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# My Year Of Running Dangerously

TOM FOREMAN



MY YEAR OF  
RUNNING  
DANGEROUSLY



## Synopsis

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?" 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

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Audible Audiobooks > Nonfiction > Sports & Recreation

## Customer Reviews

So you're fifty years old and haven't run in thirty years, what are you going to do when your eighteen year old daughter asks you to do a marathon with her? If you're CNN correspondent Tom Foreman you take her up on it and a year later you've done four half marathons, three marathons, and one ultra. Then you write a book giving perhaps the best description ever of running 55 miles. And the book? Funny - I mean who else could come up with the line (describing old timers who run): "And speed, no matter how hard you work at it, is a girl waving good-bye from a west-bound train". Priceless.

This book had me laughing out loud from chapter one. Not only does Foreman seamlessly sew running history and strategy into his own engaging true stories, but the stories are engaging, entertaining and motivating in a way that reaches runners and non-runners alike. This is one book I plan to read again and again.

My son gave me this book for Christmas 2015, and I just finished it last night. I thoroughly enjoyed it and recommend it to anyone who runs, lives with runners, needs a gift to buy a runner, or generally wants to get inside the head of an accomplished middle-age endurance runner. Tom Foreman has a relaxed writing style with a tremendous wit that resonates completely with me (yes, I LOL'ed multiple times, just ask my wife). He mixes in some nice historical info on marathons / ultramarathons, just enough so you understand them but not overwhelmingly so. As a middle-aged, middle-pack endurance athlete myself, I'm thrilled to see someone writing transparently about the challenges of training - not just on the runner, but on everyone around them. Tom openly shares his gaffs, his guilts, and his victories as he tries to manage all of this with his family and a demanding career. This isn't easy, and I applaud him for being open about it. The other reason I loved this book is that we share a similar story. Tom's daughters go to GA Tech, as does my son. Tom's daughter asked him to run her first marathon in ATL with her. My son did the same to me in Oct 2014, and we ran it together in March 2015. Our kids got to train in ATL over the winter, while we had to train over the winter up north (Tom in DC, me in Chicago). Both of our kids had to press thru pain and challenges to finish, and both of our kids made it through. I've done triathlons, half-marathons, and none of them even come close to the experience I had with my son. So when Tom shared his experience, it totally took me back. And yes, I cried like a baby a few times - along with the laughter. Thanks to The Foreman family for this book. Tom may have written it, but none of it happens without all of you playing a key part. May you keep running together and forming amazing memories that last a lifetime.

I loved this book. Foreman writes beautifully, keeps the reader engaged and balances well running topics with family and work content. It is really a well-rounded book. Easy to read, hard to put down.

Listening to the audio, READ by Tom Foreman, was absolutely terrific!! I know next to nothing about running except for the runners going past where I live. Tom gives you himself---all the way through this incredible experience of what to most of us seems like an overwhelming undertaking, which he

extended beyond the marathon with his daughter! Yes, he had always run, but his descriptions of his efforts to just keep going, "one foot in front of the other," made me gasp, laugh out loud, and be just plain amazed. I think listening to this was probably much more rewarding than reading his book simply because he was right there, expressing exactly how he felt all the way along and you could just plain feel it in his voice.

As an older runner (older than Tom), I can so relate and laugh at the moments shared when I look at my own experience and how it has affected my life and those around me. If you're a non-runner in a relationship with a runner, this book might give you a glimpse into what it means to run in your later years. 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 read and is a light-hearted change from most of the running books I've purchased. I would like to know what those magic beans are.

I picked up this book from the library while beginning training for my first marathon. It's been quite inspiring and motivational. Tom's story telling is heartfelt and humorous. This was a great read after runs sitting at Starbucks trying to remember why I'm doing this. We all have our reasons and it was nice to read about his.

Just a fun read about a news reporter getting back into running. I enjoyed it because it is well written with humor a style that portrays Tom's family as the sarcastic group that loves each other. Just a good read to relax and escape with for a bit.

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