



My Journey to Guinness (Paperback)

By Yolanda Holder

AUTHORHOUSE, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Yolanda Holder is the Guinness World Record holder of Most Marathons Run in a Calendar Year. She power walked 106 marathons in 2010 and has more than 14 years of power walking marathons. Her goal is to empower, motivate and encourage people to get fit, be healthy, and raise awareness for health and fitness in adults. Yolanda lives in California and is married with two grown children. Never EVER underestimate the power of the walker. You know how many times The Walking Diva has smoked me in a marathon? And I m a superhero! And the kicker is that she looks like a super model on the runway every time, even after 26.2 grueling miles. Yolanda Holder is truly a gem! - -Endorphin Dude- Yolanda is a true Champion, both as a runner and as a caring human being. As a runner, Yolanda displays raw courage and perservance and will finish a race, whether 5 miles or 100 miles, despite extreme fatigue and injury. However, when Yolanda sees someone struggling or in need of help or encouragement, Yolanda s focus moves from the...



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