



# Maratona! My friend - "La nuova sfida di un ragazzo qualunque" (Italian Edition)

*LUIGI DEL BUONO*

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E' la storia di un mezzofondista veloce, che non ha mai voluto neanche sentir parlare di maratone e corse superiori ai 20 chilometri, ma con il tempo la psicologia del "correre forte" si modifica e camaleontica lo porta a scegliere tra gare indoor o la nuova esperienza di maratona. Sarà un'escalation di nuove sensazioni, sfide e pensieri che lo porteranno ad esordire a Firenze e a realizzare il suo sogno di concludere 42195 metri di corsa e a vivere tutta una serie di sensazioni nel post gara che lo faranno crescere come atleta e come persona a testimonianza che come l'autore sostiene "L'atletica è una cosa seria".

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