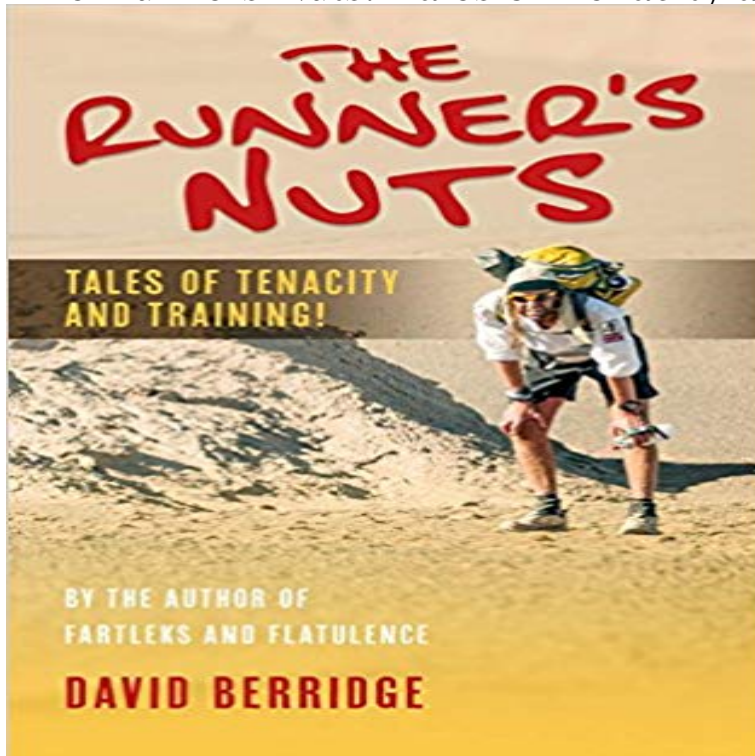


The Runners Nuts: Tales of Tenacity and Training!



The Runners Nuts, Tales of Tenacity and Training! is a seriously funny, brutally honest account of the authors participation in the slightly crazy sport of extreme ultra distance running. For the past twenty years David has fuffed and fanned about all over the world completing all but three of the extreme races that he has taken part in. For those twenty years of training and racing he has remained injury free and enthusiastic. This book attempts to look at the how, the why and what it actually takes to compete in ultra distance racing. It looks at a few of his previous races and contributions from fellow runners. The Runners Nuts is Davids second book.

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