



# **To Be a Runner: How Racing Up Mountains, Running with the Bulls, or Just Taking On a 5-K Makes You a Better Person (and the World a Better Place)**

*Martin Dugard*

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With an exuberant mix of passion, insight, instruction, and humor, best-selling author--and lifelong runner--Martin Dugard takes a journey through the world of running to illustrate how the sport helps us fulfill that universal desire to be the best possible version of ourselves each and every time we lace up our shoes.

*To Be a Runner* represents a new way to write about running by bridging the chasm between the two categories of running books: how-to and personal narrative. Spinning colorful yarns of his running and racing adventures on six continents--from competing in the infamous Raid Gauloises to coaching his son's high school cross-country team--Dugard considers what it means to truly integrate the activity into one's life. For example, how the simple act of buying a new pair of running shoes can be a source of meaning and hope. As entertaining as it is provocative, *To Be a Runner* is about far more than running: It is about life, and how we should live it.

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