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## Keep on Running: The Highs and Lows of a Marathon Addict

By Phil Hewitt

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Keep on Running: The Highs and Lows of a Marathon Addict, Phil Hewitt, Marathons make you miserable, but they also give you the most unlikely and the most indescribable pleasures. It's a world that I love - a world unlocked when you dress up in lycra, put plasters on your nipples and run 26.2 miles in the company of upwards of 30,000 complete strangers. Phil Hewitt, who has completed over 25 marathons in conditions ranging from blistering heat to snow and ice, distils his personal experiences into a light-hearted account of his adventures along the way from Berlin to New York, and explores our growing fascination with marathon running. This story of an ordinary guy's addiction to running marathons - an addiction hundreds of thousands share - looks at the highs and lows, the motivation that keeps you going when your body is crying out to stop, and tries to answer the ultimate question, 'Why do you do it?'.



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