

Q&A With Spirit of the Marathon...



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There have been many attempts through the years to capture the essence and meaning of the marathon, through books, articles, and motivational speeches. Now a young filmmaker, Jon Dunham, has brought his version to the big screen, with the feature-length documentary Spirit of the Marathon.

Read Full Cool Running Article by **Don Allison**

Tags: movie, marathon, cool-running, spirit-of-the-marathon, don-allison