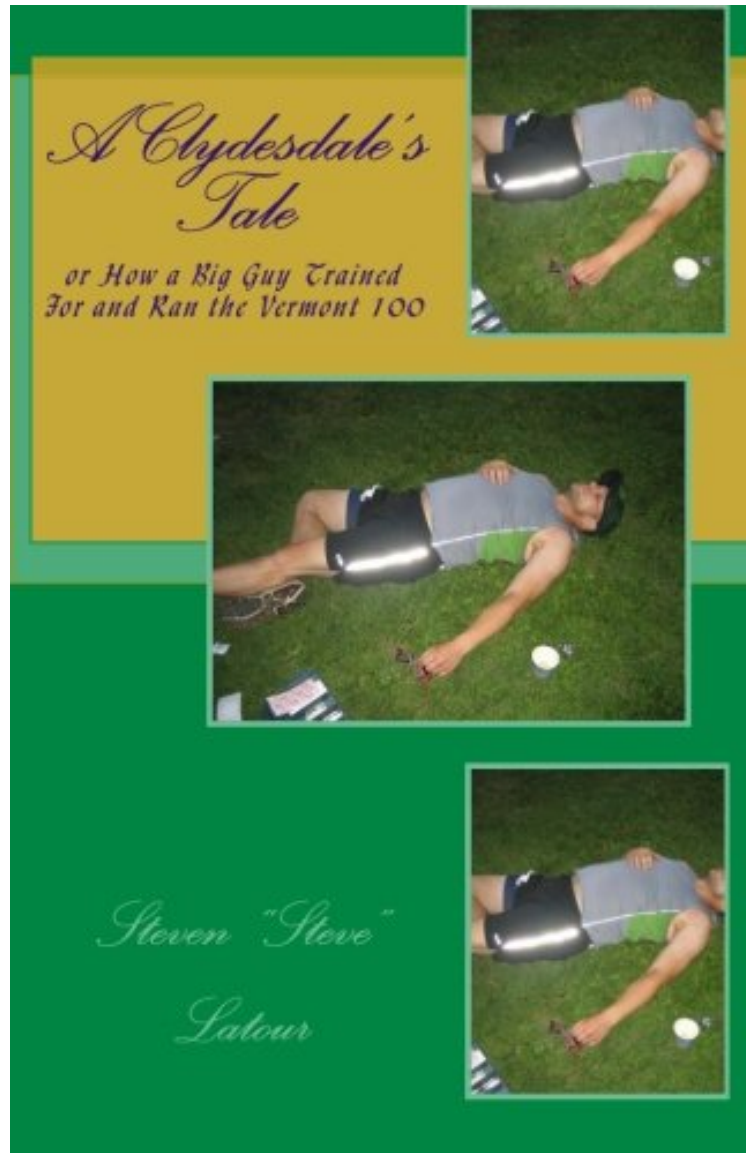


(Free and download) A Clydesdale's Tale: or How a Big Guy Trained For and Ran the Vermont 100

A Clydesdale's Tale: or How a Big Guy Trained For and Ran the Vermont 100

Steven "Steve" Latour

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Steven "Steve" Latour : A Clydesdale's Tale: or How a Big Guy Trained For and Ran the Vermont 100 before purchasing it in order to gage whether or not it would be worth my time, and all praised A Clydesdale's Tale: or How a Big Guy Trained For and Ran the Vermont 100:

0 of 0 people found the following review helpful. Loved this book...By Gene and PamI loved this book. It was crazy,

full of tangents and pointless material written by someone with an addiction to running/food. I couldn't put it down. Pros:- Fun/easy read- Interesting background on the dynamics of ultramarathons, the runners, mental aspect and the gear Cons:- This is not a training book- No a book for people who like "professional" writing. The tangents/random comments/etc will drive you insane 1 of 1 people found the following review helpful. Excellent Book! By Lennard Donkers It is nice to see someone put in print what it is like at the back of of the pack. Everyone runs for different reasons. Most running books are written from top athletes perspective. The author appears to enjoy many aspects of life and not just running. Pros- motivating by demonstrating the fact you don't have run 1000's of miles to train for a ultra- very funny point of view Cons- a few to many quotes that don't add that much value to the story Other than that I highly recommend the book. 0 of 0 people found the following review helpful. Very entertaining and motivating By Rick I qualify as a Clydesdale, have been running for less than a year, but find the idea of running an ultra very appealing. I just ran my first half-marathon and am signed up for my first marathon later this year. I appreciated his humor and tenacity. Since I am right about his age and seem to have similar interests I found the cultural references funny. It is a very good book and I am glad I picked it up. If I ever meet him I will do my best to keep my mouth shut about cotton socks, he is far more accomplished than I am.

I underwent a great transformation in four short years. I went from being obese to being slightly less obese. Hmm. Maybe that is not the best way to describe my journey. Instead, let me say it this way: I went from a ½ mile training run to finishing a 100 mile trail race in only 4.5 years. Yes, that sounds better. How did I do it? Why would I want to? When did all of this occur? What were the methods used therein? Where are the fun and fact-filled tips and Who can benefit from them? The answers are to be found inside, if you chance to look for them. NEW UPDATED VERSION! (Sorry for yelling). Many, if not all of the little nagging errors have been corrected, and now I can finally sleep at night, untroubled by proofreading woes. Ah, sweet closure, how I do love thee.

About the Author Steven Latour is a human being who lives in a hollow tree. To some, he is "The Bard." To others, he is "A horse's behind." He thinks he is funny long past the time that others do. He once killed a man just to watch him die (it was only a gingerbread man, yet he cried for days thereafter).