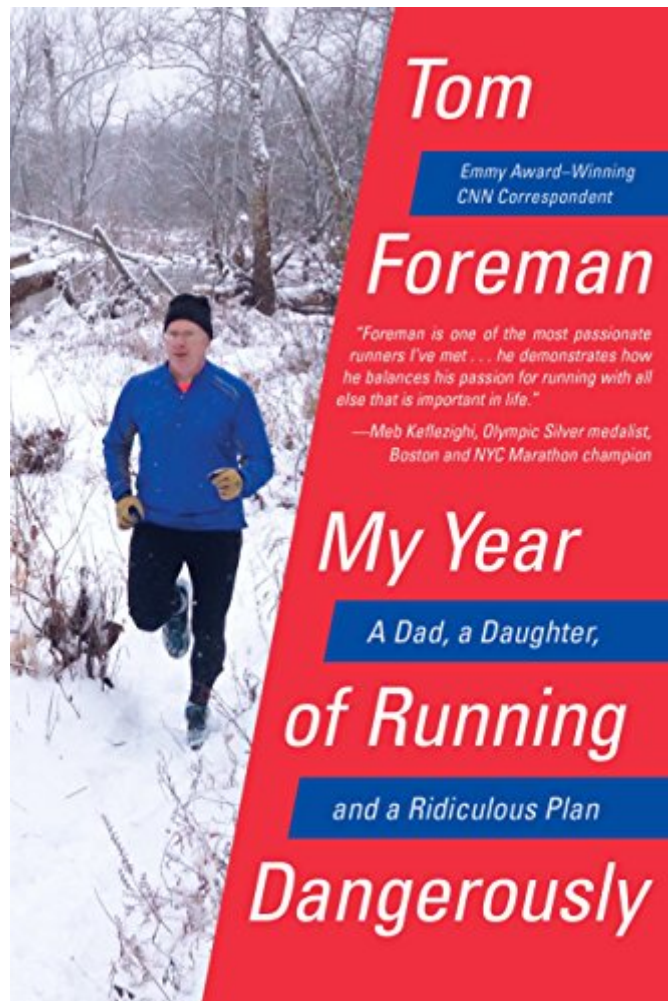


The book was found

My Year Of Running Dangerously: A Dad, A Daughter, And A Ridiculous Plan



Synopsis

CNN correspondent Tom Foreman's remarkable journey from half-hearted couch potato to ultra-marathon runner, with four half-marathons, three marathons, and 2,000 miles of training in between; a poignant and warm-hearted tale of parenting, overcoming the challenges of age, and quiet triumph. As a journalist whose career spans three decades, CNN correspondent Tom Foreman has reported from the heart of war zones, riots, and natural disasters. He has interviewed serial killers and been in the line of fire. But the most terrifying moment of his life didn't occur on the job--it occurred at home, when his 18-year old daughter asked, "How would you feel about running a marathon with me?" At the time, Foreman was approaching 51 years old, and his last marathon was almost 30 years behind him. The race was just sixteen weeks away, but Foreman reluctantly agreed. Training with his daughter, who had just started college, would be a great bonding experience, albeit a long and painful one. *My Year of Running Dangerously* is Foreman's journey through four half-marathons, three marathons, and one 55-mile race. What started as an innocent request from his daughter quickly turned into a rekindled passion for long-distance running--for the training, the camaraderie, the defeats, and the victories. Told with honesty and humor, Foreman's account captures the universal fears of aging and failure alongside the hard-won moments of triumph, tenacity, and going further than you ever thought possible.

Book Information

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Customer Reviews

When TV news correspondent Tom Foreman's daughter suggested they run a marathon together, it didn't come completely out of the blue. After all, he was a decent runner in his youth, and had run some marathons. But now that he was on his second half-century, running a marathon was not on his current list of superpowers. In *My Year of Running Dangerously: A Dad, A Daughter, and a Ridiculous Plan*, Foreman tells the story of their training, their race, and his ongoing running and racing experiences. Like any good running memoir, Foreman writes with contagion. The reader can't help but be swept up in his renewed love of running and commitment to training. Even though he had lots of natural speed and ability as a teenager and into his twenties, when he starts training for the marathon, he's way out of shape. He hadn't run in years. His rebirth as a runner is encouraging to those of us who have never been runners or have been avoiding the starting line and training routes for a long time. Further, he writes about fitting in his training in a busy schedule. Sure, he had to sacrifice time with his family and doing other activities as he mileage increased, but he managed to train for a marathon and then a 50-miler while not completely alienating his family and while working actively as a TV journalist. His experience is a reminder that, even though it can get challenging, it's possible to fit your training in. Trust me on this: Foreman's book is not as boring as my review. I enjoyed his style and light-hearted comments. Examples: On the popularity of half marathons: "If you finish well, you can brag about it, and because the word marathon is in the race title, non-runners will take notice.

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Running: Distance Running: Improve Your Long Distance Running Step By Step
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