



Smile Big Run Hard: Fifty Miles Every Day for Fifty Days

Sam Boatwright

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Smile Big, Run Hard is a testament to what the human body can endure. Covering the 2500 miles around the coast of mainland UK this book offers a unique experience for its reader. The run was nicknamed Epic Run and consisted of 50 miles every day for 50 days all raising money for Help for Heroes. This brutal challenge is documented through the eyes and mind of Sam Boatwright, the epic runner, who proves that the human body can overcome unbelievable physical pain to achieve a goal.

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