

# **Boston Bound A 7-Year Journey to Overcome Mental Barriers and Qualify for the Boston Marathon**

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## **BOOK DETAILS**

- Author : Elizabeth Clor
- Pages : 208 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
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## BOOK SYNOPSIS

David Venable, a six-time Boston Marathon finisher, has completed nearly 50 marathon/half-marathon events. In the past decade he transitioned from a novice mid-pack finisher to a top 1% finisher at distances from the 10K to the marathon at major venues. With international marathon experience to running in the extremes of Death Valley, Venable has compiled excellent experience applicable for marathoners that seek improvement or need an extra push to achieve a life goal. Compelled to coach other runners to personal bests and/or Boston qualification(s), he has written Boston Bound. Over five years of research went into Boston Bound, where Venable has captured a balance of proven training techniques, personal experience, and strategic approaches for running a fast marathon, with an inspiring addition of motivational stories. Unlike the books from elite running/authors that fill the shelves today, Venable writes and provides guidance from a non-elite runners point of view with the key focus to run your fastest marathon while being realistic with the balance of work and family commitments. This book is intended for all runners who have the vision and the desire to Run Their Fastest Marathon or qualify for the Boston Marathon and are searching for guidance to improve their performance in hopes of running at the most prestigious marathon in the world... Boston. Profits from the sale of this book will benefit (through donations via Goals That Give Inc.) selected organizations dedicated to fighting the battle against cancer.

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