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# Keep on Running: The Highs and Lows of a Marathon Addict (English Edition)



*Par Phil Hewitt*  
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Par Phil Hewitt : **Keep on Running: The Highs and Lows of a Marathon Addict (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Keep on Running: The Highs and Lows of a Marathon Addict (English Edition):

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## Description :

Prsentation de l'diteur"Marathons make you miserable, but they also give you the most unlikely and the most indescribable pleasures. Its a world that I love a world unlocked when you dress up in lycra, put plasters on your nipples and run 26.2 miles in the company of upwards of 30,000 complete strangers."Phil Hewitt, who has completed over 20 marathons in conditions ranging from blistering heat to snow and ice, in locations from Berlin to New York, sets a cracking pace in this light-hearted account of his adventures on the road. This story of an ordinary guys addiction to running marathons looks at the highs and lows, the motivation

that keeps you going when your body is crying out to stop, and tries to answer the ultimate question, Why do you do it? Revue de presse 'A charismatic, charming, funny - and, above all, thoughtful - memoir about running, motivation, ambition. Perfect, not just for those who do run - or intend to run - a marathon, but for the hundreds and thousands of us who venture out from time to time to run just a mile or two ... A complete delight.' --Kate Mosse Presentation de l'auteur "Marathons make you miserable, but they also give you the most unlikely and the most indescribable pleasures. It's a world that I love a world unlocked when you dress up in lycra, put plasters on your nipples and run 26.2 miles in the company of upwards of 30,000 complete strangers." Phil Hewitt, who has completed over 20 marathons in conditions ranging from blistering heat to snow and ice, in locations from Berlin to New York, sets a cracking pace in this light-hearted account of his adventures on the road. This story of an ordinary guy's addiction to running marathons looks at the highs and lows, the motivation that keeps you going when your body is crying out to stop, and tries to answer the ultimate question, Why do you do it?