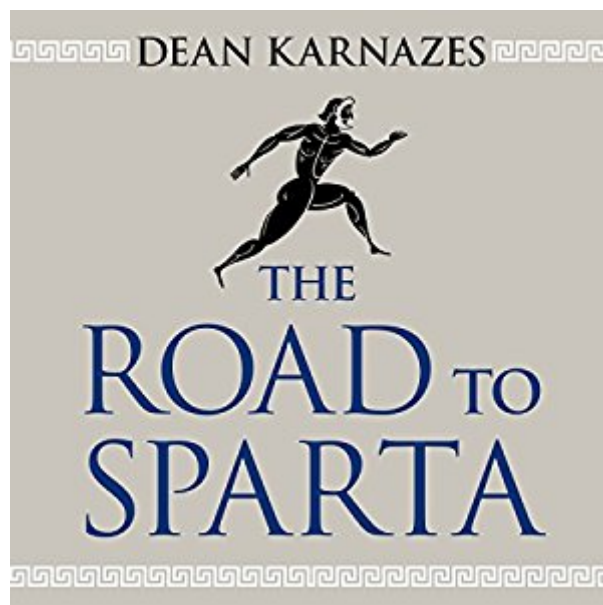




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The Road To Sparta: Reliving The Ancient Battle And Epic Run That Inspired The World's Greatest Footrace



Synopsis

The Road to Sparta is the story of the 153-mile run from Athens to Sparta that inspired the marathon and saved democracy, as told - and experienced - by ultramarathoner and New York Times best-selling author Dean Karnazes. In 490 BCE Pheidippides ran for 36 hours straight from Athens to Sparta to seek help in defending Athens from a Persian invasion in the Battle of Marathon. In doing so he saved the development of Western civilization and inspired the birth of the marathon as we know it. Even now, some 2,500 years later, that run stands enduringly as one of greatest physical accomplishments in the history of mankind. Karnazes personally honors Pheidippides and his own Greek heritage by recreating this ancient journey in modern times. Karnazes even abstains from contemporary endurance nutrition like sports drinks and energy gels and eats only what was available in 490 BCE, such as figs, olives, and cured meats. Through vivid details and internal dialogs, The Road to Sparta offers a rare glimpse into the mind-set and motivation of an extreme athlete during his most difficult and personal challenge to date.

Book Information

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Customer Reviews

An amazing, inspirational & honest book. Tells an awesome story of discovery, strength & honour. Even if you are not a runner, this is a great book to read. If you are a runner, get ready to run for you will have the motivation for a distance run after the first few pages.

Another great book by a good guy. I enjoy Deans book because they are easy to read and books I

can suggest for anyone to read.

Great read, nicely combining running with Greek history. Highly recommended.

Great book for runners or anyone looking for a history lesson + inspirational journey from a driven, dedicated person, Dean Karnazes!

Inspiring, great story. Especially if one is into "Greekness" and then the saga of the Greek miracle at Marathon, yet much more. This is the story of a man reaching for meaning and touching upon what is important. No, it is not simple. That is what makes the book so great.

Thank you for telling the complete tale of Filippides. Learned about history and endurance in a very satisfying and rewarding way.

Entertaining and well written.

Great book Karno!

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