



The Spirit of the Marathon: What to Expect in Your First Marathon, and How to Run Them for the Rest of Your Life

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Personal stories of making the mara-thon a part of your life.

This companion volume to *First Marathons* will inform, inspire, and educate any runner who wants to try the marathon, or wants to run several marathons a year. It picks up where that fast-selling book left off: it follows up with the 37 people profiled there, to see how their marathoning life has progressed since their first race. And it includes some 20 new first-marathon stories, as well as the stories of runners tackling their second or third marathon, and making the marathon an integral part of their lives. These stories are lively first-person essays, oral history on the subject of running marathons. Far more valuable than dry how-to books, this is powerful, heartfelt human experience.

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Richard Burnett:

This book untitled The Spirit of the Marathon: What to Expect in Your First Marathon, and How to Run Them for the Rest of Your Life to be one of several books in which best seller in this year, honestly, that is because when you read this guide you can get a lot of benefit onto it. You will easily to buy this kind of book in the book retail outlet or you can order it by means of online. The publisher on this book sells the e-book too. It makes you more easily to read this book, because you can read this book in your Touch screen phone. So there is no reason to you personally to past this e-book from your list.

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