



The Great Run: Life Lessons on the Run

By Braam Malherbe, Tim Noakes

Sunbird Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, The Great Run: Life Lessons on the Run, Braam Malherbe, Tim Noakes, Everyone said it could not be done; even internationally renowned sports scientists such as Dr Tim Noakes. Certainly no-one had done it before, though many had tried: to run the Great Wall of China, end to end, non-stop. The journey would start in the Gobi Desert, cross the jagged Taihang Shan range, and end at the Bo Sea. It would involve blood boiling heat and mummifying sandstorms, soul-numbing mountain nights, incidents with bandits and draconian officials, pig's-head soup and witnessing large-scale environmental devastation. But no-one had counted on the tenacity of South African nature-lover Braam Malherbe. In running the main intact section of the Great Wall, 4500 kilometres end to end, Braam and his running partner David Grier set a world first. But Braam would have to call on reserves far deeper - physically and emotionally - than even he realised he had. China was never going to let him off lightly; then again, it would not leave a worthy traveller unmoved or unchanged. What began as a running-away, from long-buried childhood trauma, family suffering and loss, as well...

DOWNLOAD



READ ONLINE

[4.12 MB]

Reviews

Simply no phrases to spell out. It is probably the most remarkable pdf i have got read through. I am delighted to inform you that this is actually the greatest publication i have got read within my very own existence and can be the very best book for actually.

-- Demarcus Ullrich

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

-- Ms. Christy Ondricka DDS