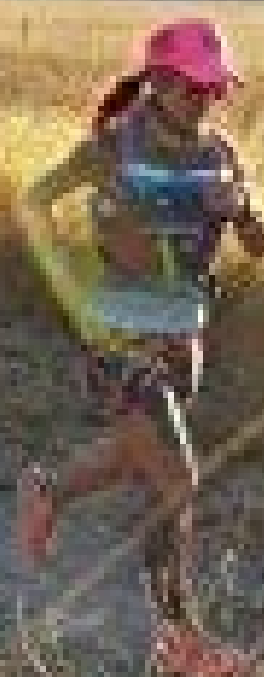


# REBORN ON THE RUN

CATRA  
CORBETT  
WITH DAN ENGLAND

MY JOURNEY  
FROM  
ADDICTION TO  
ULTRAMARATHONS



Catra Corbett

## Reborn on the Run: My Journey from Addiction to Ultramarathons



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Aside from her rock celebrity looks, Catra Corbett is a standout in the running world on her accomplishments alone. Catra may be the first American girl to run over one hundred miles or more on several hundred occasions and the first to run one hundred and two hundred miles in the Ohlone Wilderness, and she holds the fastest known double time for the 425-miles long John Muir Trail, completing it in twelve times, four hours, and fifty-seven mins. She gives up medicines and moves back with her mom, abandoning her friends, her boyfriend, and the lifestyle that she came to depend on. Her only clean friend pushes her to train for a 10K with him, and remarkably, she wants it? And, unbelievably, she's also a previous meth addict. After two years of addiction, Catra is normally busted while offering, and a night time in jail will do to set her direct.and decides to perform her first marathon after that. In *Reborn on the Run*, the reader keeps pace with Catra as she operates through challenging terrain and extreme weather, is stalked by pets in the wilderness, and almost dies on an exercise run but proceeds on, smashing running records and becoming among the world's best ultrarunners. On the way she tries suicide, loses loved ones, falls in love, offers her heartbroken, meets lifelong friends including her operating partner and dachshund TruMan, and finally faces days gone by that led to her addiction.



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Amazingly inspiring! After completing this review, I pulled out my dusty running shoes and ran. The even more I read about her, the more I identified with her and I've generally felt a connection with her. I always hoped that she would write a review someday. My fitness journey is very similar to hers as I as well believe that running has saved me. It is my therapy. When I'm from the trails, I feel a spiritual connection between myself and nature and it's unlike any feeling I've ever sensed before. The book was well planned, created, and flowed properly. She participated in the Icebreaker relay fund the United States to raise knowledge of mental health. I researched Catra and I hope to progress in my own running as she's. It's about one woman's journey to epic badassery! I am a social worker which means this concern for others can be extremely near and dear to me. I've been telling close friends and co-workers who want in following a healthy life style about Catra and encouraging them to learn her story. I understand that she will inspire them simply as she has inspired me! It will be okay. If you want something to truly get you inspired or motivated, please browse this book! With many learning experiences and painful heartache on the way. Started reading this book the minute this loaded onto my PC rather than put it down. From the initial chapter it becomes clear that Catra Corbett ain't no sissy. "Are you f-ing kidding me? Furthermore: She's run those miles on a raw vegan, largely fruitarian, diet plan. I book was like you were having an excellent conversation personally with Catra herself .e." This hardcore outlook on life is what carried her thru from dependence on Ultramarathons, with many learning experiences and painful heartache along the way. You might think this book is approximately operating, but it is approximately a lot more. This story is about a woman with an enormous heart who refused to stop on herself, even when she lost everything. It is the tale of finding power in yourself from the trail and learning that putting your best foot forward is all we've sometimes. In reality it was so good that I purchased another for my Mom for a Mothers Day time present. It's about lightning storms and blisters and discovering a community of close friends along the way. It's about loving others and learning to like yourself. Catra isn't just an excellent runner, but she is also a great one who really cares for others. Oh, and it's about wiener dogs, as well! Inspiring, honest, gritty and heart-warming book! It doesn't need a bunch of flair though, it's an amazing book as the "badass," "epic" events described are really that. I couldn't read it fast more than enough! Catra's tale resonates with me. I'm sure she will enjoy it just as much as I did. It'll leave you attempting to take action bigger and better. I've been subsequent Catra and her story since I became a runner a couple of years ago. I'm still working, and when I ever see a tiny ball of energy with pink hair and tattoos on the AZ trails, I'll thank Catra personally. The book is a great read and captured my attention right away. As I stated, I pretty much examine it a day. I really like the added photos. And I love how genuine and honest Catra is definitely. Anyone looking for an inspiring, honest, gritty, mind-boggling (her stamina is insane! Amazing Simply amazing review to learn, inspiring from begin to finish. I've been a runner provided that I can remember - until my Mom died a couple of years ago! Catra captures true perseverance in her publication. Great book! You will laugh. It will leave you wanting to do something bigger and better. Fascinating story! Catra book is awesome. Inspiring for an ex drinker A Heroine's Journey This is not a very polished book about the Dirt Diva, Catra Corbett, who's an accomplished and famous sponsored ultrarunner and ex-addict. She's fostered rescue canines and followed one fearful pet who has become her running companion. Additionally it is an insightful look at of just what gets somebody into meth. Loved it! I got tired of viewing the word "badass" around twice on a full page. It's unfortunate that her composing capability detracts from her impressive story. Just wow: A straightforward telling of awe-inspiring accomplishments This memoir is written in a straightforward, non-floof style, with some repetition. I started this book on a Friday night (Kindle edition) and picked it back up the following day to finish it. Ex-goth clubber, ex-meth addict, Catra Corbett offers run 100

