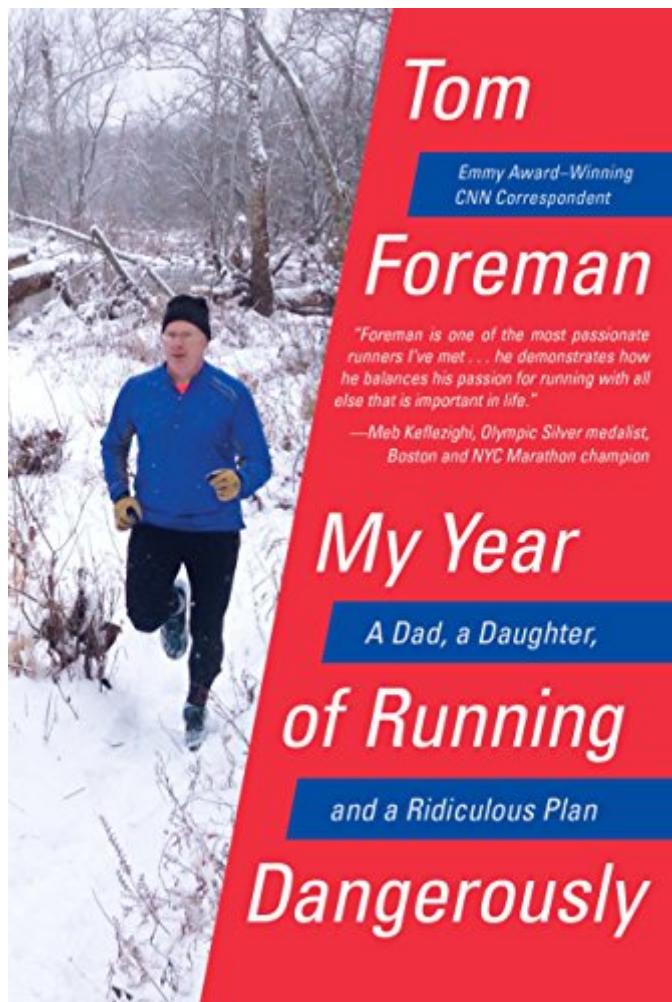


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# My Year Of Running Dangerously: A Dad, A Daughter, And A Ridiculous Plan



## 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 jobâ "it occurred at home, when his 18-year old daughter asked, "How would you feel about running a marathon with me?"Â 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.Â 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 runningâ "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**

This book had me laughing out loud from chapter one. Not only does Foreman seamlessly sew running history and strategy into his own engaging true stories, but the stories are engaging, entertaining and motivating in a way that reaches runners and non-runners alike. This is one book I plan to read again and again.

From Chapter 13 "Where the hell are you going?" Linda asked..."In there," I said, nodding toward the trees. "How?" She had good-naturedly encouraged my dementia, but this was not in the bargain. She stared at the forest as if it were the thicket of thorns around Sleeping Beauty's castle."There is a trail," I said, "at least the map online says so...Behind every enthusiastically wacky guy, there should be a woman like Tom Foreman's wife...what a gal.Great read with lots of lumps and bumps along the way...learned something about running ridiculous mileage and saw nature's wonder as the miles mounted. I belly-laughed followed by unexpected tears...lovely trek through one man's life, with a wife and two daughters supporting him every step of the way. I am inspired...not to do this, but to do something with a passion that doesn't involve mildewed running shoes!! also bought the audio book and enjoyed it just as much, if not more, than the written version. Read, listen, and enjoy both!!

As an older runner (older than Tom), I can so relate and laugh at the moments shared when I look at my own experience and how it has affected my life and those around me. If you're a non-runner in a relationship with a runner, this book might give you a glimpse into what it means to run in your later years. And like Tom, I have also leapt into marathon and half marathon racing. I haven't stepped up to the 50-miler. It was a great read and is a light-hearted change from most of the running books I've purchased. I would like to know what those magic beans are.

I could not put this book down... truth be told I called in sick this morning so that I could finish it. I am an amateur runner with only 2 marathons and 8 half marathons under my belt but have been contemplating trying an ultra (50 miler in California). I can't say I am completely convinced I am ready to sign up for one after reading your tale but enjoyed every page of your experience. The life

lessons expressed brought tears to my eyes on more than one occasion. Some of the funny comparisons had me erupting into full on belly laughs (leaving my husband thinking I had truly lost my mind). Thank you.... I loved how you were able to capture the journey on paper and how you were able to explain "running is just NOT about running".

I loved this book. Foreman writes beautifully, keeps the reader engaged and balances well running topics with family and work content. It is really a well-rounded book. Easy to read, hard to put down.

I'm like him too! As the runner you always feel that you are the only one feeling the way you feel (fear, doubts, uncertainty) and when you read an account of another runner explains exactly how you feel, it's priceless especially since I live in the metropolitan DC and I have ran or volunteered in most of the races that he has mentioned here, it felt great to read his accounts and he is funny too. Great read.

Tom Foreman's book felt like I was sitting across the living room engrossed in an epic conversation about running. I never wanted to put it down. The details are heaviest about the things that nearly every runner can relate to: the mental challenges of the race, the annoying physical hindrances, and juggling your passion running with real-life concerns like maintaining relationships. My daughter may only be a year old, but hopefully I can apply some of the lessons I learned in this book to help her become as awesome as your daughters, Mr. Foreman.

A very enjoyable read, and for those of us runners from the middle to back-of-the-pack it truly connects. My only criticism is that particularly in the early stages of the book, the author attempts to force a little too much humor on us. The last 2/3 of the book, however, his writing style settles in and he conveys a great story.

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