

## The Road To Sparta Reliving The Epic Run That Inspired The Worlds Greatest Foot Race

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The Road to Sparta is an interweaving of the Karnazes family history, Dean's quest to complete the Spartathlon and the mythology and legend of Phidipedes during the Greco-Persian war. He does this well and there is a great learning opportunity here.

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The Road to Sparta is the story of the 153-mile run from Athens to Sparta that inspired the marathon and saved democracy, as told-and experienced-by ultramarathoner and New York Times bestselling author Dean Karnazes. In 490 BCE, Pheidippides ran for thirty-six hours straight from Athens to Sparta to seek help in defending Athens from a Persian invasion in the Battle of Marathon.

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**The Road to Sparta: Reliving the Ancient Battle and Epic**...

In The Road to Sparta famed ultramarathoner Dean Karnazes explores the story of the world's first marathon, all while reliving the historic 153-mile run from Athens to Sparta in one of the most difficult ultra races in the world - the Spartathlon.

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**Amazon.com: The Road to Sparta: Reliving the Ancient**...

The Road to Sparta: Reliving the Ancient Battle and Epic Run That Inspired the World's Greatest Footrace: Author: Dean Karnazes: Edition: illustrated: Publisher: Rodale, 2016: ISBN: 1609614747...

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**?The Road to Sparta on Apple Books**

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The ultrarunning legend takes on the ultimate test of endurance: running 50 marathons in 50 days.

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In one of his most ambitious physical efforts to date, Dean Karnazes attempted to run 50 marathons, in 50 states, in 50 days to raise awareness of youth obesity and urge Americans of all fitness levels to "take that next step." "UltraMarathon Man: 50 Marathons - 50 States - 50 Days", a Journeymfilm documentary, follows Dean's incredible step-by-step journey across the country. Ultrarunning legend Dean Karnazes has run 262 miles-the equivalent of ten marathons-without rest. He has run over mountains, across Death Valley, and to the South Pole-and is probably the first person to eat an entire pizza while running. With an insight, candor, and humor rarely seen in sports memoirs (and written without the aid of a ghostwriter or cowriter), Ultramarathon Man has inspired tens of thousands of people-nonrunners and runners alike-to push themselves beyond their comfort zones and be reminded of "what it feels like to be truly alive," says Sam Fussell, author of Muscle. Ultramarathon Man answers the questions Karnazes is continually asked: - Why do you do it? - How do you do it? - Are you insane? And in the new paperback edition, Karnazes answers the two questions he was most asked on his book tour: - What, exactly, do you eat? - How do you train to stay in such good shape?

In 2008, Jason Lester became the first person with a disability to finish the Ultraman World Championship alongside able-bodied competitors. With the use of only three limbs, Jason competed in one of the most demanding endurance races in the world, swimming 6.2 miles, biking 261.4 miles, and running 52.4 miles to the finish line. Jason has completed over seventy triathlons, biathlons, marathons, Ironmans, and Ultramans. In 2009, he became the first male triathlete to win an ESPY Award and the fifteenth athlete in the history of Ultraman to complete both the Ultraman World Championship and Ultraman Canada in the same year. Yet Jason Lester's life as an athlete almost never happened. When a speeding car ran a red light, a bike ride to the local video store nearly became Jason's last, sending him 130 feet into the air and ultimately to the hospital with twenty broken bones. The pain was intense and long rehabilitation grueling, compounded by the sudden death of his father (his best friend and mentor) and the realization that his right arm was paralyzed. Only twelve years old and struggling to heal amid the grief, Jason miraculously found the strength to fight his way back. Without the use of his arm, he refused to give up the sports he'd grown to love, recommitting himself to life and ultimately surpassing goals that few dared to set. Running on Faith reveals how to develop the mind-set of a true competitor and includes riveting stories of the precarious and often unforeseen conditions encountered on the race path—jellyfish-infested waters, suffocating heat, and blinding sheets of rain. With passion, dedication, and strength of purpose, Jason shares his experience facing extreme challenges head-on, gleaning insight from each trial. He offers the principles he's learned to live by in order to accomplish his goals and shows how they can be applied to the tests we all face. An inspirational guide to overcoming adversity, recognizing God's guiding hand in our lives, and achieving our dreams, Running on Faith is a spirited testament to the power of faith.

