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Titolo	The road to Sparta : reliving the ancient battle and epic run that inspired the world's greatest footrace // Dean Karnazes
Pubbl/distr/stampa	New York, New York : , : Rodale, , 2016 ©2016
ISBN	1-60961-473-9
Descrizione fisica	1 online resource (199 pages) : illustrations, maps
Classificazione	SPO019000SPO035000HIS002010SPO046000
Disciplina	796.4252
Soggetti	Ultra running Ultra running - Greece Long-distance running - Greece Greece
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Immigrant song -- Who am I? -- Fields of fennel -- United by calves -- All in -- Beyond -- Spare the horses -- Let's rock -- The Persians have landed -- Origins of a classic -- Toga! -- Coming home -- Welcome to Greece -- Village in the hills -- Giver of the watermelon -- Sign me up -- Hand me the controls -- For Greece, for home -- The race is on -- It's in the air -- Encounters of the ultra kind -- Stalkers -- Roll camera -- George Clooney -- Three drunk mice -- Shadows in the dark -- Go greek or go home -- The tides through which we move -- The trophy -- One more race.
Sommario/riassunto	Ultramarathoner Dean Karnazes explores his Greek ancestry and, with the help of scholars, learns about the world's first marathon. He decides to follow the 153-mile run from Athens to Sparta to honor an ancient Greek runner as well as his own Greek heritage.