



The Ultimate Runner: Stories and Advice to Keep You Moving

Tom Green, Amy Hunold-VanGundy

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Do You Run to Live . . . or Live to Run?

Whether you are a casual weekend warrior in running shoes, a seasoned ultra marathoner, or something in between, you recognize the heart and passion of runners who are just like you. Serious, competitive athletes and those who just want to shed a few pounds will find common ground in *The Ultimate Runner*, a celebration of every type of runner in heartfelt narratives, spectacular photos, and expert advice.

The magic of a run is shared in these chronicles of fitness breakthroughs, gritty races, and golden friendships forged in predawn sojourns. Great moments in running take place every day, and *The Ultimate Runner* is filled with more than thirty stunning photos that give voice to those extraordinary experiences shared by ordinary runners. Experts in the fields of nutrition, exercise physiology, and training weigh in with advice that will ramp up any running program.

Some run for the fitness value, some for a charitable cause, and some just to enjoy nature in a different way, but every runner is changed by the experience. Share some of those transformative moments with others who love the feel of the road beneath their feet.

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