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PERSONAL RECORD: A LOVE AFFAIR WITH RUNNING.



University of Nebraska Press. Softcover. Condition: New. 176 pages. Softcover. New book. SPORTS. Rachel Toor was a bookish egghead who ran only to catch a bus. How such an unlikely athlete became a runner of ultramarathons is the story of Personal Record, an exhilarating meditation on the making, and the minutiae, of a runner's life. The food, the clothes, the races, the injuries, the watch (and Toor loves her watch) are all essential to the runner, as readers discover here,...

Read PDF Personal Record: A Love Affair With Running.

- Authored by Toor, Rachel.
- Released at -



Filesize: 7.95 MB

Reviews

An incredibly great ebook with lucid and perfect explanations. It is actually rally fascinating through studying period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Josefina Yundt**

Good e-book and helpful one. It can be writter in basic phrases rather than confusing. I realized this ebook from my i and dad recommended this book to find out.

-- **Ozella Batz**

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