

[PDF] Running Through The Wall: Personal Encounters With The Ultramarathon

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Description:

Review A compelling read even for those who have no intention of trying to run 31 miles or more at once. -- *Mark Taylor, Outdoors Editor, The Roanoke Times*

From the Publisher What it's really like to run an ultramarathon.

This book is a warm, fascinating, human introduction to the sport of ultramarathoning. You'll find out what it's like for the stars, like Ann Trason and Tim Twietmeyer and Ian Torrence -- and also what it's like for average runners who decide to run through The Wall. In ultramarathoning, ordinary people can discover the extraordinary within themselves.

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