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The Road to Sparta By Dean Karnazes
By most assessments, Dean Karnazes is not an average guy. He runs marathons in the morning for his daily exercise, routinely competes in the world's most grueling endurance competitions, and

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invents new challenges. He has run in
Death Valley and Antarctica.

**The Road to Sparta: Reliving the
Epic Run that Inspired ...**

The Road to Sparta: Reliving the Ancient
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The Road to Sparta on Apple Books

In The Road to Sparta famed ultramarathoner Dean Karnazes explores the story of the world's first marathon, all while reliving the historic 153-mile run from Athens to Sparta in one of the most difficult ultra races in the world - the Spartathlon.

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The Road to Sparta (Book) | Chicago Public Library ...

Dean Karnazes, author of *The Road to Sparta: Reliving the Ancient Battle and Epic Run That Inspired the World's Greatest Footrace*, was more than happy to choose the latter. Famous for running fifty marathons in fifty states in fifty

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consecutive days, Dean gives us the rundown (sorry) of his journey from sad sack salaryman to extreme endurance athlete.

Dean Karnazes podcast "The Road to Sparta: Reliving the ...

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The Road to Sparta: Reliving the Ancient Battle and Epic Run That Inspired the World's Greatest Footrace - a podcast with ultramarathoner Dean Karnazes.

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**The Road to Sparta : Retracing the
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The Road to Sparta : Reliving the
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