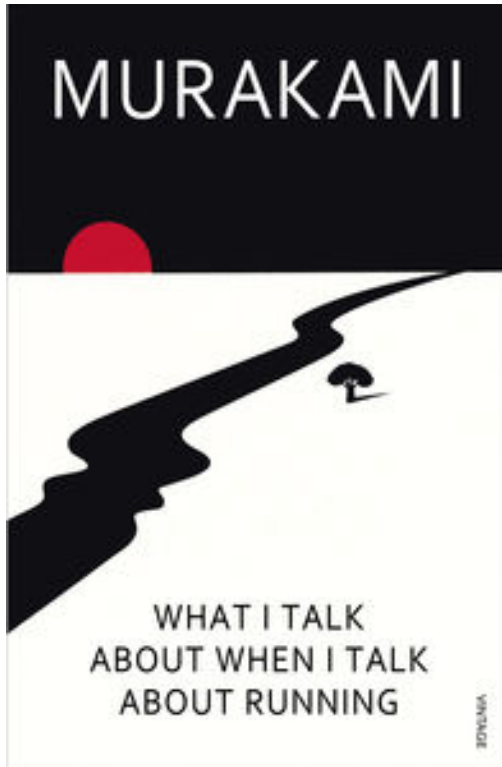


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Equal parts travelogue, training log, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston.

By turns funny and sobering, playful and philosophical, this is a must-read for fans of this masterful yet private writer as well as for the exploding population of athletes who find similar satisfaction in distance running.

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