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THE MARATHON SCAM: WHY YOU SHOULD NEVER RUN A MARATHON AND IF YOU DO, HOW TO AVOID SERIOUS INJURY



Lulu.com, United Kingdom, 2012. Paperback Book Condition: New. 229 x 152 mm Language: English . Brand New Book ***** Print on Demand *****.After 20-weeks of training, would you ride a bull, enter a Formula One car race, parachute from 30,000 feet solo, fly an airplane solo into a storm, climb Mt. Everest, surf 100-foot waves, or eat 50 hot dogs in ten minutes. Yet millions of people try to run marathons. You hear stories of those who succeeded, but if..

Read PDF The Marathon Scam: Why You Should Never Run a Marathon and If You Do, How to Avoid Serious Injury

- Authored by ed SJC park
- Released at 2012



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