

Download Running Beyond The Marathon Insights Into The Longest Footrace In The World

It is the world's longest and most grueling running race. Running 18 hours a day, from 6:00am to midnight, for 51 days, runners must average a minimum of 60 miles a day (96.6km) to complete the distance.

Beyond the Marathon: insights into the longest footrace in the world by Grahak Cunningham is now available as an ebook. Founded in 1997 by fitness guru Sri Chinmoy to exemplify the endless possibilities of the human spirit, the Self-Transcendence 3100 Mile Race is held every year on a concrete footpath around an 883 metre block in Queens, New York.

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Hoad, Richard: World's Toughest Endurance Challenges, Bloomsbury Publishing, 2012, ISBN 978-1-4081-5885-2 Cunningham, Grahak: Running Beyond The Marathon - insights into the longest footrace in the world , eText Press Publishing, 2012

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