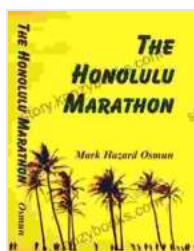


The Honolulu Marathon: A Runner's Guide to Completing the Race of Your Life

By Mark Osmun

The Honolulu Marathon is one of the most popular marathons in the world, and for good reason. The course is beautiful, the weather is perfect, and the crowd support is amazing. If you're thinking about running the Honolulu Marathon, this book is for you.



The Honolulu Marathon by Mark Osmun

★★★★★ 5 out of 5

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| Language | : English |
| File size | : 756 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 255 pages |
| Lending | : Enabled |



In this book, you'll find everything you need to know to prepare for and run the Honolulu Marathon, including:

- A detailed training plan that will help you get in shape for the race
- Tips on how to choose the right gear and nutrition
- A race-day strategy that will help you cross the finish line

Whether you're a first-time marathoner or a seasoned veteran, this book will help you make the most of your Honolulu Marathon experience.

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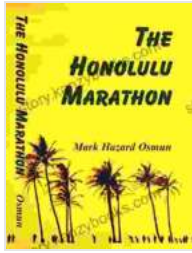
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About the Author

Mark Osmun is a veteran marathoner and ultramarathoner. He has run the Honolulu Marathon multiple times, and he has also written several books about running. Mark is passionate about helping others achieve their running goals, and he is committed to providing accurate and up-to-date information about the Honolulu Marathon.

The Honolulu Marathon by Mark Osmun

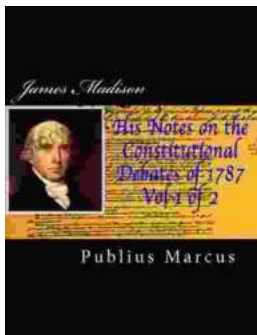


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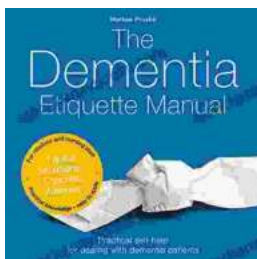
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