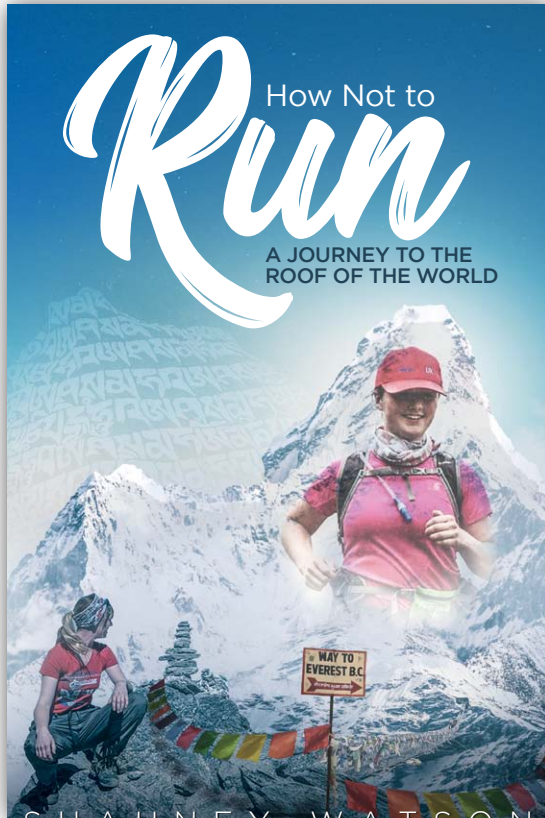




## Title information



### How Not to Run

A Journey to the Roof of the World

By Shauneey Watson

#### Key features

- How to turn yourself from weekend runner to extreme athlete, the book features excerpts from blog and diary entries kept over two years of training
- Takes the reader through the pain, devastation and elation of long-distance running
- Colour section featuring photographs from the Himalayas, the stage for one of the world's toughest marathons
- A first-hand account of the Everest Marathon and everything it entails – from the risk of frostbite to the danger of developing pulmonary or cerebral oedema
- A gripping and funny tale of two years of ups and downs – culminating in near disaster
- Publicity campaign planned including radio, newspapers, websites and magazines

#### Description

*How Not To Run: A Journey to the Roof of the World* is the story of a weekend runner who only ever wanted to keep fit to ride her horses with a little more finesse. Shauneey always said she would never race. 'I just don't see the point. I don't think it would be for me,' she used to say. However, four and a half years later she found herself standing in the midst of the towering Himalayas, on the start line of the Everest Marathon, one of the toughest races anywhere in the world. With numerous 10Ks, half-marathons, full marathons, trail races and ultra-marathons already under her belt, the road from adamant non-racer to extreme long-distance runner had not been a smooth one – and was about to reach new heights of risk, danger and near disaster. Follow Shauneey's journey over thousands of painful yet joyous miles, from some of the most beautiful, hidden parts of Scotland, via unforgettable, eye-watering races, all the way to the heights of the Himalayas – for the pinnacle of her racing and fundraising career so far.

#### Details

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