



Scenario For 2014 Comrades Marathon

Caroline Margaret Kelly



Scenario For 2014 Comrades Marathon:

No Chains Around My Feet Nomoya M Mahlangu, 2017-11-06 This book closely examines how the enterprise of running mirrors the key facets of life. The author draws parallels between running and life so as to enhance the lessons that readers can draw from each of these phenomena. Running resembles life and the latter carries a myriad of lessons for the former. This book is not about running per se nor is it meant to be an all encompassing self help manual about life though it contains these aspects to a certain degree. Such an undertaking would be preposterous in the least. You can however draw valuable lessons for personal mastery within organizational, societal and familial relationships and other relationship contexts. The book's purpose is to drive the dual message that invisible chains shackle an unexamined life and that the activity of running competitively or not entails a lot of principles, processes, guidelines, theories and lessons that can apply to everyday life experiences and enhance the human experience. Consequently, the book is meant for professional and social runners and those who appreciate running from the comfort of their couch remote in hand. It explores the seemingly and misleadingly easy exercise of running as a source for profound lessons about the sometimes complex business of living.

Comrades Marathon John Cameron-Dow, 2011-10-03 As the world's largest and oldest ultra marathon race, South Africa's Comrades Marathon can be regarded as a true celebration of and homage to human strength and spirit. What other event so inspires ordinary people to become athletes for a day and compete against themselves to conquer themselves and a brutal course. Although several books and articles have been written on this extraordinary event over the ninety years of its existence, it has only been in the past twenty five years that the Comrades Marathon has truly entered the collective consciousness of all South Africans and that the event has fully come to embody the history and transformation of the country. This book, the result of an exclusive mandate given to the author by the Comrades Marathon Association, chronicles the official history of the race from its inception to the present day. It includes a comprehensive description of the race course and showcases some of the greatest legends in Comrades history such as Wally Hayward, Allan Robb and Bruce Fordyce and promises an inspirational, interesting and insightful read to runners and their supporters alike.

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