

# Racing Post Annual 2020

Racing Post & RFO Football Annual 2019-2020  
 The Year's Best Sports Writing 2021  
 The Oxford English Dictionary  
 I, Athlete  
 Cue Card  
 Last Hurrah  
 Racing Post Annual 2021  
 Hearts of Lions  
 Starting from Scratch  
 Fast After 50  
 The Triumph of Henry Cecil  
 Diane Crump  
 Billionaire Wilderness  
 32 Caliber  
 Horse-Racing Strangest Races  
 Book of Abstracts of the 71st Annual Meeting of the European Federation of Animal Science  
 The American Stud Book  
 Global Trends 2040  
 Running with Sherman  
 Best Racehorses of 2020 Volume 1  
 Edible Insects  
 Racing Post Quiz Book  
 IRISH RACING POST ANNUAL 2020  
 Cinderella Is Dead  
 Racing Post Annual 2020  
 Developing and Maintaining Emergency Operations Plans: Comprehensive Preparedness Guide (CPG) 101, Version 2. 0  
 Celebrating a Century of the Prix de L'Arc de Triomphe  
 Guinness Book of World Records, 1979  
 Demagogue  
 The Art of Racing in the Rain  
 Occupational Outlook Handbook  
 Chasers & Hurdles 1990/91  
 Fearing the Black Body  
 Here Comes Exterminator!  
 The General Stud-book  
 Fifty Shades of Hay  
 Thrills and Spills  
 Dark Horses Annual  
 Racing for the Surface  
 TIGER ROLL

*Racing Post Annual 2020*

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## HESTER ASHLEY

[Racing Post & RFO Football Annual 2019-2020](#) Racing Post Books

An amazing collection of Irish jump-racing photographs that captures the last decade of the Irish horse-racing scene. For every leap of victory and fist pump, there is a crunching fall or a win that almost was: Pat 'Cash' Healy's has captured it all with his camera, with captions by Donn McClean (Racing Post).

*The Year's Best Sports Writing 2021* Bloomsbury Publishing USA

"Wholly original and captivating." - Brigid Kemmerer, New York Times bestselling author of *A Curse So Dark and Lonely*  
 Girls team up to overthrow the kingdom in this unique and powerful retelling of Cinderella from a stunning new voice that's perfect for fans of Dhonielle Clayton and Melissa Albert. It's 200 years after Cinderella found her prince, but the fairy tale is over. Teen girls are now required to appear at the Annual Ball, where the men of the kingdom select wives based on a girl's display of finery. If a suitable match is not found, the girls not chosen are never heard from again. Sixteen-year-old Sophia would much rather marry Erin, her childhood best friend, than parade in front of suitors. At the ball, Sophia makes the desperate decision to flee, and finds herself hiding in Cinderella's mausoleum. There, she meets Constance, the last known descendant of Cinderella and her

step sisters. Together they vow to bring down the king once and for all--and in the process, they learn that there's more to Cinderella's story than they ever knew . . . This fresh take on a classic story will make readers question the tales they've been told, and root for girls to break down the constructs of the world around them.

*The Oxford English Dictionary* Racing Post Books

The year 2020 was one for the history books and not just because of the races that ran and the horses that won them. It was a pandemic year, and as we get ready for the 2021 season it is still not known if or when any sense of the old normality will return. The usual running order required some rejigging but by the end of the year, after an almost complete pattern-race schedule, 69 horses had won a Group 1 race in Europe and/or been a British- or Irish-trained winner of such a race in another continent, accumulating a combined haul of 92 top-level contests. Ghaiyyath was crowned Horse of the Year after a 130-rated season in which he won three times at the highest level. Magical also won three, her planned retirement to stud postponed by a year. Love lit up the classic scene with wide-margin wins in the 1000 Guineas and Oaks, whereas the year-older Tarnawa gave the great Irish trainer Dermot Weld an overdue Breeders' Cup victory. Battaash headed the sprinters' division again, Stradivarius' performance in the Gold Cup gave the brilliant stayer a new career-high rating, Palace Pier headed the milers, Sottsass rounded off his career with an Arc triumph, while St Mark's Basilica led the way in a muddled two-year-old division. Some of the year's brightest stars have now moved on to new careers at stud, but many of them will be back in action in 2021 for what promises to be another exciting season. Produced by a racing and pedigrees writer with over 30

years' experience, the author of European Group 1 Winners of 2019, European Group 1 Winners of 2018 and other titles.

