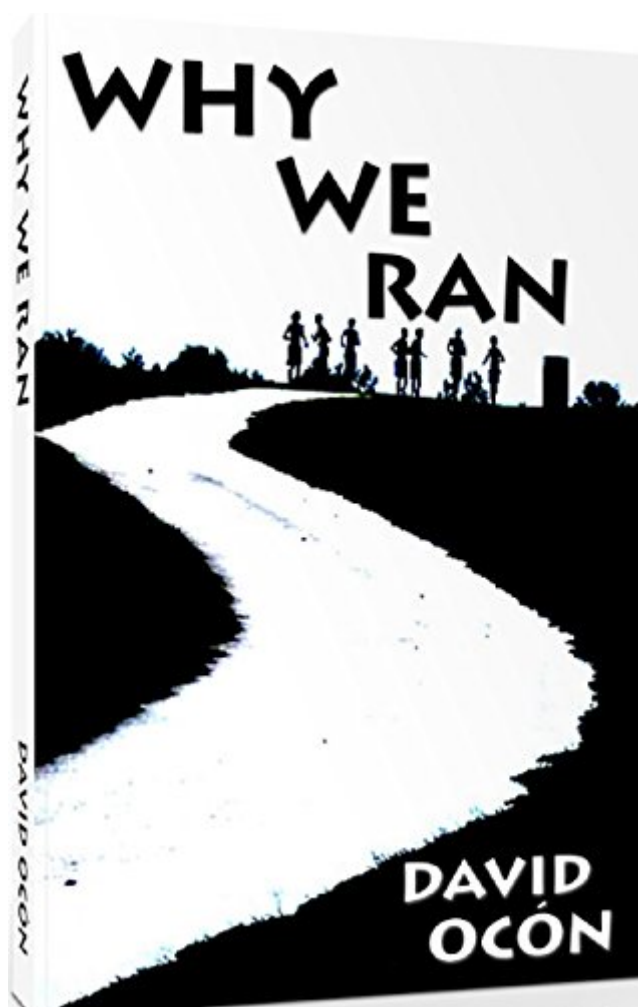


The book was found

# Why We Ran



## Synopsis

• takes you inside the psyche of a competitive runner's mind in a graceful attempt to bring meaning and closure to the question asked -- to and by -- runners more than any other, • By recounting the youthful high school memories of the events leading up to his team's 5K State Championship race, the athlete comes to terms with himself and ultimately justifies the sheer indulgence, ridiculousness, and madness of the sport.

## Book Information

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## Customer Reviews

I ran cross country and track as field was well during my highschool days. It was a very formative period of my life where I fell in love with running both as a sport and as a form of exercise and liberation of stress. As a runner beginning in the sport, it is the extra effort that measured your success and ultimately your performance and times. This story definitely reminded me of all the practices that me and my teammates worked so hard for the few short minutes of glory that we experienced when we won our local races. They are very unique and wonderful feelings that the author was able to describe in words. However, the author in this story is also able to describe loss and failure. The great Hemingway once said that "bullfighters are the only individuals who really live

their lives full out." What he saw in bullfighters was the way in which these athletes played with their own fate -- that the best bullfighters were the ones who "killed well," or put themselves closest to danger. The theme of running in this book is very similar to Hemingway's expression of the bullfighter is in control of how close he puts himself to danger. In the Old Man and the Sea, the old man fails to succeed in physical terms, by losing the fish, but Hemingway explains that the real reward is in the struggle to attain this excellence. He uses fishing, love, war, bullfighting, hunting, and others as methods of attaining this type of greater authenticity. The key, Hemingway would say, is putting true passion into your struggle; and that by exerting such energy, you may not succeed in your struggle. He says ultimately to guarantee success; we must fail by, but in return a greater understanding of what it is to be human, shall be rewarded.

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