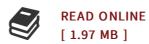




Running Hot & Cold

By -

Paperback. Book Condition: New. Not Signed; It's now a common sight to see people of all ages and abilities running through our towns, parks and rural areas; but it can still be surprising where the running journey can take us. Doug Richards was indifferent to exercise until, approaching his middle years, he became increasingly aware of his declining fitness. So Doug took up running. Rather slowly at first; but he made steady progress. Follow Doug's journey - overcoming modern-life obstacles including a marriage breakdown, workrelated stress, anxiety and depression - from that very first onemile run to marathons at home and abroad. And so on to wider and wilder horizons. How do you prepare for running 140 miles across the Sahara Desert? How does a bus-passbearing pensioner stay upright running on Greenland's polar ice-cap? Read of a confrontation with elephants in South Africa, puddles in the desert in China and the emotional rollercoaster of running in tsunami-ravaged Sri Lanka. book.



Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- Dr. Kadin Hane DVM

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

-- Frank Nienow

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