



Maratones del Mundo

Hugh Jones (So, Alexander James)

 **Descargar**

 **Leer En Linea**

Maratones del Mundo Hugh Jones (So, Alexander James)

Exploring 50 of the world's best marathons, this book details difficulty, professional course analysis, marathon specifics, and practical advice for runners. Long-distance races around the world take place in all kinds of environments, on various terrains: crowded urban races, panoramic desert routes, coastal trails, historic routes, and transcontinental races. This definitive guide helps pros and beginning marathon runners alike choose the perfect races, some of which will bring them to the most remote edges of Earth. The marathons featured in this book include Athens, Boston, China's Great Wall, Loch Ness, Madrid, New York City, the North Pole, Norway's Midnight Sun, Russia's Ergo White Nights, and many more.

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160 pages

About the Author

Hugh Jones is a sports journalist, the editor of "Distance Running "magazine, and a multimarathon winner. Alexander James is a health, travel, and lifestyle journalist whose articles have appeared in "Cosmopolitan," "Esquire," the "Guardian," and "Men's Health."

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