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ULTRATORTOISE - SOFA JOCKEY TO ULTRA RUNNER (PAPERBACK)



Lulu.com, United Kingdom, 2013. Paperback Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Treadmill disasters, Dog attack, surgery, my first half marathon then onto my first marathon finally ending with a blow by blow account of my first ultramarathon a 69 mile race along the route of Hadrian's Wall. This book will offer a detailed and at times intimate no holds barred look at what it took for me to get my lazy backside off...

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- Authored by Chris Foreman
- Released at 2013



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