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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...

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- Authored by ed SJC park
- Released at 2012



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Reviews

This publication is definitely not straightforward to begin on looking at but quite fun to see. It really is loaded with wisdom and knowledge You will not really feel monotony at anytime of your own time (that's what catalogs are for relating to should you check with me).

-- **Twila Gutkowski**

Most of these ebook is the ideal book offered. It is rally interesting through reading through time. Your way of life span will be enhance the instant you complete reading this ebook.

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