



Running to Extremes (Paperback)

By Lisa Tamati

Allen Unwin, Australia, 2014. Paperback. Condition: New. Main. Language: English . Brand New Book. Lisa Tamati gets asked one question more than any other: Why do you do it? In Running to Extremes, she attempts to answer that question and many more about ultramarathon running. In the past few years, Lisa has taken part in some of the most gruelling races on earth. Not content with having run the Badwater Ultramarathon once, she's been back and done it a second time. She's also completed the Gobi March, and a race in the Egyptian Sahara. However, none of these could have prepared her for her greatest challenge to date: La Ultra, a 222-kilometre non-stop race over two Himalayan mountain passes. Running to Extremes tells the stories behind these races and provides plenty of advice for runners of all levels and distances. Filled with training tips, gear lists, information on nutrition and supplements, advice on mental preparation and, most importantly, a focus on how to keep yourself healthy while training and racing, it will inspire and motivate runners and non-runners alike.



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