



Maraton de Nueva York: Guia Practica Para El Corredor (Stadium)



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Rafa Vega

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If you're a runner, you've surely considered at least once running the New York Marathon. It's the race of long-distance races, the place of pilgrimage for many marathoners. They say if you haven't run in the Big Apple, you haven't truly been baptized as a runner. In this guide, you will find everything you need to know to get yourself to the legendary finish line and conquer New York City. The book includes tips for getting a number, the best lodging spots, where to train while you're in the city, a detailed analysis of the race, and how to celebrate after crossing the finish line. Throughout the pages, discover fun facts about the race that began in 1970: how much it cost to register for the inaugural marathon, what prize was bestowed upon the first winners, which winner has the strangest name, and what happened during the most bizarre race ending. Read testimonials from runners who have participated and lived the experience of finishing in Central Park. Lace up your running shoes and get ready to live one of the most exhilarating athletic adventures in the world. Learn about the legends of marathon running, such as Kathrine Switzer, Martin Fiz, and Abel Anton, and take a journey alongside 50,000 runners across the Verrazano-Narrows Bridge from Staten Island, feeling the energy of a million spectators who flood the streets of Brooklyn, Queens, and the Bronx, as you enter Manhattan as if it were the Promised Land. It's the New York Marathon, a grand challenge awaiting you."

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144 pages

About the Author

Rafa Vega is a journalist and a sports host on Canal Sur TV. He is an avid long-distance runner and the author of "Efecto maraton "and "Manual para correr la maraton: Si se puede!." Kathrine Switzer was the first woman to officially enter and run the all-male Boston Marathon, in 1967. She has run 39 marathons in total and is the winner of the 1974 New York Marathon."

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