



My Best Race

Chris Cooper

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Fifty runners, from the world's elite to passionate amateurs, share the races they'll never forget.

"Such wonderful and inspiring stories by a diverse group of runners - bravo!" - Ryan Lamppa, Media Director of Running USA.

Every runner that enters a race has a unique reason for competing: racing for the challenge, for the achievement, for the health benefits, or for more personal reasons. But whether they are twenty-mile-a-day elite marathoners or twenty-mile-a-week recreational runners, each of them can invariably point to a singular performance as "the best race I ever ran."

MY BEST RACE is a collection of those singular performances. In this inspirational collection, fifty runners, from Olympians and World Champions, to courageous disabled athletes and middle-of-the-packers, share their personal accounts of what they consider the best race they ever ran...and why.

Contributors include:

Jeff Galloway: A top marathoner sacrifices his place on the Olympic marathon team by pacing his friend to the third and final qualifying spot at the Olympic Trials.

Trisha Meili: The woman once known only as "The Central Park Jogger" crosses the finish line in the race she founded to benefit disabled athletes, fourteen years after being left for dead from a brutal attack that gripped the nation.

Ed Eyestone: The unheralded runner comes out of nowhere to beat a previously undefeated state champion in a high school cross-country race, giving him the confidence to eventually become a four-time NCAA champion and two-time Olympian.

Kathrine Switzer: The woman they tried to physically remove from the male-only Boston Marathon in 1967 had no one but herself to blame forty-three years later as she struggled through the 2,500th anniversary of the original marathon in Greece.

Through interviews with the author, fifty runners recount their inspiring races and personal achievements with excitement, laughter, and sometimes tears.

My Best Race Details

Date : Published January 6th 2014 by Diversion Books (first published September 3rd 2013)

ISBN :

Author : Chris Cooper

Format : Paperback

Genre : Autobiography, Memoir, Nonfiction, Sports, Fitness, Health

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From Reader Review My Best Race for online ebook

Dani (The Pluviophile Writer) says

Include this book into your training. You will find no better motivation.

4/5 stars.

ebook, 239 pages.

Read from May 4, 2017 to May 9, 2017.

Review at The Pluviophile Reader: <http://bit.ly/2r49ddA>

I love books like this; books that just make you feel good and validate your feelings, well in this case it's feelings on running. I was really eager to read it after getting a copy from Netgalley. However, I must have been on the cusp of the archive date of this book because I did not get a chance to read it. I was so wanted to read this book that I actually went out and bought a copy. I have no regrets.

This is book holds about 50 unique recountings, from pros to amateurs, as they share the one race that they won't ever forget. Some stories are ones of winning, medals and Olympic trials, while others are memorable regardless placement or perceived failures. There is even a love story for romance fans! From World Champions and Olympians, to the average avid runner, all the stories share the same passion for the sport. The stories also cover a variety of distances and generations giving a history of some very memorable moments in running. There are contributions from:

Kathrine Switzer - The first woman to officially run the Boston Marathon in 1967 despite women being barred from the race. In the picture below, Kathrine's then boyfriend, now husband, is trying to stop the race official from physically removing her from the race.

John Galloway - a pioneer of the run/walk method, a top marathon runner, member of the 1974 Olympic team in the 10,000m, coach and writer for Runner's World.

Pam Reed - 2002 Badwater Ultramarathon overall winner and the first woman to become the overall winner in the Badwater marathon, one of the toughest ultras in the world.

I wanted this book the last forever. This book motivated me through all my runs this week. Seriously, I think I am going to start including works like this into my training regime as it gets me so stoked to go out for a run and inspires me to perform better. I know I could have definitely used this sort of boost in my last marathon! The format of the book actually caters really well to this as each story is only a few pages making it easy to bookmark and return to specific passages or stories that spoke to you. After each story, the narrator provides a short piece of running advice as well, the best one that I took away from the book is one by Pam Reed who recommended using club soda on endurance runs to keep the stomach moving and receptive to food. I am seriously going to give this one a try.

The best thing about books like this is that it puts these amazingly talented pro-runners on the same pages as the joe-schmo runners and that is because at the root of it, whether fast or slow, we all love to run. If you are not a runner, the unique feeling that comes with running and the community it invites is not one that is easily explained. I know my boyfriend sure doesn't understand why I would want to run for such long stretches at a time or why I racing 42.2 is my idea of fun versus a form of punishment. While running does require a little

bit insanity, the main concepts revolve around pushing yourself to your limits and the infinite rewards it brings. I swear to you, nothing is more satisfying and confidence building. Running also enables you to get outside to enjoy the little things, to take some time for yourself, and offers ample opportunities to meet like-minded people in one of best supporting communities around. Runner's are a special bunch of people.

I would recommend this book to runners of all types. Add it to your training repertoire and return to it when you need a boost.

Heather says

I actually read this book over a period of about 6 months, it was my go-to book on my kindle app, and it was perfect for that kind of reading in fits and spurts. Each chapter is only a couple of pages long and tells about a runner and his/her description of their best race. The runners range from the famous like Kara Goucher to the average. I liked reading the reasons why each person considered the race their best race because it wasn't always their fast race. I also liked the advice that each gave at the end. The reason I didn't rate it higher was because there were too many stories and a bunch of them were really similar. I thought the book would have been better if it had been shorter by about a third.

Carianne Carleo-Evangelist says

A nice palate cleanser between books. Some of the famous athletes' stories weren't new, but others were. The Everyman stories and early ones from the beginning of the running boom were particularly interesting.

Marissa says

If you're a runner, read this book. It doesn't matter if you're an elite or if you hold up the back of the pack, this book will make you feel as if you can do anything you set your mind to.

Absolutely incredible.

Budd Bailey says

<http://allsportsbooks.blogspot.com/20...>

Blythe Barnhill says

This isn't at all the type of book I'd typically read, but I bought it because I read an excerpt on the Runner's World website and it sounded interesting. Well, it was. I got to the last page and was so disappointed that the book was over. I could easily read about fifty more runners and their favorite races.

I don't think you have to be a world-class, serious runner to enjoy this. I'm just a reader who ran in high

school (to zero acclaim) and picked it up again in my forties for fun. Any racing I do is very occasional, though a significant portion of my time right now is spent watching the teenagers of Colorado run in circles (and through forests, and streets...). I think if you've ever enjoyed running on any level you'll find this interesting.

My favorite story? Zola Budd winning a South African Junior Championship, spurred on to victory by her desire to win a red gym bag (which she apparently still has).

Ray Charbonneau says

"My Best Race" joins "The Quotable Runner" as one of the best bathroom books for runners. When read all at once the stories blur together some, but it's a perfect book for those few minutes each day you spend sitting just before you go out to run.

Russell Howen says

"My Best Race" offers running in the perspective of runners at various types of races. The reader is drawn into the thrill of the run.

Todd Johnson says

So this book is a little dopey. It's a ton of like 10-minute vignettes. None of them are super deep. Some are sappy, some are genuinely inspiring, I think once or twice I almost cried. But I'm going relatively high on the rating because it worked great for what I wanted from it: something to keep me moving on my runs.

Annette says

Great stories. Inspiring to runners

Heather Durick says

Inspiring stories from some great runners. Interesting to see what races some of the big name runners pick...it's not always the ones you think it would be. Loved some of the stories from the older runners.
