

Walk: Going the Distance! (Paperback)



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(Marquis Gusikowski)

WALK: GOING THE DISTANCE! (PAPERBACK)



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Strictly Business Ltd, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.On January 1st 2015 ultra-distance race-walker, Richard McChesney announced that his goal for the year was to break four national long-distance race-walking records ranging from 100 miles to the greatest distance walked within a 48 hour period. This is the personal account of his training and racing during 2015 in his quest to break those records. It is a story that incorporates the drama of races ranging from 100 miles around a hilly street circuit, three days around a dusty track and a trail race from Birmingham to London along the Grand Union Canal plus much more. Richard considers himself an ordinary everyday type of guy with a normal job, a family, and a passion to push himself to the limit. After taking up long-distance race-walking in 2012 Richard had completed three races of 100 miles or longer before setting his ambitious goals for 2015. Did he achieve those goals? All is revealed in his book WALK - Going The Distance! Some quotes from the book: I was in serious pain every time I lifted my foot off the ground and every time I put my foot back down again . . another 6 hours of this torture was not a pleasant thought . . in a 24 hour race you start to lose all sense of time . . went the wrong way and ended up in a graveyard at 2am . . my fast walking was faster than all but 46 runners between 71 and 91 miles. I was on fire! . . and for the next six hours I was expelling all the food I had consumed during the day at 20 to...



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