



9 SAFETY TIPS FOR RIDING WITH LYFT AND UBER



Box Office Lyft Tips

Lorenzo Maria dell'Uva

Box Office Lyft Tips:

The Never-Ending Run Lorenzo Maria dell'Uva, 2023-08-01 NEW 2023 EDITION Updated and revised Extreme race city festival global phenomenon the New York Marathon is much more than a never ending run On top of the 50 000 plus participants who actually run the race it's an event that involves millions of people when you include the thousands of volunteers the hundreds of thousands of supporters lining the streets of the metropolis par excellence and the global TV audience watching at home The Never Ending Run aims to give a 360 explanation and tell the story of one of the most famous marathons in the world starting with a mile by mile description of the race including first hand experiences On the back of the story of the race there follows a guide to New York specially dedicated to runners and all their shopping and tourism needs along with scores of interesting facts and stats The Never Ending Run recounts the history of the New York City Marathon provides intriguing insights and explains how to participate and properly prepare for the race all without overlooking essential tips and suggestions for enjoying life and your break in the Big Apple Part one The Race illustrates the history and route of the most famous race in the world including race strategies by coach Fulvio Massini as well as accounts from other famous athletes such as Peter Ciaccia Orlando Pizzolato Franca Fiacconi George Hirsch German Silva and Alex Zanardi Part two New York is given over to the needs of the runner in town for the race how to get around where to go shopping for running gear advice on what to do and not do in the days leading up to the race and the best places to watch the race for spectators Part three Run and the City is devoted to running in New York and can also be used by runners who aren't taking part in the marathon If you're on holiday in the Big Apple and are looking for the right places to train in Central Park or perhaps take part in some races locally to add a few medals to your collection then this section is for you Second Edition TABLE OF CONTENTS Prologue How to use this guide Start Part One The Race The Course Map Mile by Mile The history of the NYC Marathon How to take part Race Week Before the Race Race Day After the Race Race Strategy Walking the whole NYC Marathon How and where to watch the race Spectators guide Step by step along the route One last piece of advice Marathon Voices Peter Ciaccia Franca Fiacconi Runar Gundersen George Hirsch Orlando Pizzolato Francesca Porcellato Sbastien Samson Germ n Silva Alex Zanardi A story told through bibs The marathon and disabled athletes A medal like no other Volunteers Part Two New York Part Three Run and the City Appendices

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