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Sommario/riassunto	With the explosion of bumper stickers that read "26.2", it's obvious that marathons are gaining popularity among athletes. But what does it take to cross that finish line? It's not easy, as this instructive book proves. Amateur runners train for months and serious competitors even longer. From what happens to the human body during long-distance runs to the most impressive marathon victories, readers will discover that marathons are truly an extreme sport.