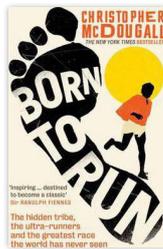


LUCA TURRINI

Endurance runner fascinated by unusual challenges like running for 24 hours on a treadmill with even crazier stuff in his bucket lists.

Founder of the *Outrun Cancer* not-for-profit and organiser of the *Corporate Treadmill Marathon* - a yearly challenge for corporate teams to run a relay marathon on a treadmill.

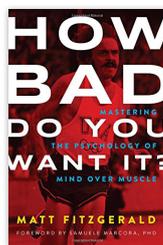
www.lucaturrini.com
www.outrancancer.com



BORN TO RUN CHRISTOPHER MCDUGALL (AUDIBLE)

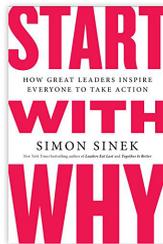
I must have read this book 5 times. I am not a fan of the whole argument about barefoot running (although to some extent I agree with the principle) but the description of the Tarahumara, Caballo Blanco and Mexican canyons inspired me so much I actually went to run the race in 2014. And what an experience that was.

The book gives a good representation of why and how the Tarahumara run, and this struck a chord with me. They run just because they can run and they enjoy it - that's what it is all about most times.



HOW BAD DO YOU WANT IT? MATT FITZGERALD (AUDIBLE)

This was my source of inspiration when training for the 24h treadmill record attempt. Through more than a dozen stories, the author makes the case that only mental strength and resilience allow us to truly reach or get close to our true physical limits. I used this book as a base from which to build my mindset for the 24h treadmill challenge, and I will keep building on it.



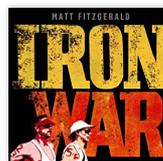
START WITH WHY SIMON SINEK (AUDIBLE)

Ok ok ok. This is definitely NOT a running book! But it may as well be my favourite book of all time. It has changed the way how I look at the world and myself and the way I communicate to others. Simon makes the point that successful leaders and companies are successful because they operate and communicate in the total opposite way of everybody else; the WHY they do something is more important than the HOW and WHAT. To apply this to running, the book has taught me to reflect on the WHY behind any race or challenge I take on. When the WHY is powerful enough and it is true and in line with my moral compass, I found I can endure all the pain and struggle of training, lack of sleep, setbacks, etc. and achieve things I previously thought were out of my range. Pretty powerful stuff.

JAMES TRUDE REGIONAL DIRECTOR, DIMENSIONAL FUND ADVISORS

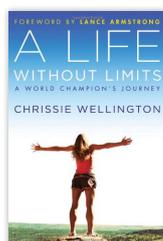
An amateur rugby player in my youth who discovered triathlon late in life but somehow managed to drag my large frame around to compete in 6x half Ironman distance races and even qualify for a sprint distance age-group world championships.

Now I enjoy cycling for the physical, mental and social benefits.



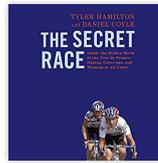
IRON WAR MATT FITZGERALD (AUDIBLE)

The story of the greatest rivalry in modern long distance triathlon. Dave Scott and Mark Allen were two legends that happened to exist in the same period. The accomplishments of these two and the epic battles they had motivated an entire generation of athletes to have a crack at Ironman distance racing.



A LIFE WITHOUT LIMITS CHRISSIE WELLINGTON (AUDIBLE)

Such an inspirational athlete that has set the benchmark in triathlon. An easy read but will get you off the couch and back on the road!



THE SECRET RACE
TYLER HAMILTON (AUDIBLE)

A story of cycling's darkest days. Everyone had an opinion on professional cycling's dark past but do you really understand the motivations, pressures and politics of that period. While doping continues to cast a shadow on modern cycling today, the story is not as black and white as we would like to believe.

DAVID HAZLEWOOD
FOUNDER, KNIGHTSWOOD HOUSE

I started running 8 years ago following the birth of kids to ensure I was fit enough to play with them and to set a good example.

