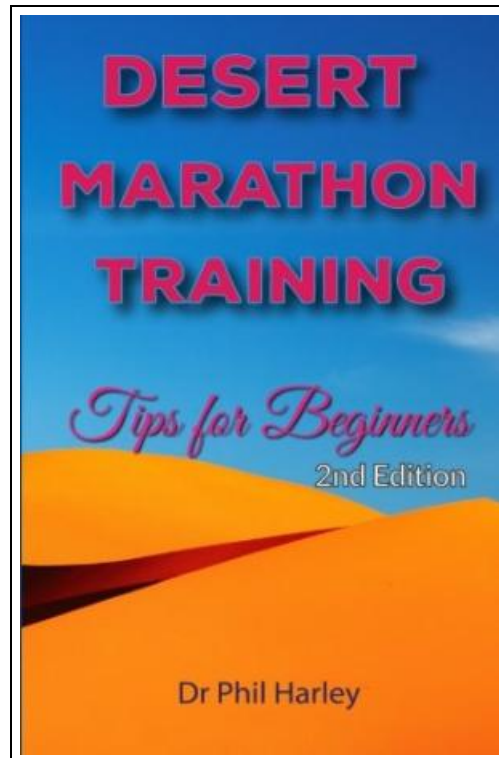


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Possibly the most detailed guide to the MdS in print today: So you want to run an ultra-marathon? And why not? Like the Marathon des Sables (MdS)? What is it like to run marathons, every day, in the Sahara, for a week? There are sandy desert races all around the world to test your body mind and spirit. All in breathtaking scenery far away from the daily hamster wheel we usually live in. This book is about how to go from zero to hero. By an ordinary family doctor who runs ultra marathons for fun, just to see how far and how fast an ordinary runner can go. Not an elite, but he brings medical know-how to help you prepare for your first desert marathon. An arthritic turtle in slow motion - he surged past . You ve just run, stumbled and staggered forty miles in the last couple of days and the sun is beating down. The rays seem to pierce your skin and it feels like your organs are starting to glow. Your pack chafes your shoulder and the red raw skin is somehow slippery. You wonder if it is blood. The back of your t-shirt is a sodden wet toad. You kick yet another small black rock as it skitters away like a scarab. Cursing, you feel the stinging pain of the blood blisters under your nails. Part of you vaguely wonders if it might be a Thursday. You never could get the hang of Thursdays. Just as you start to close in and gain ground on that old looking French chap just up ahead, his deep tan, grey hair and the wrinkles of a loosely...



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