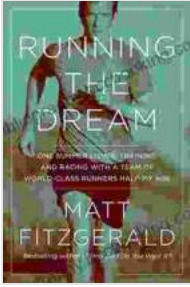


One Summer: Living, Training, and Racing with a Team of World-Class Runners Half My Age



Running the Dream: One Summer Living, Training, and Racing with a Team of World-Class Runners Half My



Age by Matt Fitzgerald

★★★★☆ 4.7 out of 5

Language	: English
File size	: 15742 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 223 pages



About the Book

In *One Summer*, aspiring runner Chris Lear spends a summer living, training, and racing with a team of world-class runners half his age. It's an opportunity of a lifetime, but it's also a daunting challenge. Chris is quickly humbled by the speed and talent of his teammates, but he's determined to learn from them and improve his own running. Over the course of the summer, Chris experiences the highs and lows of elite-level running. He learns about the importance of perseverance, mentorship, and the importance of chasing your dreams.

Review

One Summer is a must-read for any runner, regardless of their level of experience. Chris Lear's story is inspirational and motivating, and it provides a unique insight into the world of elite-level running. Whether you're a beginner just starting out or a seasoned runner looking to improve your performance, you'll find something to appreciate in *One Summer*.

Author Biography

Chris Lear is an aspiring runner and writer. He has written for a variety of publications, including Runner's World and The New York Times. One Summer is his first book.

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