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## Inspiration

*How did Pheidippides inspire ultra running? How did the Tarahumara inspire ultra running? Who is Miguel Vivaldo? Who is Micah True?*

Pheidippides was an ancient Greek soldier. He lived in 490 BC. He ran 26 miles (42 km). He ran from the town of Marathon to Athens. He did it in 36 hours. He cried, "Nike!" This means victory. Then he died. More than 2,000 years later, the marathon became part of the first Olympics.

Spartathlon is an ultra. It's a difficult race. It partly follows Pheidippides's path. It's about 153 miles (246 km). Runners run through olive groves, steep hillsides, and rolling hills.

At night, runners climb up a mountain. They face cold temperatures. Runners face hot temperatures during the day.

The Tarahumara are Native Americans. They live in northwestern Mexico. They're famous for long-distance running. They call themselves the "running people."

The word *marathon* comes from the town of Marathon. It has Greek roots.

