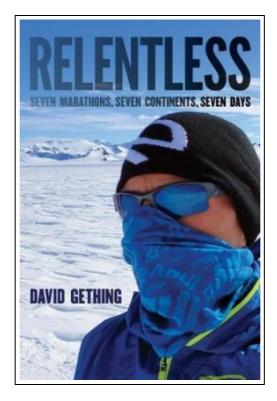
## Relentless: Seven Marathons, Seven Continents, Seven Days



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## Reviews

Absolutely essential read through book. it was actually writtern quite properly and useful. Its been developed in an remarkably basic way and it is only following i finished reading through this ebook where really changed me, modify the way i believe.

(Torrey Jerde)

## RELENTLESS: SEVEN MARATHONS, SEVEN CONTINENTS, SEVEN DAYS



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Rowman & Littlefield Publishers. Paperback. Condition: New. 230 pages. The World Marathon Challengeseven marathons on seven continents in seven daysis the ultimate race for adventurous runners. It tests the athletes to their limits, going from biting cold Antarctic conditions one day to dry desert heat another. To survive the onslaught of sensationsfear, fatigue, depression, elationtakes a special sort of determination and strength of will. Few would take on such a challenge, and fewer still would finish it. Relentless: Seven Marathons, Seven Continents, Seven Days is David Gethings amazing story of his journey from a middle-aged couch potato to a World Marathon champion. Gething gives a deeply personal and candid view of what it is like to compete in one of the most demanding amateur sporting events on the planet, including the sacrifices made just to get to the start of the race and what it takes to win. He describes in detail each individual contestoriginating in Antarctica and ending in Australiaand the physical, emotional, and psychological sides of this grueling stage race. Far from just depicting the event itself, Gething also delves into the interpersonal relationships, rivalries, and bonds that form on this adventure that is like no other. Featuring photographs taken during the event from Gethings personal collection, and including private emails to and from the author and his family and friends, Relentless gives a truly unique and intimate view into the inner workings of this punishing ultra-endurance battle. Marathon runners, sporting enthusiasts, and anyone with a dream and a determination to succeed despite the odds will find Gethings journey a fascinating and inspiring story. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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