



Two Hours: The Quest to Run the Impossible Marathon

Ed Caesar

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Just published to extraordinary acclaim in Britain as “*Hoop Dreams* for runners” (*The Spectator*) and “a celebration of the human spirit” (*The Observer*), *Two Hours* is the first book from a blazing new talent who “has established himself as perhaps the best new long-form magazine writer since the arrival of John Jeremiah Sullivan” (*The Guardian*) and whose “reportage has the wonderfully old-fashioned feel of the very best of American journalism” (*The Sunday Times*).

Two hours to cover twenty-six miles and 385 yards. It is running’s Everest, a feat once seen as impossible for the human body. But now we can glimpse the mountaintop. The sub-two hour marathon will require an exceptional combination of speed, mental strength, and endurance. The pioneer will have to endure more, live braver, plan better, and be luckier than anyone who has run before. So who will it be?

In this spellbinding book, journalist Ed Caesar takes us into the world of elite marathoners: some of the greatest runners on earth. Through the stories of these rich characters, like Kenyan Geoffrey Mutai, around whom the narrative is built, Caesar traces the history of the marathon as well as the science, physiology, and psychology involved in running so fast for so long. And he shows us why this most democratic of races retains its brutal, enthralling appeal—and why we are drawn to test ourselves to the limit.

Two Hours is a book about a beautiful sport few people understand. It takes us from big-money races in the United States and Europe to remote villages in Kenya. It’s about talent, heroism, and refusing to accept defeat. It is a book about running that is about much more than running. It is a human drama like no other.

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Thomas Barreto:

The reserve with title Two Hours: The Quest to Run the Impossible Marathon includes a lot of information that you can find out it. You can get a lot of help after read this book. That book exist new knowledge the information that exist in this book represented the condition of the world today. That is important to yo7u to learn how the improvement of the world. This particular book will bring you throughout new era of the globalization. You can read the e-book in your smart phone, so you can read it anywhere you want.

Viola Ball:

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Rafael Perez:

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