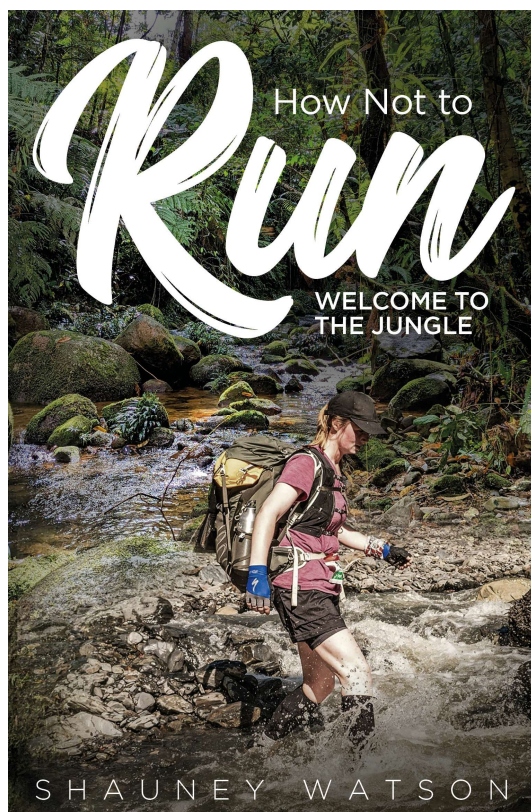




Title information



How Not to Run

Welcome to the Jungle

By Shauney Watson

Key features

- Real-life story of one runner's remarkable journey to one of the most hostile environments on Earth
- An 'everyday' runner's perspective on what it takes to become a multi-stage endurance athlete
- First-hand account of some of the flora, fauna, communities and terrain rarely seen by the outside world as the race enters an area of jungle usually reserved for research purposes
- A traveller's account of some of the most spectacular sights in the world, including Machu Picchu and Bai Tu Long Bay
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines

Description

Returning from a gruelling marathon in the Himalayas, extreme events enthusiast Shauney Watson sets out to conquer another hostile environment. *How Not to Run: Welcome to the Jungle* is an account of Shauney's four-year journey to reach one of the toughest ultra marathons on Earth, in the heart of the Amazon jungle. Follow her across every mile as she traverses the beautiful landscapes of Scotland, the breathtaking mountains of Vietnam and finally the sweaty depths of Peru's rarely seen rainforest. It's not just the miles that are demanding; with humidity and altitude becoming the enemy, and deadly animals and insects lurking at every turn, the end goal becomes survival. A down-to-earth, inspirational story set in the world of extreme endurance and filled with anecdotes and humour, this is an 'everyday' runner's perspective on what it takes to become a multi-stage endurance athlete.

Details

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