

PASSION FOR DISTANCE

the story of my 100 marathons by Julia Thorn

“ I have run one hundred marathons, each 42.2 kilometres, and I am the only Australian female to have achieved this. More people around the world have climbed Mount Everest or swum the English Channel than have run a hundred marathons.

Many people see running a marathon as an immense challenge and something they dream of one day undertaking - once. Yet here I am, an athletic nobody, who has gone and run not just one marathon, but one hundred of them.

I am not blessed with any special athletic talent. I did not play any sports as a child and I only started running after the age of 30. But I am now renowned for running more marathons each year than any other Australian.

In doing so I am charting new territory, as the experts do not advise running marathons so frequently.

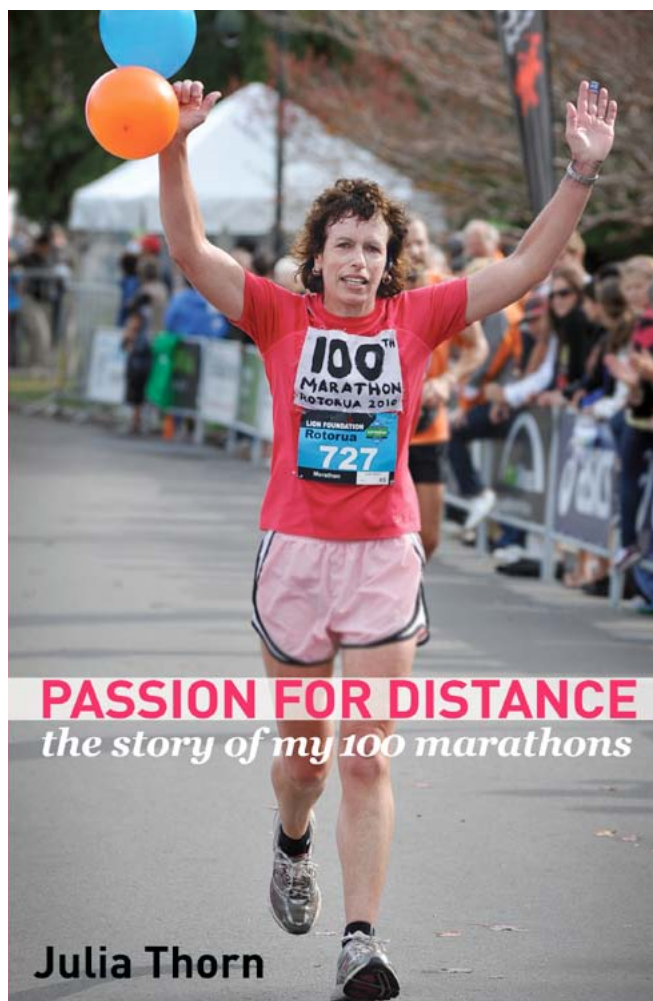
It has been a crucial part of my enjoyment that I have run in so many different places, in Australia and around the world. I have run in locations ranging from tropical Thailand to mountain passes of the Austrian Tirol to a forest in Norway to the glitzy Gold Coast. All these races have been hard, and all have been rewarding in their own way.

As I move chronologically through my years of running these hundred marathons I describe in detail the special experiences and highlight what I have learnt. You will see a progression from a novice runner to someone who more fully understands the demands of running marathons, while retaining a high level of enthusiasm.

I am keen to show you what is involved in tackling this endurance feat, with a detailed description of the planning stages, physical training, mental preparation and coping with race day stresses. I tell how I have coped with hot climates, demanding topography and high altitude. I cover such essential aspects as recovery and avoidance of injury. All through the book you will find a mix of sound advice backed up by personal experience.

As well as discussing the aspects of marathoning that affect every marathon runner, my emphasis is on showing how I kept myself in a condition to be able to participate in up to twenty marathons in a year. Marathons are always tough, and you may wonder why I choose to run so many; I hope by the end of the book you will understand my love for what I do.

Join me as I recount this journey, which began when I lied to my teachers at school about running a mile and ended one hundred marathons later. ”



Cover photo: courtesy of www.marathon-photos.com

The Author:

Julia turned to running relatively late in life after having three children.

She is uniquely qualified to write this book, as one of the very few runners in the world to have completed a hundred marathons. She tells her story with an unbridled enthusiasm which is sure to inspire.

Julia has previously published six books on running, cycling and walking and has freelanced for many running, triathlon and cycling magazines in Australia, New Zealand and the UK.

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