



Running the Edge: Discovering the Secrets to Better Running and a Better Life

Adam Goucher, Tim Catalano

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Olympian Adam Goucher and Tim Catalano team up to share their personal quest and a unique running philosophy that breaks the mold of traditional running books. By tapping into the transformative power found in the distance run, *Running the Edge* inspires readers not only to push their limits as runners, but as human beings in a relentless pursuit of excellence in everything. Borrowing from philosophical notions ranging from humanistic psychology and Buddhist monks, all the way to adrenaline junkies, Alcoholics Anonymous, and even the World of Warcraft, Goucher and Catalano take readers on a pilgrimage of self discovery and personal improvement. Six mirrors guide the way as *Running the Edge* methodically leads readers to a heightened awareness of their own personal attributes, and compels them to break free from the curse of normal and the chains of average by "running the edge" towards their maximum potentials. Interlaced with rich storytelling along with personal insights offered from elite runners: Alan Webb, Amy Yoder Begley, Chris Solinsky, Dathan Ritzenhein, Galen Rupp, Kara Goucher, and Paula Radcliffe, the book reads at a brisk pace worthy of its subject matter. Although there is a sharp focus on running, the principals and tenets outlined in *Running the Edge* could be equally applied to almost any passionate pursuit in life. Even non-runners will find the stories and philosophies enlightening, uplifting, and motivating. Fans of the book *Running With The Buffaloes* by Chris Lear will find an older more introspective Adam Goucher. He pulls no punches as he draws on his faults and short comings both as a runner and as a person. He recognizes the mistakes he has made in his training and life and uses that awareness to propel him forward in a quest of self improvement.

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