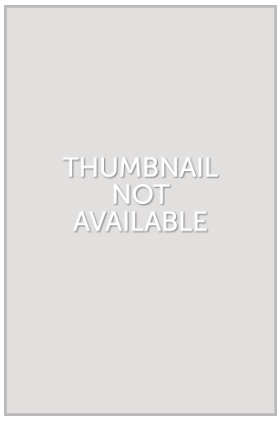
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THE ULTIMATE GUIDE TO TRAIL RUNNING AND ULTRAMARATHONS: EXPERT ADVICE, AND SOME HUMOR, ON TRAINING, COMPETING, GUMMY BEARS, SNOT ROCKETS, AND MORE (PAPERBACK)



Skyhorse Publishing, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Jason Robillard has been doing ultramarathons for many years, and started advocating for barefoot running before it was cool and is considered an authority on it. In this guide, he teaches trail-running newbies and experienced marathoners essential survival skills and tips for running long distances: how to run in snow, ice, and mud; how to cross large streams of water; what...

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