

Running For The Hansons offers the reader a glimpse of what it is like to be a professional distance runner, to run in a major sponsor's shoes, and to live a lifestyle structured around training and racing. It is a first-hand, exclusive account that delves into the elations, the disappointments and the re-discoveries of what it takes to be an elite, American distance runner. The story provides a framework of The Hansons-Brooks Distance Project, a post-collegiate marathon-focused training group based in Michigan that was made famous by the progression of 2008 US Olympian Brian Sell. Runners of all ages and abilities will quickly recognize that the thought processes of such athletes mentioned in the story can be applied to their own running. The mega-mileage, 140-mile weeks and puke-inducing workouts and races that are discussed in the book are relative extensions from the challenges that any high school team, college cross-country team or marathon-training group must learn to conquer together. As a collective whole, the sacrifice and commitment of each individual yields a camaraderie, synergy and motivation for the entire group to break through pre-conceived barriers (which are the very efforts demanded to achieve new personal bests!). This is a story about dreaming big, following your heart and taking risks. It is a story of triumphs, disappointments, and how one may find meaning and purpose in life through a "simple" passion for running. Included in the contents are informative sections about training, racing, and what it takes to become one of the best marathon runners in the country. UPDATE by the author (March 2012): After several months of both very positive feedback/reviews and some constructive criticisms, I am working to put out a revised edition of the book by the end of this month. Also, later in the year I plan on releasing a second edition of the book that will contain updated content (including the 2012 Olympic Marathon Trials training segment and a more in-depth look at Desiree Davila). Thanks for your support and Run Happy! -Sage

Holy Tigers (The Sisterhood of Santa Jalissee) (Volume 1), The Quest Begins (Seekers, Book 1), Two Old Retired Mathematicians Reveal Secrets Pick-4 Numbers!, Beginning Again: People and Nature in the New Millennium, India in pictures (Visual geography series),

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