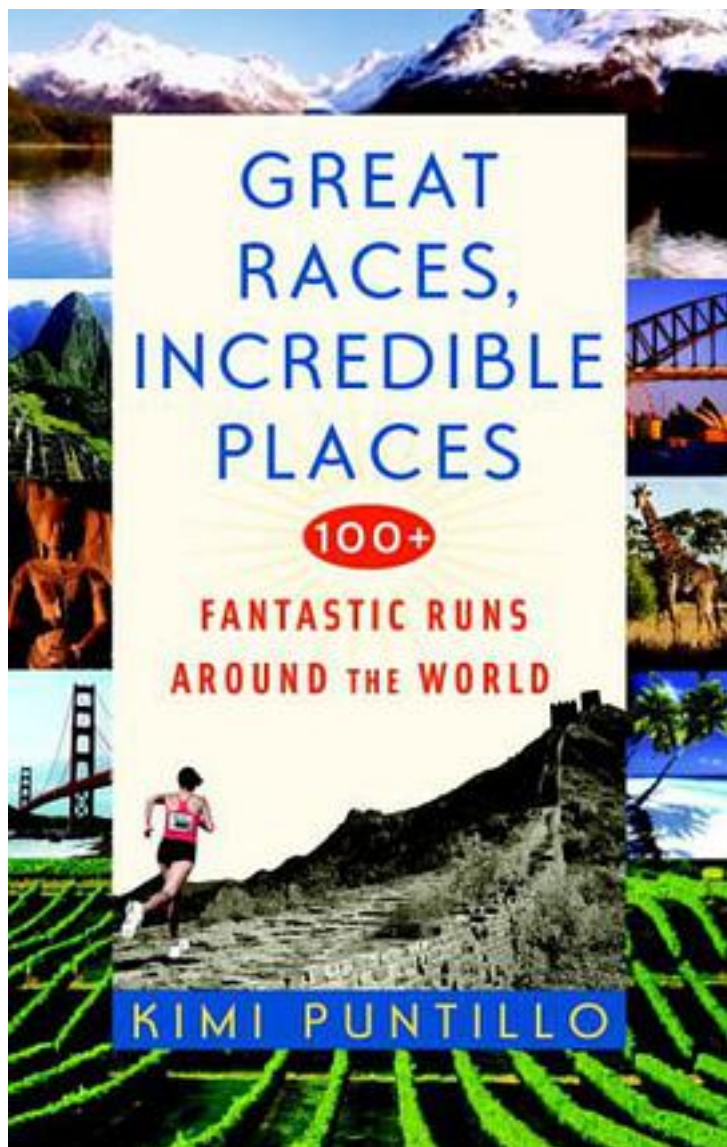


# Great Races, Incredible Places



[Great Races, Incredible Places\\_下载链接1](#)

著者:Puntillo, Kimi

出版者:

出版时间:2009-3

装帧:

isbn:9780553385328

“Running the Mount Everest Marathon is like running in heaven.”

Kimi Puntillo has literally run around the globe to bring over 100 of the world’s most entertaining, breathtaking, and unforgettable races to runners of every capability.

Ranging from marathons to one-milers, from the pristine glaciers of Antarctica to Vermont’s covered bridges, two-time Guinness World Record holder Puntillo offers practical and unique advice as only a woman who has run a marathon on every continent can. She shares her tips for the most desirable gear, snacks to carry in your backpack, how savvy runners get into events that are sold out months in advance, and the best local sights to take in on your downtime.

Try the Great Wall Marathon, where you’ll climb 60,000 steps, crawl through ancient tower windows, and follow in the footsteps of ancient Chinese history. The Marathon du Médoc spoils you with wine every three miles at Bordeaux’s most elite châteaux and fresh-shucked oysters at mile 23. Or, if music is your thing and you long for a different rock band at every mile marker, head out to the Rock ‘n’ Roll Marathon series in locales across the United States.

Whether you want to make those running dreams come true or simply be entertained, here are dozens of running adventures sure to get your heart pumping.

作者介绍:

目录:

[Great Races, Incredible Places\\_ 下载链接1](#)

标签

评论

-----  
[Great Races, Incredible Places\\_ 下载链接1](#)

-----  
[Great Races, Incredible Places 下载链接1](#)