

Bibliography

Primary Sources

Secondary Sources

Laney, David, and Gillene Laney. *Unstoppable Woman: The Forgotten Story of Mavis Hutchison First Woman to Run Across America*. CreateSpace Publishing, 2012.

This book was my most useful secondary source because it gave great information on what Mavis Hutchison achieved and how she achieved these things. For instance, Mavis didn't start running until she was 37, but in time became one of the most famous women runners. This book also talked about the struggles she went through in life and how she was able to overcome those problems and become stronger because of them. One of the most helpful parts of this book would be the quotes stated by Mavis, herself, which helped me add to my project.

Cameron-Dow, John. *Comrades Marathon: the Ultimate Human Race*. Penguin Books, 2011.

This book gave helpful information on the participants in the Comrades race. This book tells us that Mavis participated in this race multiple times. This book also helped me recognize that Mavis was a widely known runner in the Comrades. She was also known as the "galloping granny," which was her most famous name to many people.

Burfoot, Amby. *First Ladies of Running: 22 Inspiring Profiles of the Rebels, Rule Breakers, and Visionaries Who Changed the Sport Forever*. Rodale, 2016.

This book gave me an insight on the women who helped change the sport of running forever. This book helped me because it gave information on multiple races she completed, as well as some of her other accomplishments. This is one of my most helpful books because it shows that women can do anything, not just guys. One of the most helpful parts included in this book would be the times of some of her most famous races completed.

King, Michele. "Mavis Hutchison of Fish Hoek, South Africa's Galloping Granny." *The Scenic South*, The Scenic South, 17 May 2012, scenicouth.co.za/mavis-hutchison-of-fish-hoek-south-africas-galloping-granny/.

This website gave me some helpful information about her background as well as information on races. I also found a few really good quotes from Mavis, which say things that motivate others to try harder because they have seen what she can do. This website also tells how Mavis influenced others into running because of her accomplishments, but not only that, the willing to always try harder.

Athlete, Modern, and Michelle Pieters. "She Is Still...the Galloping Granny!" *Modern Athlete*, Modern Athlete, 17 May 2019, www.modernathlete.co.za/2010/11/she-is-stillthe-galloping-granny/.

This source gave some valid information on the background of Mavis Hutchison as well as what she is doing now. This was a helpful source because it told me about how Mavis keeps up with her healthy lifestyle and the things she did in order to achieve that. This website also tells about how many people, including her kids, she influenced by what she did.

Waldron, Elder Kirk T. "'Marathon Mavis'." *Church News*, Deseret News Publishing, 17 Mar. 2006, www.thechurchnews.com/archives/2006-03-18/marathon-mavis-87287.

This website gave some helpful information about how her family felt when she decided to start running. It gives quotes on Mavis's sister's feelings. It also gives me an insight on how Mavis felt in running and her drive to keep running, without quitting. This website gave me multiple quotes that helped add to the details of my project.

Kantor, Jacqueline. "Meet the Two Amazing Women Running across America -- to Break the Same Record." *ESPN*, ESPN Internet Ventures, 28 Sept. 2017, www.espn.com/espnw/life-style/story/_/id/20852010/meet-two-amazing-women-running-america-break-same-record.

This website showed me how normal people can influence so many others. Mavis was the first woman to run across America and was later given many recognitions for her accomplishments. She also held the world record for the first

woman to run across America. So many people looked up to Mavis because if she was 52 and ran across America anyone can do it. This gave many people the confidence to try something new and not be afraid.