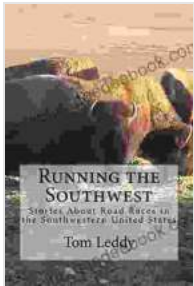


Stories About Road Races In The Southwestern United States Fifty State Race



Running the Southwest: Stories about Road Races in the Southwestern United States (Fifty State Race Stories Book 2) by Tom Leddy

★★★★★ 5 out of 5

Language	: English
File size	: 3731 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 97 pages
Lending	: Enabled
Paperback	: 98 pages
Item Weight	: 5.8 ounces
Dimensions	: 5 x 0.23 x 8 inches



The Fifty State Race

The Fifty State Race is a running event that challenges participants to complete a marathon in each of the 50 states in the United States. The race is organized by the Fifty State Running Club, and runners have up to 10 years to complete the challenge. The race is open to runners of all ages and abilities, and there are no qualifying standards. However, the race is not for the faint of heart, as it requires a significant amount of time, effort, and dedication.

Runners who complete the Fifty State Race are awarded a special medal and a place in the Fifty State Running Club Hall of Fame. The race is a popular challenge among endurance runners, and it is a great way to see the United States and meet other runners from all over the country.

Stories from the Road

There are many stories about runners who have completed the Fifty State Race. Here are a few of their stories:

- In 2016, Bill Rodgers became the oldest person to complete the Fifty State Race at the age of 70. Rodgers is a legendary runner who won the Boston Marathon four times. He completed the Fifty State Race in 9 years and 10 months.
- In 2017, Sarah Reinertsen became the first person to complete the Fifty State Race with a prosthetic leg. Reinertsen is a Paralympic athlete who has won multiple medals at the Paralympic Games. She completed the Fifty State Race in 9 years and 11 months.
- In 2018, Dean Karnazes became the first person to complete the Fifty State Race in under 50 days. Karnazes is an ultramarathon runner who has set multiple world records. He completed the Fifty State Race in 49 days and 12 hours.

These are just a few of the many stories about runners who have completed the Fifty State Race. The race is a challenge, but it is also a rewarding experience. Runners who complete the race learn a lot about themselves and the world around them. They also make lifelong friends and memories.

How to Get Started

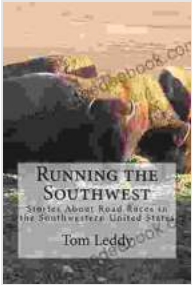
If you are interested in completing the Fifty State Race, there are a few things you should do to get started:

- Join the Fifty State Running Club. The club provides support and resources for runners who are training for the race.
- Create a training plan. The Fifty State Race is a challenging event, so it is important to train properly. You should gradually increase your mileage and intensity over time.
- Find a running partner or group. Training for the Fifty State Race can be lonely, so it is helpful to have someone to run with. You can find running partners or groups through the Fifty State Running Club or through local running clubs.
- Set realistic goals. The Fifty State Race is a long-term challenge, so it is important to set realistic goals. Don't try to do too much too soon. Start by running a few marathons each year and gradually increase your mileage as you get stronger.

Completing the Fifty State Race is a challenging but rewarding experience. If you are up for the challenge, I encourage you to give it a try. You will learn a lot about yourself and the world around you. You will also make lifelong friends and memories.

Additional Resources

- [Fifty State Running Club](#)
- [Fifty State Running Club Training Plans](#)
- [Fifty State Running Club Running Partners](#)



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