

## **BOOKS ON MARATHON RUNNING**



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### **Marathon Wikipedia**

The marathon is a long-distance race, completed by running, walking, or a run/walk strategy. There are also wheelchair divisions. The marathon has an official distance of 42.195 kilometres (26.219 miles; 26 miles 385 yards), usually run as a road race. The event was instituted in commemoration of the fabled run of the Greek soldier Pheidippides, a messenger from the Battle of Marathon to Athens

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### **Ultramarathon Running ULTRA Running Races Resources**

UltraRunning Sources, References & Definitions : 1. Wikipedia : Ultra Running / Ultramarathon / Ultramarathons categories. "An ultramarathon (also called ultra distance) is any sporting event involving running longer than the traditional marathon length of 42.195 kilometres (26.2188 mi)."

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