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Running Hard is the story of that season, and an inside, intimate look at the two men by the author of It's a Hill, Get Over It and The Round. Format: Hardback. ISBN: 9781910985564. Publication Date: 16/02/2017. Formats Available:

~~Running Hard~~ — Sandstone Press

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Running Hard : The Story of a Rivalry, Paperback by Chilton, Steve, ISBN 1910985945, ISBN-13 9781910985946, Brand New, Free shipping in the US  
The story of the 1983 mountain running championship, and the very different lives of athletes Kenny Stuart and John Wild, who, after a grueling season of 15 races, saw the title decided by just 20 seconds.

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Running Hard. This is the story of the 1983 mountain running championship. It looks at two very different athletes' lives, Kenny Stuart and John Wild. The

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Championship in 1983 was much tougher than it is now, and after 15 races, the title was decided by just 20 seconds at the final race.

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Its romanticized origin story relates that in 490 BC, a

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courier named Pheidippides ran a total of 153 miles (246 km) in a day and a half, first to request help from the Spartans when the Persians attacked Marathon, and then to announce their subsequent victory in Athens. The iconic 26-mile (42 km) distance from Marathon to Athens was the last leg of his journey, after which, legend relates, he collapsed and died of exhaustion.

~~History of Running | Health and Fitness History~~  
Summary. The sad news of the passing of Roger Bannister, the first human being to run a four-minute mile, is an opportunity to think about his legacy — not just as one of the great athletes of ...



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~~The Most Inspiring Running Stories of All Time~~

If that were the whole story, the case against running would be easily dismissed. Yes, vigorous activity—whether it's running, shoveling, or having sex—temporarily raises your risk of sudden ...

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~~What to Know About Running and Your Heart | Is Running ...~~

The story concerns a Hare who ridicules a slow-moving Tortoise. Tired of the Hare's arrogant behaviour, the Tortoise challenges him to a race. The hare soon leaves the tortoise behind and, confident of winning, takes a nap midway through the race.

~~The Tortoise and the Hare - Wikipedia~~

For me, running had always been my most comfortable space. Something I loved and excelled at. I could power through cold weather, hot weather, rain or shine, and the majority of the time I felt ...

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### ~~My Exercise-Induced Acid Reflux Almost Made Me Stop Running~~

The book begins with a preface in which the narrator explains the reason why he chose to write the book. Always running is an autobiographical book written in 1991 by Luis Rodrigues, a former member of a dangerous gang. He eventually managed to get out of the gang but unfortunately, Luis's own son, Ramiro, became involved in a gang in 1991.

### ~~Always Running Summary | GradeSaver~~

Most runners run not because they want to live longer, but because they want to live life to the fullest. If you're going to while away the years, it's far

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better to live them with clear goals and fully alive than in a fog, and I believe running helps you do that.

### ~~Running Books - Goodreads~~

Illustrating how dire the situation is for the movie theater industry, the world's largest theater chain could run out of money by the end of the year.

~~AMC Theatres says its running out of cash, will be ...~~  
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Though Run isn't based on any one true story, it's definitely a thriller that reflects the horrors of abuse against disabled people and the real life experiences of victims of carer abuse, as well...

~~The True Stories Behind New Hulu Thriller Movie Run~~  
The President has survived one impeachment, twenty-six accusations of sexual misconduct, and an estimated four thousand lawsuits. That run of good luck may well end, perhaps brutally, if Joe Biden ...

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