



The Running

Jacob Brooks Herold



The Running:

My Life on the Run Bart Yasso, Kathleen Parrish, 2009-05-12 With My Life on the Run Bart Yasso an icon of one of the most enduringly popular recreational sports in the United States offers a touching and humorous memoir about the rewards and challenges of running Recounting his adventures in locales like Antarctica Africa and Chitwan National Park in Nepal where he was chased by an angry rhino Yasso recommends the best marathons on foreign terrain and tells runners what they need to know to navigate the logistics of running in an unfamiliar country He also offers practical guidance for beginning intermediate and advanced runners such as 5 K half marathon and marathon training schedules as well as advice on how to become a runner for life ever ready to draw joy from the sport and embrace the adventure that each race may offer

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