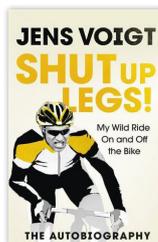
Things moved beyond that and I've now run 11 marathons across 4 continents, including Boston, New York and London. I love the feeling of complete and utter exhaustion at the end of a race where you know you have given everything – and then you plot how to do better next time.

www.knightswood.com.au



THE RACER
DAVID MILLAR (AUDIBLE)

A very raw account of life on the road as a professional cyclist, but one that will have you laughing at times too. I loved the stories of their training programs and the strategies they use to prepare for the big races. The account of his sprint along the Champs Elyse in his final ride of the Tour de France will have you bouncing out of your seat with each cobble stone, feeling the brush of the spectators as you brush past them, and the emotional overload as you cross that line with him.



SHUT UP LEGS
JENS VOIGT (AUDIBLE)

If ever there was a more loved rider than Jens, I've never heard of them. His attacking style of riding and willingness to hurt himself for his team as much as his own success made for exciting racing. But it was his adventures, misadventures and his sense of humour that endeared him to everyone, and he shares all of this. Ultimately, he was able to do what he loved, and to his constant amazement could be paid for doing it too.



ONCE A RUNNER
JOHN L PARKER JR (AUDIBLE)

Not your traditional running book – this one is a novel. But what a story. You are drawn into the world of an elite runner, a witness to their single-minded pursuit of excellence. You are carried along by it, not just a bystander but a participant. A word of advice: cancel all commitments and lock yourself away where you cannot be disturbed when you get to the final race – you will not be able to walk away before the finish.

ANDREW TERLICH
FOUNDER, AT ONE

At One are makers of real food sports nutrition, crafted by athletes, powered by nature.

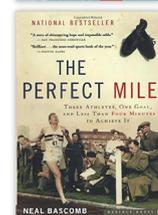
www.atonefoods.com.au/

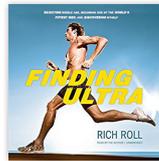


THE FIRST FOUR MINUTES
SIR ROGER BANNISTER

Out of print and difficult to buy now (but available on Kindle), an alternative covering the same moment in history as *The Perfect Mile* by Neal Bascomb.

I read this book over 25 years ago and the memory still sticks with me now, for the romanticism of the pursuit to break 4-minutes, the simplicity of a different era and the fact that the world was captivated by these events. An inspiring read!





FINDING ULTRA RICH ROLL (AUDIBLE)

At times Rich is a bit self-indulgent, but what I enjoyed most was the blow by blow description of his attempt at the 'Epic 5' - 5 Ironmans in 5 days on 5 Hawaiian islands. A brutal challenge, logistical nightmare and epic read!!

STEPHEN JACKSON CEO MARATHON HEALTH

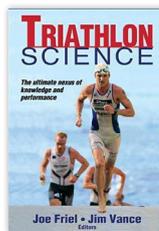
Marathon Health is a "for purpose" organisation in rural and remote NSW with 200 staff delivering health care and wellness services to the Australia we all identify with, but rarely visit, and don't really understand.

www.marathonhealth.com.au



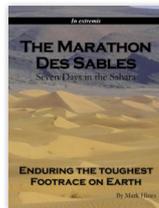
GRIT FOR KIDS LEE DAVID DANIELS

A different approach for those kids who seem to give up a bit too easily, who fear failure, who just need a nudge to work out that with a bit more effort the world is at their feet.



TRIATHLON SCIENCE JOE FRIEL

Everything about the why things are needed for triathlon. Why train this way? Why that equipment? Why does the heart react that way? The different needs for sprint, Olympic, half, and full Ironman. The science behind triathlons.



THE MARATHON DES SABLES. SEVEN DAYS IN THE SAHARA ENDURING THE TOUGHEST FOOTRACE ON EARTH MARK HINES

A great event that anyone with a gram of grit can do. 7 days running across the Sahara Desert. I have done it. I highly recommend it.