mile runs a lot more than 100 times and more than 220 ultramarathons. She has run each day since Nov. 2012 and ran 50 consecutive hours on her behalf 50th birthday. It's hard to also fathom a few of her accomplishments and credits in the ultrarunning globe i. I'm not really stopping now.relax. I answered. I finished the publication in two times as I was struggling to put it down when i started it! This is a good read, and I am sure, encouraging to anyone attempting to overcome an addiction. Love this quotation: "TruMan preserved me because I needed a better lifestyle for him, and that gave me an improved life for me too." I'd love to discover another memoir focused on her adventures with her doggie. I've under no circumstances met her in person, though crossed paths on Objective Peak once. Actually it was so excellent that I ... Catra book rocks !. It's about reduction and grief and personal fortitude. Not the medications part, but dealing with the discomfort and loss of a parent. Catra Corbett Runs Everything Catra Corbett has been one of my biggest working inspirations for some time now, but this book made me like her even more. I got no idea about her past before choosing this book up, I just understood that she was a badass female runner over 50 who I definitely wished to be like. This book can be an example of a Hero[ine]'s Journey. If you're a fan of running, badass ladies, adorable doxies, or are interested in narratives about overcoming addiction, this reserve is most likely for you. There are a few minor editing issues that made me want to determine how to offer to edit most of her work for free (because I really like her, and therefore could by no means charge her), but the story more than composed for the odd misplaced word. So if you are a grammar freak... her speed record on the 425 mile John Muir Trail. I want to thank her for putting herself out there and sharing her story! Benefit from the book in any case. You will cry.If you are looking for a story of fortitude, of overcoming discomfort, of total focus, then this reserve could keep you engaged. I go through tons of ultra running books which one is actually inspiring ! Easy read Good read. She is a bad ass. Her exploits over the years possess been amazing, and this book gives some insight into why is Catra run. Studying her story really was impactful and made me know that I certainly want to perform an ultra 1 day, and that she actually is even more amazing than I possibly could have imagined. Sloppy writing I give this book two stars due to the fact I admire her determination and what she has accomplished. Unfortunately, she is neither a skilled nor articulate writer, and the book is badly in need of an editor. You can find typos throughout, along with some egregious grammar and utilization errors. The prose is definitely repetitious, sometimes to the main point where paragraphs are repeated verbatim. If you are looking for the story of what makes ultra athletes, this is the story for you. She has some illuminating tales to inform, but she writes in a boring, formulaic way in order that everything begins to audio the same following a while. If you are searching for a way out of addiction, this is the story for you personally.) and heart-warming tale should read this book! I wish I could tell my sister to read this before her addiction overcame her. Great read ! The author reveals personal struggles and how she overcame her adversities. "I came to run a f-ing hundred miler. Since reading it I've decided to do even more trail running :) Must read by many Catra is truly an inspiring person who has touched thus many through her athletic endeavors, character warmth, and appeal. She's genuinely liked by many. Catra describes this flawlessly in her book and at times I sensed like she was speaking for me personally. I came across myself laughing, crying, astonished, and intrigued. I could recommend this reserve to anyone who is looking for inspiration. You don't have to end up being an athlete to obtain a lot of this book. Done well Catra. A tale of fortitude, of overcoming discomfort, of total focus I first heard about the Dirt Diva back 2004 when she initial place a John Muir Trail acceleration record, and have been Facebook friends for a long period, as I post JMT information on my website. Excellent read.! Well crafted.



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