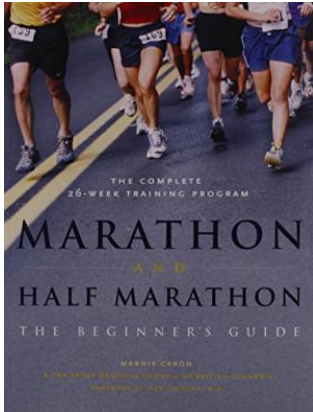


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## MARATHON AND HALF MARATHON: THE BEGINNER'S GUIDE



Greystone Books,Canada. Paperback / softback. Book Condition: new. BRAND NEW, Marathon and Half Marathon: The Beginner's Guide, Marnie Caron, The Sport Medicine Council of British Columbia, Jack Taunton, Over 20 million Americans run recreationally, but doing it right is more than a matter of buying an expensive pair of shoes and heading for the track. Building on the popularity of "The Beginning Runner's Handbook, " this practical, easy-to-use guide provides a step-by-step program for running a half or full marathon...

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