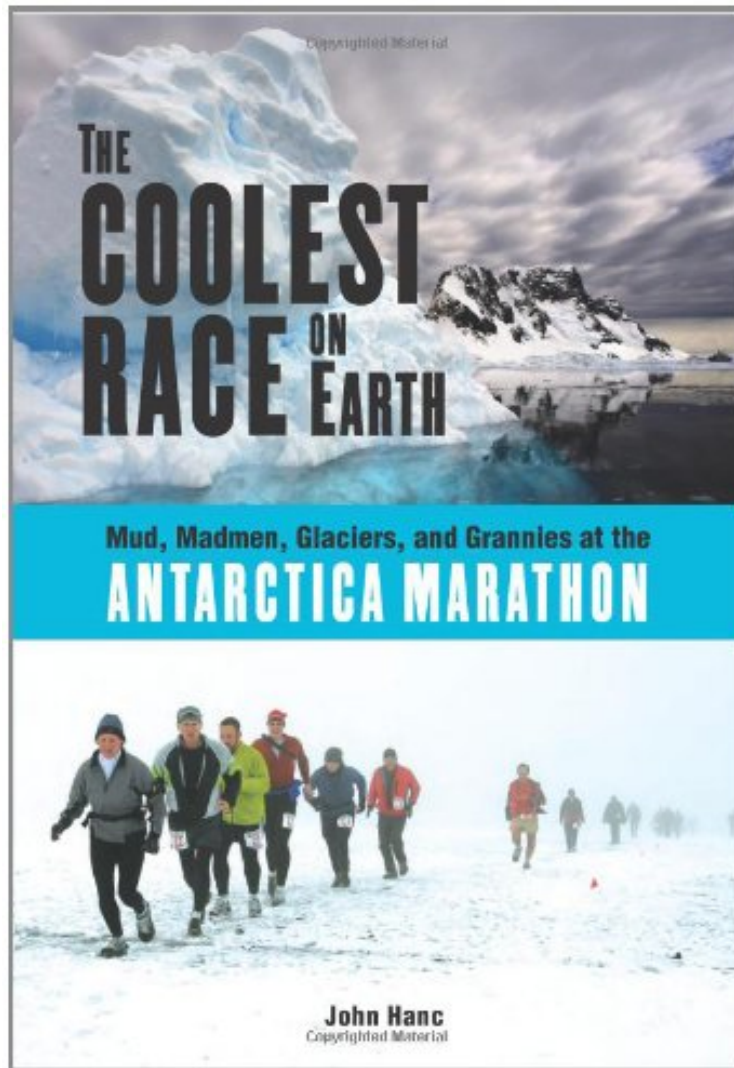


(Ebook pdf) The Coolest Race on Earth: Mud, Madmen, Glaciers, and Grannies at the Antarctica Marathon

The Coolest Race on Earth: Mud, Madmen, Glaciers, and Grannies at the Antarctica Marathon

John Hanc

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#1688456 in Books Chicago Review Press 2009-01-01Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 9.00 x .82 x 6.00l, .97 #File Name: 1556527381192 pages | File size: 59.Mb

John Hanc : The Coolest Race on Earth: Mud, Madmen, Glaciers, and Grannies at the Antarctica Marathon before purchasing it in order to gage whether or not it would be worth my time, and all praised The Coolest Race on Earth: Mud, Madmen, Glaciers, and Grannies at the Antarctica Marathon:

0 of 0 people found the following review helpful. Fun little bookBy J. D MorrowYou will definitely not get this book confused with Tolstoy or Tennyson anytime soon..Just a fun book about quirky people who do "destination marathons." The destination for this one - Antarctica.In this travelogue, Hanc introduces us to the history of marathons

and the history of exploration of Antarctica. He also details the fun of meeting penguins and seals and the quirky people who run the marathon and who are travel guides to Antarctica. Oh, yeah, and he runs 26.2 miles on King George Island in 4 1/2 hours. As a marathoner and traveler this is a fun book. Also, would probably be a great intro into Antarctic exploration. (I just put "Last Place on Earth" and "Endurance in my shopping cart"). 0 of 0 people found the following review helpful. Race Prep By LNI've read this book twice; once while still hoping to get off the waiting list for the race, the second time, after 3 years on that list, while counting down the weeks to the event. Gathering information is one of the ways to prepare for a race. John Hanc's book is full of information, history, tales of inspiration and practical advice. I'm sure that taking what it says to heart will make my upcoming Antarctica Marathon a successful event. It is probably a good book to give to all my family members who are seriously questioning my sanity! 0 of 0 people found the following review helpful. Am in the processes of training for this incredible marathon ... By lori eAm in the processes of training for this incredible marathon in 2016. So excited to read how it all came about!

What would induce hundreds of people from all over the world to spend thousands of dollars each and two weeks of their lives just to run a marathon in Antarctica? Especially one with a reputation as the toughest marathon on Earth? John Hanc may have the answer. When he turned 50 he gave himself the birthday present to end all others--a trip to the end of the Earth to run his most unforgettable race. The Coolest Race on Earth is both Hanc's story and the story of the Antarctica Marathon, first held in 1995 and now an annual event that sells out years in advance. It's full of humor, adventure, and inspiring characters--including a wheelchair-bound competitor, three record-breaking grandmothers, and an ex-Marine who described the race as the hardest thing I ever did in my life, next to Vietnam. Muddy, cold, hilly, the race is by all accounts horrible--up and down a melting glacier twice, past curious penguins and hostile skuas, and finally to a bleak finish line. Even the best runners take longer to run the Antarctica Marathon than any other. Yet the allure of marathon running combined with the fascinating reputation of the Last Continent has persuaded runners to brave a trip across the world's most turbulent body of water, the Drake Passage, to a land of extinct volcanoes and craggy mountain peaks, lost explorers and isolated scientists, penguin rookeries and whale sightings, all for a chance to run those crazy 26.2 miles. The Coolest Race on Earth brings the world's most difficult marathon to life in a book that's not only a ripping read, but also a deeply funny meditation on what makes people run.

From Publishers Weekly Starred . What happens when runners tackle a marathon over slush, ice and naked rock on an Antarctic island? Yes, their race times are much slower, but this bizarre exercise has, over the past 10 years, raised concerns far beyond the typical marathoners'. Author and Runner's World contributing editor Hanc (The Essential Marathoner) devotes the sea lion's share of this ice-bound marathon memoir to these concerns, especially in examining the determined, colorful runners competing alongside him (including "bicycle-riding grandmas" and a wheelchair-bound marathoner from Singapore). The 50-year-old writer became interested after speaking with a recently returned friend ("It feels like I just got back from another planet," Lipsky said") and soon found himself considering the race in spite of his better sense--improbably, the devoted runner had pushed himself to the point where running 26.2 miles on the streets of New York, Chicago or London was just too cushy. The Antarctic, of course, provides all the challenge he could ever want, and his sharp, fun and funny account captures well the incredible ferocity of life there. Though a special treat for runners, travel readers and non-athletes interested in extreme human experiences will also find this a bracing read. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "While it may seem as simple as putting one foot in front of the other for 26.2 miles, the world of the marathon is a complex, funny, strange and fascinating one. . . . John Hanc shows us just how far that world extends and reminds us how compelling and admirable and okay, zany are those who go the distance." Runner's World Magazine