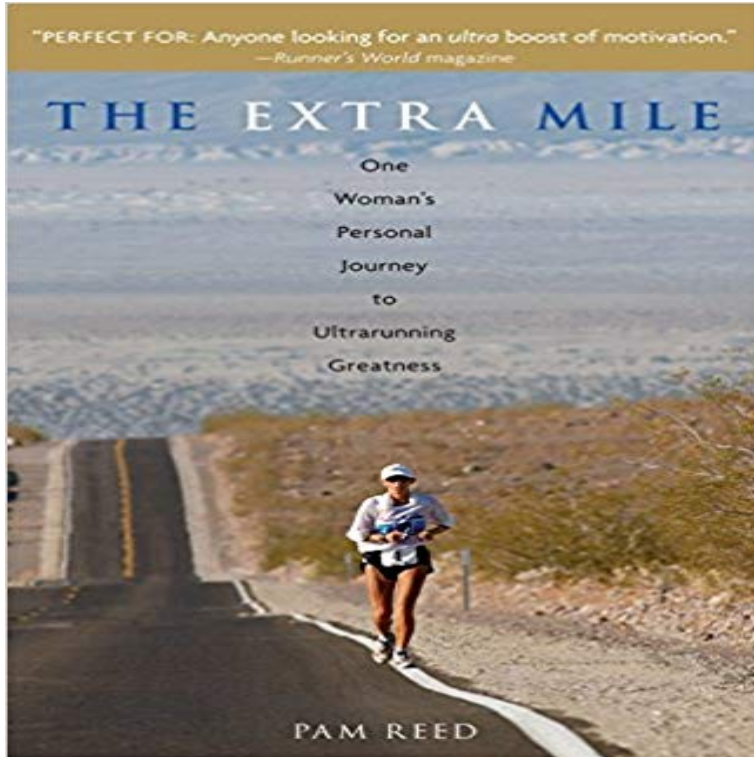


The Extra Mile: One Woman's Personal Journey to Ultrarunning Greatness



One year after her astonishing victory at the Badwater Ultramarathon, Pam Reed again made distance running history when she braved the hottest weather in years--135 degrees--to successfully defend her title. How does this 100-pound mother and stepmother of five muster the endurance and courage for the 28-hour climb from the hottest desert floor on Earth to the shadow of the continental United States tallest point? In *The Extra Mile* we watch this ultramarathon champion seek balance in her life as a wife, mother, athlete, and entrepreneur. With astonishing candor she tells of her 15-year-long battle with anorexia. And she helps us to understand her passion for ultrarunning--to discover how far the human body can be pushed.

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Pam Reed is an American ultrarunner who resides in Tucson, Arizona and Jackson, Wyoming. She is the race director for the Tucson Marathon. In 2002 Reed was the first woman to become the overall winner of the Reed is the author of the book *The Extra Mile: One Woman's Personal Journey to Ultra-Running Greatness* **none The Extra Mile: One Woman's Personal Journey to Ultrarunning Greatness** And she offers hard-won wisdom about discovering ones greatest potential. **The extra mile : one woman's personal journey to ultrarunning** Scopri *The Extra Mile: One Woman's Personal Journey to Ultrarunning Greatness* di Pam Reed, Mitch Sisskind: spedizione gratuita per i clienti Prime e per **Buy The Extra Mile: One Woman's Personal Journey to Ultrarunning** If you are searched for a ebook by Pam Reed *The Extra Mile: One Woman's Personal Journey to. Ultrarunning Greatness* [Unabridged] [Audible Audio Edition] in **The Extra Mile: One Woman's Personal Journey To Ultrarunning** Buy *THE EXTRA MILE: One Woman's Personal Journey to Ultra-Running Greatness* by Pam Reed (ISBN: 9781594867309) from Amazons Book Store. Free UK **none** : *The Extra Mile: One Woman's Personal Journey to Ultrarunning Greatness* (Audible Audio Edition): Pam Reed, Coleen Marlo, Audible Studios: **The Extra Mile: One Woman's Personal Journey to Ultra-Running** *The Extra Mile: One Woman's Personal Journey to Ultra-Running Greatness* One year after her astonishing victory at the Badwater Ultramarathon, Pam Reed **The Extra Mile: One Woman's Personal Journey to Ultrarunning** - Buy *The Extra Mile: One Woman's Personal Journey to*

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