*I, Athlete* Pitch Publishing

This book covers the key basics of tissue engineering as well as the latest advances in the integration of both antimicrobial and osteoinductive properties. Topics covered include osteoconductive and osteoinductive biomaterials (calcium phosphate, bone morphogenetic protein, peptides, antibodies, bioactive glasses, nanomaterials, etc.) and scaffolds. Research integrating both antimicrobial/biofilm-inhibiting and osteoinductive/osteoconductive properties and their co-delivery is detailed and their roles in clinical success are discussed. Combined with its companion volume, *Racing for the Surface: Antimicrobial and Interface Tissue Engineering*, this book bridges the gap between infection and tissue engineering, and is an ideal book for academic researchers, clinicians, industrial engineers and scientists, governmental representatives in national laboratories, and advanced undergraduate students and post-doctoral fellows who are interested in tissue engineering and regeneration, infection, and biomaterials and devices.

*Cue Card* Createspace Independent Publishing Platform

In 1968, a few women, mockingly labeled “jockeyettes” by a skeptical press, had begun demanding the right to apply for jockey licenses, citing the Civil Rights Act of 1964, which banned discrimination in hiring based on race, religion, sex, or national origin. Most of their applications were rejected by racing’s bureaucracy, which alleged that women were unqualified to participate due to “physical limitations” and “emotional instability.” Female jockeys who attempted to ride met with boycotts by male jockeys. Onto this uneven terrain stepped 20-year-old Diane Crump, who had long since demonstrated her riding proficiency during a thousand workout rides on a thousand difficult Thoroughbreds (“I basically got on all the horses that no one else wanted to ride”). On February 7, 1969, having been granted a permit to ride at Florida’s Hialeah Racetrack, Crump, surrounded by a protective phalanx of police officers, walked calmly toward the saddling enclosure as she endured heckles from the crowd. Diane’s mount would not earn victory that day, but the young rider had earned a more fundamental prize: the right to compete in her chosen field. Just over a year later, on May 2, 1970, after 95 years and 1,055 all-male entrants, Diane Crump shattered tradition by becoming the first woman to ride in the Kentucky Derby. Over her career she amassed 235 wins. In *Diane Crump: A Life in the Saddle*, veteran turf writer Mark Shrager relies on Crump’s own narrative, magazine and newspaper coverage, and numerous first-hand interviews to tell the story of an extraordinary athlete’s life and career.

*Last Hurrah* VeloPress

The ultimate quiz book for horse racing fans has arrived! How well do you know racing? Are you a short-priced favorite to finish clear of your rivals? Fancy yourself as a Group horse running in a handicap? Or are you more likely to flop than fly? Now’s your chance to put your racing knowledge to the test with our brilliant new quiz book, featuring 1,000 questions in 100 themed sections on the biggest names and races the sport has to offer. The perfect gift for all horse racing fans—from the anoraks to the armchair fans alike—it really does have something for everyone.

*Racing Post Annual 2021* Vintage

NOW A MAJOR MOTION PICTURE FROM FOX 2000 STARRING MILO VENTIMIGLIA, AMANDA SEYFRIED, AND KEVIN COSTNER MEET THE DOG WHO WILL SHOW THE WORLD HOW TO BE HUMAN The New York Times bestselling novel from Garth Stein—a heart-wrenching but deeply funny and ultimately uplifting story of family, love, loyalty, and hope—a captivating look at the wonders and absurdities of human life . . . as only a dog could tell it.

