

The Road To Sparta Reliving The Epic Run That Inspired The Worlds Greatest Foot Race

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The Road to Sparta is an interweaving of the Karnazes family history, Dean's quest to complete the Spartathlon and the mythology and legend of Phidipedes during the Greco-Persian war. He does this well and there is a great learning opportunity here.

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The Road to Sparta is the story of the 153-mile run from Athens to Sparta that inspired the marathon and saved democracy, as told-and experienced-by ultramarathoner and New York Times bestselling author Dean Karnazes.In 490 BCE, Pheidippides ran for thirty-six hours straight from Athens to Sparta to seek help in defending Athens from a Persian invasion in the Battle of Marathon.

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In The Road to Sparta famed ultramarathoner Dean Karnazes explores the story of the world's first marathon, all while reliving the historic 153-mile run from Athens to Sparta in one of the most difficult ultra races in the world - the Spartathlon.

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The Road to Sparta is the story of the 153-mile run from Athens to Sparta that inspired the marathon and saved democracy, as told-and experienced-by ultramarathoner and New York Times bestselling author Dean Karnazes. In 490 BCE, Pheidippides ran for 36 hours straight from Athens to Sparta to seek help in defending Athens from a Persian invasion in the Battle of Marathon. In doing so, he saved the development of Western civilization and inspired the birth of the marathon as we know it. Even now, some 2,500 years later, that run stands enduringly as one of greatest physical accomplishments in the history of mankind. Karnazes personally honors Pheidippides and his own Greek heritage by recreating this ancient journey in modern times. Karnazes even abstains from contemporary endurance nutrition like sports drinks and energy gels and only eats what was available in 490 BCE, such as figs, olives, and cured meats. Through vivid details and internal dialogs, The Road to Sparta offers a rare glimpse into the mindset and motivation of an extreme athlete during his most difficult and personal challenge to date. This story is sure to captivate and inspire-whether you run great distances or not at all.

In 'The Road to Sparta' famed ultramarathoner Dean Karnazes explores the story of the first marathon, all while reliving the historic 153-mile run from Athens to Sparta in one of the most difficult ultra races in the world - the Spartathlon...

~~The Road to Sparta: Reliving the Ancient Battle and Epic~~

The ultrarunning legend takes on the ultimate test of endurance: running 50 marathons in 50 days.

~~The Road to Sparta: Reliving the Ancient Battle and Epic~~

In one of his most ambitious physical efforts to date, Dean Karnazes attempted to run 50 marathons, in 50 states, in 50 days to raise awareness of youth obesity and urge Americans of all fitness levels to "take that next step." "UltraMarathon Man: 50 Marathons - 50 States - 50 Days", a Journeyfilm documentary, follows Dean's incredible step-by-step journey across the country. Ultrarunning legend Dean Karnazes has run 262 miles-the equivalent of ten marathons-without rest. He has run over mountains, across Death Valley, and to the South Pole-and is probably the first person to eat an entire pizza while running. With an insight, candor, and humor rarely seen in sports memoirs (and written without the aid of a ghostwriter or cowriter), Ultramarathon Man has inspired tens of thousands of people-nonrunners and runners alike-to push themselves beyond their comfort zones and be reminded of "what it feels like to be truly alive," says Sam Fussell, author of Muscle. Ultramarathon Man answers the questions Karnazes is continually asked: - Why do you do it? - How do you do it? - Are you insane? And in the new paperback edition, Karnazes answers the two questions he was most asked on his book tour: - What, exactly, do you eat? - How do you train to stay in such good shape?

The legendary long-distance runner details his historic victory in the 1975 Boston Marathon that launched the modern running boom Within a span of two hours and nine minutes, Bill Rodgers went from obscurity to legend, from Bill Rodgers to "Boston Billy." In doing so, he instantly became the people's champ and the poster boy for the soulful 1970s distance runner. Having won the Boston Marathon and New York Marathon four times each, he remains the only marathoner to have appeared on the cover of Sports Illustrated twice. Winning the Holy Grail of marathons in an unthinkable record time changed Bill's life forever. But his dramatic breakthrough in Boston also changed the lives of countless others, instilling in other American runners the belief that they could follow in his footsteps, and inspiring thousands of regular people to lace up their shoes and chase down their own dreams. In the year before Rodger's victory at the 1975 Boston Marathon, 20,000 people had completed a marathon in the United States. By 2009, participants reached nearly half a million. Thirty-seven years later Bill Rodgers still possesses the same warm, endearing, and whimsical spirit that turned him into one of America's most beloved athletes. In Marathon Man he details for the first time this historic race and the events that led him there.

