

Feet in the Clouds: A Tale of Fell-Running and Obsession

Richard Askwith



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Exploring the world of fell-running—to run the ancient, wild landscape and stay a hero within one's own valley—this portrait of one of the few sports to have remained implacably amateur and utterly true to its roots details the passionate ambitions of those who participate in one of the oldest extreme sports. With personal narrative by one of the participants of fell-running—a sport that little is known about, but one that also boasts mass-participation—this fascinating account of arduous circuits, week-long marathons, and pounding the mountainous trails of the Lake District and Snowdonia is a unique and compelling account of stamina and courage that stretches the limits of belief.



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