“Splendid.” —People “The perfect book for anyone who knows that compassion isn’t only for humans, and that the relationship between two souls who are meant for each other never really comes to an end. Every now and then I’m lucky enough to read a novel I can’t stop thinking about: this is one of them.” —Jodi Picoult “It’s impossible not to love Enzo.” —Minneapolis Star Tribune “This old soul of a dog has much to teach us about being human. I loved this book.” —Sara Gruen

*Hearts of Lions* Harper Collins

Winner, 2020 Body and Embodiment Best Publication Award, given by the American Sociological Association Honorable Mention, 2020 Sociology of Sex and Gender Distinguished Book Award, given by the American Sociological Association How the female body has been racialized for over two hundred years There is an obesity epidemic in this country and poor black women are particularly stigmatized as “diseased” and a burden on the public health care system. This is only the most recent incarnation of the fear of fat black women, which Sabrina Strings shows took root more than two hundred years ago. Strings weaves together an eye-opening historical narrative ranging from the Renaissance to the current moment, analyzing important works of art, newspaper and magazine articles, and scientific literature and medical journals—where fat bodies were once praised—showing that fat phobia, as it relates to black women, did not originate with medical findings, but with the Enlightenment era belief that fatness was evidence of “savagery” and racial inferiority. The author argues that the contemporary ideal of slenderness is, at its very core, racialized and racist. Indeed, it was not until the early twentieth century, when racialized attitudes against fatness were already entrenched in the culture, that the medical establishment began its crusade against obesity. An important and original work, *Fearing the Black Body* argues convincingly that fat phobia isn’t about health at all, but rather a means of using the body to validate race, class, and gender prejudice.

*Starting from Scratch* Triumph Books

Now in its tenth year, the *Racing Post Annual* is firmly established as the perfect gift for any horse racing fan. This exciting review of 2020 from the *Racing Post*, the nation’s voice of horse racing, has 224 colour pages packed with the best stories of the racing year and is beautifully illustrated with stunning images by award-winning photographer Edward Whitaker and others. *Racing Post*’s top writers look back on the best of the flat and jumps seasons; the big names both equine and human; the moments to treasure and unusual stories of the year; plus a look forward at the top prospects for 2021. With a glittering line-up, this large format, magazine-style publication is a must for any horse racing fan.

**Fast After 50** Rowman & Littlefield

Comprehensive Preparedness Guide (CPG) 101 provides Federal Emergency Management Agency (FEMA) guidance on the fundamentals of planning and developing emergency operations plans (EOP). CPG 101 shows that EOPs are connected to planning efforts in the areas of prevention, protection, response, recovery, and mitigation. Version 2.0 of this Guide expands on these fundamentals and encourages emergency and homeland security managers to engage the whole community in addressing all risks that might impact their jurisdictions. While CPG 101 maintains its link to previous

guidance, it also reflects the reality of the current operational planning environment. This Guide integrates key concepts from national preparedness policies and doctrines, as well as lessons learned from disasters, major incidents, national assessments, and grant programs. CPG 101 provides methods for planners to: Conduct community-based planning that engages the whole community by using a planning process that represents the actual population in the community and involves community leaders and the private sector in the planning process; Ensure plans are developed through an analysis of risk; Identify operational assumptions and resource demands; Prioritize plans and planning efforts to support their seamless transition from development to execution for any threat or hazard; Integrate and synchronize efforts across all levels of government. CPG 101 incorporates the following concepts from operational planning research and day-to-day experience: The process of planning is just as important as the resulting document; Plans are not scripts followed to the letter, but are flexible and adaptable to the actual situation; Effective plans convey the goals and objectives of the intended operation and the actions needed to achieve them. Successful operations occur when organizations know their roles, understand how they fit into the overall plan, and are able to execute the plan. Comprehensive Preparedness Guide (CPG) 101 provides guidelines on developing emergency operations plans (EOP). It promotes a common understanding of the fundamentals of risk-informed planning and decision making to help planners examine a hazard or threat and produce integrated, coordinated, and synchronized plans. The goal of CPG 101 is to make the planning process routine across all phases of emergency management and for all homeland security mission areas. This Guide helps planners at all levels of government in their efforts to develop and maintain viable all-hazards, all-threats EOPs. Accomplished properly, planning provides a methodical way to engage the whole community in thinking through the life cycle of a potential crisis, determining required capabilities, and establishing a framework for roles and responsibilities. It shapes how a community envisions and shares a desired outcome, selects effective ways to achieve it, and communicates expected results. Each jurisdiction’s plans must reflect what that community will do to address its specific risks with the unique resources it has or can obtain. Planners achieve unity of purpose through coordination and integration of plans across all levels of government, nongovernmental organizations, the private sector, and individuals and families. This supports the fundamental principle that, in many situations, emergency management and homeland security operations start at the local level and expand to include Federal, state, territorial, tribal, regional, and private sector assets as the affected jurisdiction requires additional resources and capabilities. A shared planning community increases the likelihood of integration and synchronization, makes planning cycles more efficient and effective, and makes plan maintenance easier.

