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Running Man: A Memoir



Synopsis

A compulsively listenable, remarkably candid memoir from world-class ultramarathon runner Charlie Engle chronicling his globe-spanning races, his record-breaking run across the Sahara Desert, and how running helped him overcome drug addiction and an unjust stint in federal prison. After a decade-long addiction to crack cocaine and alcohol, Charlie Engle hit bottom with a near-fatal six-day binge that ended in a hail of bullets. As Engle got sober, he turned to running, which became his lifeline, his pastime, and his salvation. He began with marathons, and when marathons weren't far enough he began to take on ultramarathons, races that went for 35, 50, and sometimes hundreds of miles, traveling to some of the most unforgiving places on earth to race. The Matt Damon-produced documentary *Running the Sahara* followed Engle as he led a team on a harrowing, record-breaking 4,500 mile run across the Sahara Desert, which helped raise millions of dollars for charity. Charlie's growing notoriety led to an investigation and a subsequent unjust conviction for mortgage fraud. Engle would spend 16 months in federal prison in Beckley, West Virginia. While in jail he pounded the small prison track, running endlessly in circles. Soon his fellow inmates were joining him, struggling to keep their spirits up in dehumanizing circumstances. In *Running Man*, Charlie Engle tells the gripping, surprising, funny, emotional, and inspiring story of his life, detailing his setbacks and struggles - from coping with addiction to serving time in prison - and how he blazed a path to freedom by putting one foot in front of the other. This is a propulsive, raw, and triumphant story about finding the threshold of human endurance - and transcending it.

Book Information

Audible Audio Edition

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Customer Reviews

RUNNING MAN by Charlie Engle is an refreshing raw and unfiltered look at someone who lives with addiction. Charlie Engle describes how he got easily addicted to alcohol and drugs early in life and from them on is always fighting those demons. He discovers running, and shifts what seems like a mandate of his soul to be addicted to something and becomes addicted to running and adventure racing. Told with a raw and a gritty realism, RUNNING MAN is an inspiration not only to runners, but to anyone working toward a goal. Engle seems to live his life trying to accept what he has and move forward, rather than stop and wallow in what he doesn't have. He admits freely to mistakes in his life and always strives to be a better person, and without meaning to, he encourages the reader to look inward to work on themselves. As a runner, I found this book quite motivating for me, but I think Engle's story is so much more. He writes about running because that is what he does, but the message behind it all is what really inspires greatness; to tackle an seemingly impossible goal takes heart, courage, and hope. Thank you to Scribner, Charlie Engle, and Netgalley for a copy of this book in exchange for an honest review!

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Chi Running: A Training Program for Effortless, Injury-Free Running
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Running for Beginners: Get a Glimpse inside the Runner's World: Your Training Plan on How to Start Running Injury Free
What I Talk About When I Talk About Running: A Memoir (Vintage International)
Running with Scissors: A Memoir
What I Talk about When I Talk about Running: A Memoir
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