



# **Marathons of the World, Second Edition: Complete Guide to 50 Events on Seven Continents**

*Hugh James, Alexander Jones*

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Here is the ultimate guide to 50 of the world's best marathons. If you're a long-distance runner looking for a new challenge, or a marathon novice with a spirit of adventure, this informative guide will help you choose the perfect course. The marathons included here embrace far flung corners of the globe and every continent. They include fast and flat city runs, endurance events in hot and humid climates, scenic mountain challenges, the chance to run through historic sites and even in the polar regions. Whether you're chasing a personal best time, hoping to compete with the elite, taking on a personal challenge and raising money for charity, or are a back-of-the pack runner taking in the sights and sounds of a life-affirming event, this informative guide will provide you with all you need to make an informed decision about each event. Each marathon is rated for difficulty, and includes an expert analysis of the course. Included too, are practical details such as the organizing body to contact for each event, when to enter, and when the run takes place, so that you can plan ahead. Stunning photography provides an overview of each marathon experience.

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