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# **RUNNING TO EXTREMES (PAPERBACK)**



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...

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- Authored by Lisa Tamati
- Released at 2014



#### Reviews

Complete guideline for ebook enthusiasts. It really is loaded with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

#### -- Delilah Hansen

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