**The Triumph of Henry Cecil** Good Press

*Fast After 50* is for every endurance athlete who wants to stay fast for years to come. For runners, cyclists, triathletes, swimmers, and cross-country skiers, getting older doesn’t have to mean getting slower. Drawing from the most current research on aging and sports performance, Joe Friel—America’s leading endurance sports coach—shows how athletes can race strong and stay healthy well past age 50. In his groundbreaking book *Fast After 50*, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades—and race to win. *Fast After 50* presents guidelines for high-intensity workouts, focused strength training, recovery, crosstraining, and nutrition for high performance. You’ll learn: How the body’s response to training changes with age, how to adapt your training plan, and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training, rest, recovery, and competition Workout guidelines, field tests, and intensity measurement In *Fast After 50*, Joe Friel shows athletes that age is just a number—and race results are the only numbers that count. With contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr. Larry Creswell, John Howard, Dr. Tim Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger.

*Diane Crump* Houghton Mifflin

Bike racers were America’s media darlings less than a century ago—dashing, eccentric, and very rich daredevils. Until the 1920s bike races drew larger crowds than all other American sports events, including Major League Baseball games. Prize-winning racer and journalist Peter Joffe Nye vividly re-creates this period of sports history, forgotten until now, in *Hearts of Lions*, a true story of courage, daring, and occasional lunacy. Revised, updated, and expanded, this second edition of *Hearts of Lions* is based on interviews with more than one thousand cyclists whose racing careers span from 1908 through the 2016 Rio Olympics, along with interviews with trainers and family members. Included are stories about Joseph Magnani, the lone American from southern Illinois who rode on the dusty roads of Europe in road racing’s golden era of the 1930s and 1940s; Lance Armstrong, whose rise in the mid-1990s was eclipsed in the doping era that still casts a long shadow over the sport; Kristin Armstrong, a three-time Olympic gold medalist who set new standards for women in cycling; and Evelyn “Evie” Stevens, who chucked a Wall Street career in her mid-twenties to compete in two Olympics and win several world championship gold medals. *Hearts of Lions* is a colorful, exciting, classic work on the art of bicycle racing over 140 years against a backdrop of social, political, and technical changes.

*Billionaire Wilderness* U of Nebraska Press

This Book of Abstracts is the main publication of the 71st Annual Meeting of the European Federation of Animal Science (EAAP). It contains abstracts of the invited papers and contributed presentations of the sessions of EAAP’s eleven Commissions: Animal Genetics, Animal Nutrition, Animal Management and Health, Animal Physiology, Cattle Production, Sheep and Goat Production, Pig Production, Horse Production and Livestock Farming Systems, Insects and Precision Livestock Farming.

