



Tom

*Emmy Award-Winning
CNN Correspondent*

Foreman

"Foreman is one of the most passionate runners I've met. . . he demonstrated how he balances his passion for running with all else that is important in life."

*—Mike Kellough, Olympic Silver medalist,
Boston and NYC Marathon champion*

My Year

A Dad, a Daughter,

of Running

and a Ridiculous Plan

Dangerously

Tom Foreman

My Year of Running Dangerously: A Dad, a Daughter, and a Ridiculous Plan



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CNN correspondent Tom Foreman's remarkable journey from half-hearted inactive to ultra-marathon runner, with 4 half-marathons, 3 marathons, and 2,000 miles of trained in between; The competition was simply sixteen weeks apart, but Foreman reluctantly agreed. As a journalist whose career spans three years, CNN correspondent Tom Foreman has reported from the heart of war zones, riots, and natural disasters. Told with honesty and humor, Foreman's accounts captures the common fears of aging and failing alongside the hard-won occasions of triumph, tenacity, and going beyond you ever thought feasible. My Year of Operating Dangerously is Foreman's trip through four half-marathons, three marathons, and one 55-mile race. it occurred in the home, when his 18-year old child 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 nearly 30 years behind him. a poignant and warm-hearted tale of parenting, overcoming the challenges old, and quiet triumph. Teaching with his child, who had simply started college, will be a great bonding encounter, albeit an extended and painful one." But the most terrifying minute of his existence didn't take place on the job—What started as an innocent request from his girl quickly turned into a rekindled enthusiasm for long-range running—for the training, the camaraderie, the defeats, and the victories. He has interviewed serial killers and been in the line of fire.



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A brilliant publication for runners and non-runners This book had me laughing aloud from chapter one. I can't say I am completely convinced I am prepared to join one after reading your tale but loved every page of your experience. This is one book I plan to read again and again. Late Life Runners Unite! I am motivated. If you are a non-runner in a relationship with a runner, this book might give you a glimpse into what it means to run in your old age. 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 go through and is a light-hearted differ from most of the jogging books I've purchased. I would like to know what those magic beans are. His Wife is a Saint From Chapter 13 "Where the hell are you going?" Linda asked... Great book I'm like him too! truth be told I called in sick this morning so that I could complete it." She acquired good-naturedly motivated my dementia, but this was not really in the bargain. She stared at the forest as if it had been the thicket of thorns around Sleeping Beauty's castle. Readable, hard to place down. I loved this book.. Behind every enthusiastically wacky man, there should be a woman like Tom Foreman's wife.. Great read with plenty of lumps and bumps along the way..... I belly-laughed accompanied by unpredicted tears... lovely trek through one man's life, with a wife and two daughters helping him every step of just how. As a mature runner (older than Tom), I can so relate and laugh at the moments shared when I appear at my own encounter and how it has affected my entire life and those around me.. Wow- totally unpredicted thoughtful book Totally recommend this book.. Thoughtful and humorous publication for all of us runners who possess more than PRs on our thoughts as we run. Browse, listen, and revel in both! As a marathoner I enjoyed the working commentary. Loved it I simply devoured this reserve. Tom has such an excellent love of life I laughed frequently and loudly. I also cried.!. I could not put this reserve down. My only criticism is that especially in the first stages of the reserve, the writer attempts to pressure a little too very much humor on us, The last 2/3 of the book, however, his writing design settles in and he conveys an excellent story. It is really a well-rounded reserve. As a girl I wished I acquired run with my father.. Now to go sign up for an ultra... "How? I am an amateur runner with just 2 marathons and 8 fifty percent marathons under my belt but have been contemplating trying an ultra (50 miler in California). Not merely will Foreman seamlessly sew running history and strategy into his have engaging true stories, however the tales are engaging, amusing and motivating in a manner that reaches runners and non-runners alike. Funny, touching book not just about running Well-written, funny, self-deprecating, and very touching in parts, focused not only on his own personal journey but his relationship with his wife, two daughters, and brother, all of whom you grow to learn and love during the period of the book. A few of the funny comparisons experienced me erupting into complete stomach laughs (leaving my husband thinking I had really lost my mind). Five Stars Wonderful book! not to do this, but to do something with a enthusiasm it doesn't involve mildewed running shoes!. just what a gal. I adored how you were able to capture the journey in some recoverable format and how you were able to explain "running is simply not about running". Nice easy to read story.. Foreman writes beautifully, helps to keep the reader engaged and balances well operating topics with family and work content material.. "There exists a trail," I said, "at least the map on-line says so. Worth the browse. learned something about running ridiculous mileage and saw nature's question as the miles mounted. Narration was fantastic, and very easy to hear - not surprising from a veteran newsman like Tom Foreman. An extremely great read. Tom Foreman nails it. "Within," I stated, nodding toward the trees. As the runner you usually feel that you are the only one feeling how you feel (dread, doubts, uncertainty) so when you read a merchant account of another runner clarifies exactly how you feel, it's priceless specifically since I live in the metropolitan DC and I have ran or volunteered in most of the races that he has mentioned here, it experienced great to read his accounts and he is funny too. Great read. Engaging and thoughtful I go through it in 3 times and loved the reserve. Running is personal and it also keeps people linked. Tom Foreman writes from both factors. The life span lessons expressed brought tears to my eyes on several occasion. I've given as presents and all my friends have loved it Four Stars Extremely entertaining and easy to listen to.. I cherished this audiobook.. I

actually also bought the sound publication and enjoyed it as much, if not more, than the written version. A great browse for runners of all levels!! Well crafted for runners of all levels. Engaging scenarios taken care of with wit and hard-earned wisdom. Thank you. Oh, and I discovered a few useful things about running aswell, though I will likely never run an ultra marathon as the author did - just listening to him recount the experience was exhausting. Appreciated it! Refreshingly honest story that we can all relate with. It all's refreshing to learn a story from somebody who doesn't win the race, someone that almost all us can relate with. A very enjoyable read, and for those of us runners from the center to back-of-the-pack it truly connects.



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