"A Runner's High wakes up the appetite to run long distances. Dean takes us on a lifelong journey of ultramarathons, through the ups and downs, the friendships and lonely moments, and the struggles and rewards of each race. Dean writes in a direct and intimate way that keeps us reading like he runs—without stopping."—Kilian Jornet, author of Above the Clouds and world champion ultramarathoner "A Runner's High is a powerful narrative on life, running and finding meaning through perseverance. Every runner should read this book."— Jason Koop, Coach and bestselling author New York Times bestselling author and ultramarathoning legend Dean Karnazes has pushed his body and mind to inconceivable limits, from running in the shoe melting heat of Death Valley to the lung freezing cold of the South Pole. He's raced and competed across the globe and once ran 50 marathons, in 50 states, in 50 consecutive days. In A Runner's High, Karnazes chronicles his extraordinary adventures leading up to his return to the Western States 100-Mile Endurance Run in his mid-fifties after first completing the race decades ago. The Western States, infamous for its rugged terrain and extreme temperatures, becomes the most demanding competition of Karnazes's life, a physical and emotional reckoning and a battle to stay true to one's purpose. Confronting his age, his career path, and his life choices, we see Karnazes as we never have before. For Karnazes, the running experience is about the runner and the trail. It is not the sum of achievements but a story that continues to be told each day, with each step. A Runner's High is at once an endorphin-fueled adventure and a love letter to the sport from one of its most celebrated ambassadors that will leave both casual and serious runners cheering.

Fred Lebow was a dreamer, the kind of dreamer who pursued his dream and made it a reality. And the world is still reaping its rewards." So begins this inspiring chronicle of a humbly born Holocaust survivor who parlayed natural marketing smarts—and vision—into a major position in recent American sports. He started the New York City Marathon, an event that transformed footracing from an elite, austere sport into a wildly applauded, attainable pursuit for all. Forging a path across the city's five boroughs, the marathon covers a daunting 26.2-mile course. Ron Rubin's fascinating book tells how Lebow popularized the race. With a stroke of marketing wizardry he turned it into the world's largest block party, a gritty mixture of urban theater and kindly entrepreneurship. This event has honored the spirit of the moment, imbued competition with joy, and celebrated play. It put winning within the realm of every man and woman and became a race for all runners. Lebow mainstreamed the notion of marathoning into popular culture, some half-million Americans now participate in the events. Equally significant, the book describes how Lebow scored his greatest personal victory by running in the marathon he created after being diagnosed with brain cancer.

Do you think running sucks? Do you think you're too fat to run? Look no further, Not Your Average Runner is for everyone. With humor, compassion, and lots of love, Jill Angie delivers the goods: overcoming the challenges of running with an overweight body and giving individuals self-esteem an enormous boost in the process. This isn't a guide to running for weight loss, or a simple running plan. It shows readers how a woman carrying a few (or many) extra pounds can successfully become a runner in the body she has right now. Jill Angie is a certified running coach and personal trainer who wants to live in a world where everyone is free to feel fit and fabulous at any size. She started the Not Your Average Runner movement in 2013 to show that runners come in all shapes, sizes and speeds, and, since then, has assembled a global community of revolutionaries that are taking the running world by storm. If you would like to be part of the revolution, flip to the inside and find out more!

Charlie Engle's "fascinating account of the high and low points of his life as an ultramarathon runner...is uplifting and inspirational" (Publishers Weekly) as he describes his globe-spanning races, his record-breaking run across the Sahara Desert, and how running helped him overcome drug addiction—and an unjust stint in federal prison. After a decade-long addiction to crack cocaine and alcohol, Charlie Engle hit bottom with a near-fatal six-day binge that ended in a hail of bullets. As Engle got sober, he turned to running, which became his lifeline, his pastime, and his salvation. He began with marathons, and when marathons weren't far enough, he began to take on ultramarathons, races that went for thirty-five, fifty, and sometimes hundreds of miles, traveling to some of the most unforgiving places on earth to race. The Matt Damon-produced documentary, Running the Sahara, followed Engle as he lead a team on a harrowing, record breaking 4,500-mile run across the Sahara Desert, which helped raise millions of dollars for charity. Charlie's growing notoriety led to an investigation and a subsequent unjust conviction for mortgage fraud for which he spent sixteen months in federal prison in Beckley, West Virginia. While in jail, Engle pounded the small prison track, running endlessly in circles. Soon his fellow inmates were joining him, struggling to keep their spirits up in dehumanizing circumstances. In Running Man, Charlie Engle tells the surprising, funny, and emotional story of his life, detailing his setbacks and struggles—from coping with addiction to serving time in prison—and how he blazed a path to freedom by putting one foot in front of the other. "A fast-paced, well-written account of a man who accepts pain, pushes beyond imagined limits, and ultimately finds redemption and peace" (Booklist), this is a raw and triumphant account about finding the threshold of human endurance, and transcending it.

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