

Run the World: The Inspirational Diary of a Slow Old Runner's 25th Consecutive Marathon



Go for 25: The diary of a Slow Old Runner in his attempt to complete his 25th Consecutive JFK 50 Mile foot race by Quick Start Guides

★★★★☆ 4 out of 5

Language : English

File size : 2683 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 247 pages
Lending : Enabled



About the Book

In 2020, at the age of 68, I decided to run my 25th consecutive marathon. I had never been a fast runner, but I was determined to finish the race, no matter how long it took.

This book is a diary of my training and race day experiences. It is a story of perseverance, determination, and the power of the human spirit. I hope that my story will inspire you to never give up on your dreams, no matter how old you are or how slow you run.

The Training

Training for a marathon is hard, but it is even harder when you are 68 years old. I had to deal with injuries, setbacks, and the constant doubt that I would be able to finish the race.

But I never gave up. I kept running, day after day, week after week. I ran in the rain, the snow, and the heat. I ran on tired legs and sore muscles. And I ran with a smile on my face, because I knew that I was doing something that most people thought I couldn't do.

Race Day

Race day was a beautiful day. The sun was shining, the birds were singing, and I was nervous as hell.

I started the race slowly, and I gradually increased my pace as I went along. I ran through the cheering crowds and the beautiful scenery. And I ran with a smile on my face, because I was doing something that I loved.

I crossed the finish line in 5 hours and 31 minutes. It wasn't my fastest time, but it was my most satisfying finish. I had proven to myself that I could do anything I set my mind to, no matter how old I was or how slow I ran.

The

Running a marathon is a challenge, but it is also an amazing experience. It is a test of your physical and mental limits, and it is a reminder that anything is possible if you never give up.

I hope that my story will inspire you to never give up on your dreams, no matter how old you are or how slow you run. The only limits are the ones that you set for yourself.

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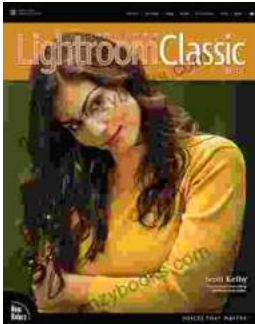
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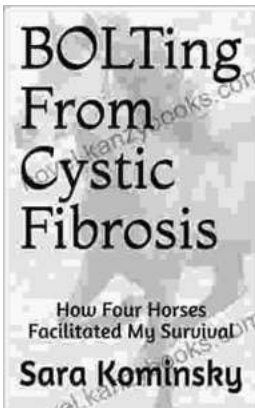
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