*32 Caliber* Cosimo Reports

“The ongoing COVID-19 pandemic marks the most significant, singular global disruption since World War II, with health, economic, political, and security implications that will ripple for years to come.” -Global Trends 2040 (2021) Global Trends 2040-A More Contested World (2021), released by the US National Intelligence Council, is the latest report in its series of reports starting in 1997 about megatrends and the world’s future. This report, strongly influenced by the COVID-19 pandemic, paints a bleak picture of the future and describes a contested, fragmented and turbulent world. It specifically discusses the four main trends that will shape tomorrow’s world: - Demographics-by 2040, 1.4 billion people will be added mostly in Africa and South Asia. - Economics-increased government debt and concentrated economic power will escalate problems for the poor and middleclass. - Climate-a hotter world will increase water, food, and health insecurity. - Technology-the emergence of new technologies could both solve and cause problems for human life. Students of trends, policymakers, entrepreneurs, academics, journalists and anyone eager for a glimpse into the next

decades, will find this report, with colored graphs, essential reading.

**Horse-Racing Strangest Races** NYU Press

You might feel sure that a horse is not a Flamingo, a Polar Bear, a Tomato, a Teapot, a pair of Bootlaces, a Taxidermist, a Rat Catcher, or a Flea, but you'd be wrong. Racehorse owners often give their horses bizarre names that would seem to make success impossible. Luckily, thoroughbreds are able to defy such handicaps. A Spaniel has won the Derby (1831), a Crow the St Leger (1976), a Butterfly the Oaks (1860) and, difficult to imagine, Oscar Wilde the Welsh National (1958). It's bonkers. Bonkers won at Southwell in 2002. Over the centuries there have been hundreds of thousands of different names bestowed or inflicted on racehorses, and in *Fifty Shades Of Hay*, David Ashforth has picked out a selection to baffle, surprise, and amuse in equal measure.

*Book of Abstracts of the 71st Annual Meeting of the European Federation of Animal Science* Racing Post Books

Are you an athlete? Yes - you are! You may not know it yet, or have ever experienced the intoxicating rush of pure movement, but your inner athlete is lying dormant inside you just waiting to be unleashed! Even if you've played sports or undertaken athletic endeavors, have you really opened yourself to the physical and mental power that simmers just under the surface of your consciousness? You are capable of so much more than you think you are - and the best part is you already know that's true! This book was written for you if you have a burning desire to: - Get healthier - Look better - Feel stronger and more accomplished - Do something physical that you've never done before (from walking a 5K to qualifying for an Ironman!) I, Athlete is an inspirational and practical guidebook for how to find and harness your inner athlete. If you want to do more and be more with your body; if you feel like your limits are still out there waiting to be found; if you hear the chanting echoes of your primal ancestors urging you forward - you are in the right place. It is going to be an exhilarating, often uncomfortable, sometimes terrifying, life-altering journey - and I promise you the rewards are bountiful and sweet. Will you join me?

**The American Stud Book** Constable

Edible insects have always been a part of human diets, but in some societies there remains a degree of disdain and disgust for their consumption. Insects offer a significant opportunity to merge traditional knowledge and modern science to improve human food security worldwide. This publication describes the contribution of insects to food security and examines future prospects for raising insects at a commercial scale to improve food and

feed production, diversify diets, and support livelihoods in both developing and developed countries. Edible insects are a promising alternative to the conventional production of meat, either for direct human consumption or for indirect use as feedstock. This publication will boost awareness of the many valuable roles that insects play in sustaining nature and human life, and it will stimulate debate on the expansion of the use of insects as food and feed.

**Global Trends 2040** Createspace Independent Pub

The hugely popular 2020 annual from the Racing Post contains all the best stories of 2019 and a look ahead to 2020. Stunningly illustrated throughout by award-winning photographer Edward Whitaker, this is a must-have for any horse racing fan.

**Running with Sherman** Food & Agriculture Org

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!

*Best Racehorses of 2020 Volume 1* Macmillan

A must-read collection featuring the best in sports journalism Glenn Stout, founding editor of the *Best American Sports Writing*, has curated an essential anthology showcasing incredible feats and diverse perspectives across the world of sports. Selected from a wide range of newspapers, magazines, and digital publications during the previous year, these stories capture enduring moments while celebrating the craft of writing at its most sublime. This extraordinary collection reveals the fascinating stories behind the sports we love, the competitors who push their boundaries, and the cultures they are ultimately embedded in.