

Ultramarathon Mom: From the Sahara to the Arctic (Paperback)



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Reviews

A very great pdf with lucid and perfect explanations. It really is rally interesting throgh reading time period. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about in the event you question me).
(Keshawn Schneider)

ULTRAMARATHON MOM: FROM THE SAHARA TO THE ARCTIC (PAPERBACK)



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Meyer Meyer Sport (UK) Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. With condemning, yet humorous, comments, Holly Zimmermann, mother of four young children, endeavors to take on some of the world s most difficult and dangerous foot races. A grueling 257-kilometer ultramarathon through the Sahara Desert, written in a daily journal-style format, is the core of the story. Interspersed between the adventures in the Sahara, Holly recalls other races, including when two bombs went off before her eyes at the Boston Marathon. After the Sahara Desert, the setting for her next challenge shifted to the opposite extreme: Greenland, for the Polar Circle Marathon. What makes this book distinctive are the Forrest-Gump-like happenstances which occur throughout, brought in as flashbacks. A colorful cast of characters as training partners include the world champion of ultradistance cycling as well as the grandson of Italian fashion icon Salvatore Ferragamo. Training, planning, and gear for ultramarathons as well as nutritional tips for fueling the body are also described, always with a touch of sarcastic humor. Ultramarathon Mom: From the Sahara to the Arctic tells a unique story and delivers an impactful message: Live your dreams.



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