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## My Life on the Run: The Wit, Wisdom, and Insights of a Road Racing Icon

By Bart Yasso

Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Bart Yasso, an icon of one of the most enduringly popular recreational sports in the United States, offers a touching and humorous memoir about the rewards and challenges of running. My Life on the Run chronicles the heatstroke and frostbite, heartache and triumphs he s experienced while competing in more than 1,000 competitive races on all seven continents. With the wit and wisdom of a seasoned insider, Yasso tells runners what they need to know to navigate the logistics of running in an unfamiliar country. He also offers practical guidance, such as 5-K, 10-K, half-marathon, and marathon training schedules, including his innovative technique known as the Yasso 800s for beginner, intermediate, and advanced runners. The accompanying reference guide is included as a PDF on this disc.



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