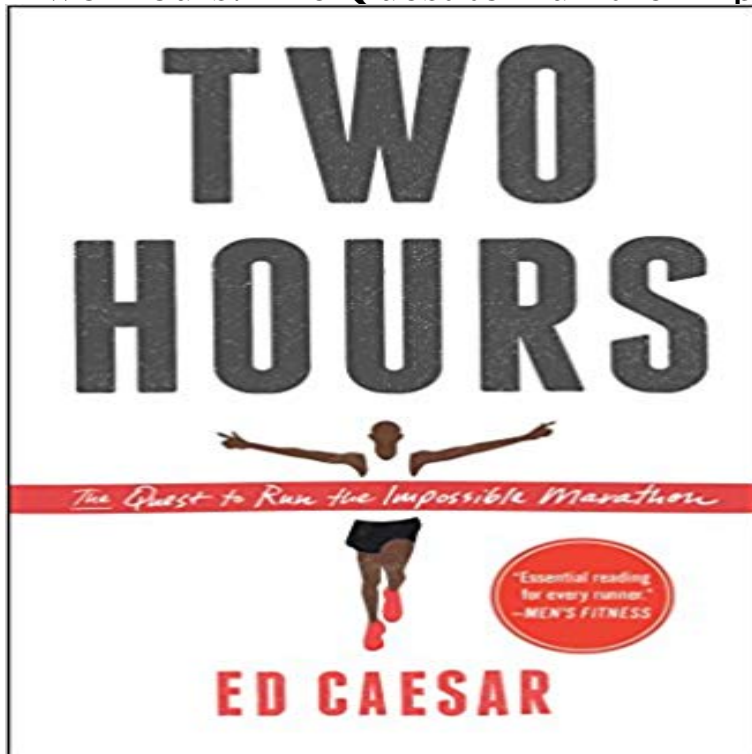


Two Hours: The Quest to Run the Impossible Marathon



Essential reading for every runner (Mens Fitness), *Two Hours* is about the worlds greatest distance runners and one of the most courageous and gifted athletes of the modern era as he attempts to beat the marathon world record. Two hours to cover twenty-six miles and 385 yards. It is runnings Everest, a feat once seen as impossible for the human body. Running a sub-two hour marathon will require an exceptional combination of speed, mental strength, and endurance. The pioneer will have to endure more, live braver, plan better, and be luckier than anyone who has run before. So who will it be? Capturing the lives, training routines, and proud ancestry of these amazing runners, not to mention the pitfalls and dangers they face before and after they achieve famejournalist Ed Caesar proves himself an engaging storyteller with a book whose time has come (Publishers Weekly). In his zippy, engaging book (Financial Times), Caesar takes us into the world of elite marathoners: some of the greatest runners on earth. Through the stories of these rich characters, in particular Kenyan Geoffrey Mutai, Caesar traces the history of the marathon as well as the science, physiology, and psychology involved in running so fast for so long. And he shows us why this most democratic of races retains its brutal, enthralling appeal and why we are drawn to test ourselves to the limit. *Two Hours* is a book about a beautiful sport few people understand. It takes us from big-money races in the United States and Europe to remote villages in Kenya. Its about talent, heroism, and refusing to accept defeat. As becomes clear not long after its starting gun, it transcends the search for a two-hour marathon (The Washington Post). This is a book about running that is about much more than running. It is a human drama like no other.

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