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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
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