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FAT MAN TO GREEN MAN: FROM UNFIT TO ULTRA-MARATHON



Tangent Books. Paperback. Book Condition: new. BRAND NEW, Fat Man to Green Man: From Unfit to Ultra-Marathon, Ira Rainey, Despite believing he was bionic as a child, Ira Rainey was far from an elite athlete with superhuman running abilities like the ones he read about in books. He was in fact an overweight and unfit slacker who felt a bit sorry for himself because he had sore feet. Sure he ran a bit, but he also sat around a lot...

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- Authored by Ira Rainey
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