I myself am one and not only did he accurately portray the stresses a female runner puts on herself and has forced on her by others and the sport itself but he also provided factual and intriguing statistics about such legends as Mary Decker, Doris Brown, and Suzy Favor Hamilton. I could not put this book down. This true story desperately needed to be told, and no one could have done it better or more completely.

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