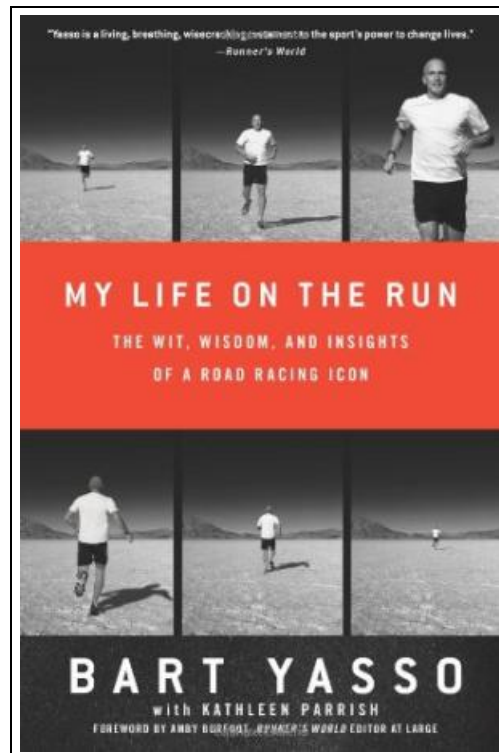


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Rodale Press. Paperback. Book Condition: new. BRAND NEW, My Life on the Run: The Wit, Wisdom, and Insights of a Road Racing Icon, Bart Yasso, Kathleen Parrish, Bart Yasso, an icon of one of the most enduringly popular recreational sports in the United States, offers a touching and humorous memoir about the rewards and challenges of running. Recounting his adventures in locales like Antarctica, Africa, and Chitwan National Park in Nepal (where he was chased by an angry rhino), Yasso recommends the best marathons on foreign terrain and tells runners what they need to know to navigate the logistics of running in an unfamiliar country. He also offers practical guidance for beginning, intermediate, and advanced runners, such as 5-K, half- marathon, and marathon training schedules, as well as advice on how to become a runner for life, ever-ready to draw joy from the sport and embrace the adventure that each race may offer.



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