Do you think running sucks? Do you think you're too fat to run? Look no further, Not Your Average Runner is for everyone. With humor, compassion, and lots of love, Jill Angie delivers the goods: overcoming the challenges of running with an overweight body and giving individuals self-esteem an enormous boost in the process. This isn't a guide to running for weight loss, or a simple running plan. It shows readers how a woman carrying a few (or many) extra pounds can successfully become a runner in the body she has right now. Jill Angie is a certified running coach and personal trainer who wants to live in a world where everyone is free to feel fit and fabulous at any size. She started the Not Your Average Runner movement in 2013 to show that runners come in all shapes, sizes and speeds, and, since then, has assembled a global community of revolutionaries that are taking the running world by storm. If you would like to be part of the revolution, flip to the inside and find out more!

Fred Lebow was a dreamer, the kind of dreamer who pursued his dream and made it a reality. And the world is still reaping its rewards." So begins this inspiring chronicle of a humbly born Holocaust survivor who parlayed natural marketing smarts-and vision-into a major position in recent American sports. He started the New York City Marathon, an event that transformed footracing from an elite, austere sport into a wildly applauded, attainable pursuit for all. Forging a path across the city's five boroughs, the marathon covers a daunting 26.2-mile course. Ron Rubin's fascinating book tells how Lebow popularized the race. With a stroke of marketing wizardry he turned it into the world's largest block party: a gritty mixture of urban theater and kindly entrepreneurship. This event has honored the spirit of the moment, imbued competition with joy, and celebrated play. It put winning within the realm of every man and woman and became a race for all runners. Lebow mainstreamed the notion of marathoning into popular culture; some half-million Americans now participate in the events. Equally significant, the book describes how Lebow scored his greatest personal victory by running in the marathon he created after being diagnosed with brain cancer.

Charlie Engle's "fascinating account of the high and low points of his life as an ultramarathon runner-is uplifting and inspirational" (Publishers Weekly) as he describes his globe-spanning races, his record-breaking run across the Sahara Desert, and how running helped him overcome drug addiction-and an unjust stint in federal prison. After a decade-long addiction to crack cocaine and alcohol, Charlie Engle hit bottom with a near-fatal six-day binge that ended in a hail of bullets. As Engle got sober, he turned to running, which became his lifeline, his pastime, and his salvation. He began with marathons, and when marathons weren't far enough, he began to take on ultramarathons, races that went for thirty-five, fifty, and sometimes hundreds of miles, traveling to some of the most unforgiving places on earth to race. The Matt Damon-produced documentary, Running the Sahara, followed Engle as he lead a team on a harrowing, record breaking 4,500-mile run across the Sahara Desert, which helped raise millions of dollars for charity. Charlie's growing notoriety led to an investigation and a subsequent unjust conviction for mortgage fraud for which he spent sixteen months in federal prison in Beckley, West Virginia. While in jail, Engle pounded the small prison track, running endlessly in circles. Soon his fellow inmates were joining him, struggling to keep their spirits up in dehumanizing circumstances. In Running Man, Charlie Engle tells the surprising, funny, and emotional story of his life, detailing his setbacks and struggles-from coping with addiction to serving time in prison-and how he blazed a path to freedom by putting one foot in front of the other. "A fast-paced, well-written account of a man who accepts pain, pushes beyond imagined limits, and ultimately finds redemption and peace" (Booklist), this is a raw and triumphant account about finding the threshold of human endurance, and transcending it.

In the fall of 2006, Dean Karnazes, known as the "Lance Armstrong of the running world," took on the ultimate challenge: running 50 marathons in 50 states in 50 consecutive days. Dean set off in a caravan packed with fellow runners, with nothing more than a roadmap and a determination that defied all physical limitations. This book goes beyond the story of those 50 marathons: it is a firsthand account of what happens when your body defies all limitations, and it is a story of what it's like to push the limits of strength under grueling conditions. This book also reveals Dean's secrets and training tips, including what to do when you hit a wall, how to adapt quickly to drastic terrain, how to get motivated after a really tough day, and diet and exercise tips to improve your own best time.

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