

1. Record Nr.	UNINA9910158652803321
Autore	Sisk Siobhan
Titolo	Would You Dare Run a Marathon?
Pubbl/distr/stampa	Gareth Stevens Publishing LLLP
ISBN	1-4824-5825-X
Descrizione fisica	1 online resource (32 p.)
Collana	Would You Dare?
Disciplina	796.42/52
Soggetti	Marathon running Marathon running - History
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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.