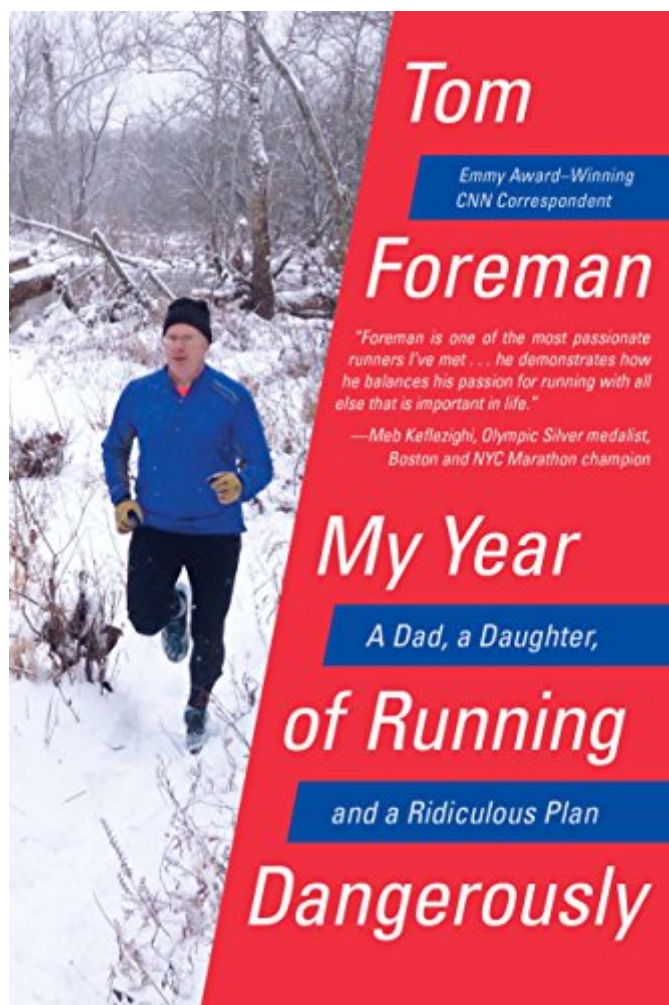


The book was found

# 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

File Size: 9045 KB

Print Length: 151 pages

Publisher: Blue Rider Press; Reprint edition (October 6, 2015)

Publication Date: October 6, 2015

Sold by: Penguin Group (USA) LLC

Language: English

ASIN: B00SI0B594

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #72,152 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Books > Sports & Outdoors > Miscellaneous > Journalism #8 in Kindle Store > Kindle eBooks >

Nonfiction > Sports > Individual Sports > Triathlon #29 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons

## 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.

[Download to continue reading...](#)

*My Year of Running Dangerously: A Dad, a Daughter, and a Ridiculous Plan*  
*RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog)*  
*Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running)*  
*Running: Distance Running: Improve Your Long Distance Running Step By Step*  
*Your Mini Notebook! For Dad!: For Dad, always*  
*The Very Embarrassing Book of Dad Jokes: Because Your Dad Thinks He's Hilarious*  
*Tim Kaine Is Your Nice Dad: a work of dad fiction*  
*Create Dangerously: The Immigrant Artist at Work (Vintage Contemporaries)*  
*Courage: The Joy of Living Dangerously*  
*Maker Dad: Lunch Box Guitars, Antigravity Jars, and 22 Other Incredibly Cool*  
*Father-Daughter DIY Projects*  
*What a Difference a Daddy Makes: The Indelible Imprint a Dad*

Leaves on His Daughter's Life National Geographic Kids Just Joking: 300 Hilarious Jokes, Tricky Tongue Twisters, and Ridiculous Riddles A Book of Bad Jokes, Pitiful Puns, Woeful Wordplay and Ridiculous Riddles Down and Dirty Birding: From the Sublime to the Ridiculous, Here's All the Outrageous but True Stuff You've Ever Wanted to Know About North American Birds POLICE Memes: LOL Cops, Dumb Criminal Fails, Ridiculous Mugshots!: Memes, Comics & Jokes Epic Sized Pack (Parody) This Is Ridiculous This Is Amazing: Parenthood in 71 Lists The Peaceful Daughter's Guide to Separating from A Difficult Mother: Freeing Yourself From The Guilt, Anger, Resentment and Bitterness of Being Raised ... (The Peaceful Daughter's Guides Book 1) Secret Daughter: A Mixed-Race Daughter and the Mother Who Gave Her Away Lesbian Romance: The Daughter's Demands (The Daughter of the CEO Book 3) The Hangman's Daughter (A Hangman's Daughter Tale Book 1)

[Dmca](#)