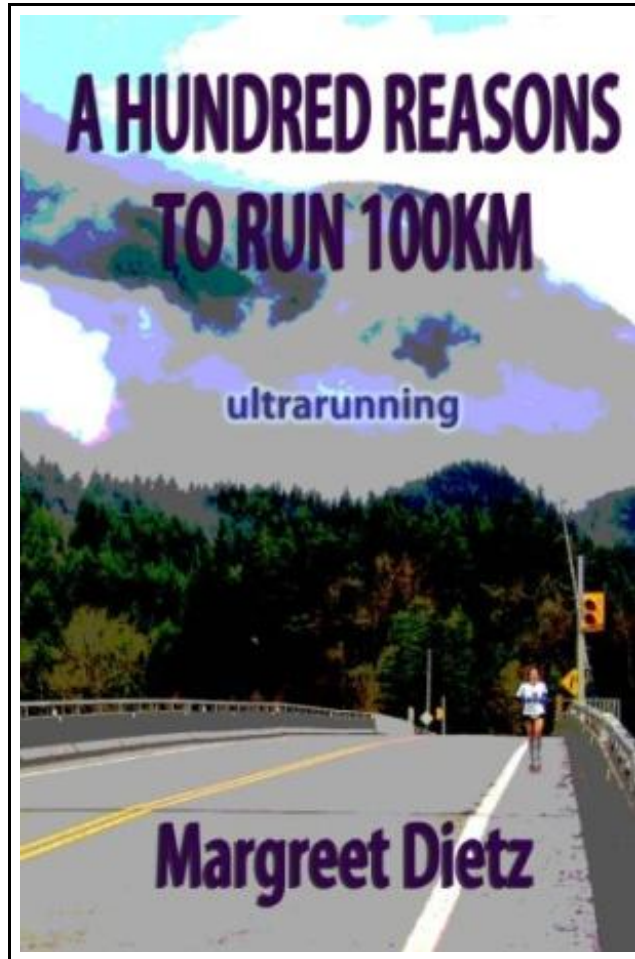


A Hundred Reasons to Run 100km



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Reviews

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(Lavina Torp)

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Createspace, United States, 2011. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.A Hundred Reasons to Run 100km reflects a personal journey that will strike a chord with anyone intrigued by the prospect of trying an ultramarathon. The idea for this book was born 10 days before author Margreet Dietz did a 100km race. While finalizing her physical preparations, she also wanted to ready herself mentally as best as possible. An experienced 3:07 marathoner and five-time Ironman finisher, she knew endurance athletes ponder the question, Why?, during the most challenging moments in an event. It's good to have an answer. In this book on ultrarunning, you'll find plenty of inspiration, practical tips, and the key reason to run 100km-because you can. UltraRunning magazine editor Tia Bodington: There's something special about 100km. It's not only 50 miles, which is eminently do-able if you're the least bit trained. It's not the epic 100-mile distance, which carries you through the night and into the next day. Sixty-two miles pushes you over the edge into the realm of philosophy; you have to dig deep to get it done, but you're still showered and in bed by midnight, to lie there and contemplate what amazing thing you've just accomplished. Marathon Beyond editor Richard Benyo: It is the common ultra-distance to virtually every country that competes in ultras. Of course, in most of the world ultras are contested on the road, and the 100km is a perfect distance, a perfectly rounded number for countries, most of them, that use the metric system. Professional endurance athlete, coach and Badwater Ultramarathon finisher Jen Segger: Prepare properly and you will enjoy the experience that much more. Dedicate yourself to the journey...

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