



## 50 Races to Run Before You Die: The Essential Guide to 50 Epic Foot-Races Across the Globe

*By Tobias Mews, James Cracknell*

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### **50 Races to Run Before You Die: The Essential Guide to 50 Epic Foot-Races Across the Globe** By Tobias Mews, James Cracknell

50 Races to Run Before You Die is the essential guide to 50 of the best foot races across the globe.

From iconic half marathons and obstacle races, to prestigious marathons and brutal mountain contests, 50 Races to Run Before You Die presents these epic challenges in all of their mud, sweat and glory.

Including a range of events, from easy to expert, and travelling from Britain's highest peaks to the unforgiving Moroccan desert, this stunningly illustrated book is the essential guide for anyone who wants to test themselves by taking on some of the world's most celebrated and rewarding physical challenges.

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### Editorial Review

Review

'a must-read book'

'super well researched... Each page is chock-full of info, gradient profiles and useful graphics. Should keep you busy for decades.'

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"In adventure journalist Tobias Mews' new book *50 Races to Run Before You Die*, the globetrotter specs out the ultimate competitor's lifetime bucket list. The montage includes marathons, ultra marathons, iconic road races and obstacle courses all over the world - with tips for tackling each one - **GrindTV.com**

'super well researched... Each page is chock-full of info, gradient profiles and useful graphics. Should keep you busy for decades.'

### About the Author

Tobias Mews lives a rather symbiotic lifestyle, where his passion for adventure merges with his career as a journalist. Formerly a Captain in the British Army, Tobias retired his commission in order to peruse a career in journalism. His work has been published in the Telegraph, Runner's World, Men's Health, Triathlete's World, Men's Fitness. Tobias has tackled many of what are regarded as the toughest races in the world, from mountain bike stage races across South Africa to iron man distance triathlons in Norway.

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Before You Die: The Essential Guide to 50 Epic Foot-Races Across the Globe is kind of guide which is giving the reader erratic experience.

**Calvin Lee:**

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