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In 490 BCE Pheidippides ran for 36 hours straight from Athens to Sparta to seek help in defending

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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 invents new challenges.

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Spartathlon and the mythology and legend of Phidipedes during the Greco-Persian war. He does this well and there is a great learning opportunity here.

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

Dean Karnazes | Ultramarathonman.com. Order it NOW! New! The ROAD to SPARTA. The Road to Sparta is a thunderous Greek epic told in parallel narratives from the perspective of a modern ultramarathoner and an ancient hemerodromoi (daylong runner). Dean Karnazes explores his own Greek ancestry while consulting with the foremost scholars on Ancient Greece to tell the story of the world's first marathon, all while recreating the historic 153-mile run from Athens to Sparta in one of the world's ...

Dean Karnazes | Ultramarathonman

“The Road to Sparta brilliantly captures the essence of a race that has no equal on the planet, with stirring intensity.” Dean Karnazes, Runner and Author. Around 350 runners start the Spartathlon each year. Only one-third to one-half of them are expected to reach Sparta. We had to settle on just four runners, a difficult task.

The Runners - The Road to Sparta movie

The Road to Sparta is the story of the 153-mile run from Athens to Sparta that inspired the marathon and saved democracy, as told - and experienced - by ultramarathoner and New York Times best-selling author Dean Karnazes. In 490 BCE Pheidippides ran for 36 hours straight from Athens to Sparta to seek help in defending Athens from a Persian invasion in the Battle of Marathon.

The Road To Sparta By Dean Karnazes | AudioBook | Free ...

In 490 BCE Pheidippides ran for 36 hours straight from Athens to Sparta to seek help in defending

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The Road to Sparta on Apple Books

Pheidippides' 153-mile, 36 hour run from Athens to Sparta in 490 B.C. wasn't just critical to Greek victory, it's fair to say it spared Western Civilization and preserved the democratic institutions we so value today.

Dean Karnazes On The Road To Sparta: Retracing The Steps ...

"The Road to Sparta" is the story of the 153-mile run from Athens to Sparta that inspired the marathon and saved democracy, as told—and experienced—by ultramarathoner and New York Times bestselling author Dean Karnazes.

Book Review: "The Road to Sparta" by Dean Karnazes ...

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DEAN KARNAZES - THE ROAD TO SPARTA - PART 1/2 | London ...

The Road to Sparta Ultramarathon legend Dean Karnazes shares what he learned while running the 153-mile path of Greek legend that inspired the world's most grueling race.

The Road to Sparta » Athletes Quarterly

The Road to Sparta is a love letter to an extraordinary race and an equally remarkable band of human beings. The Road to Sparta runs 60 minutes in duration.

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