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Runner: A short story about a long run

By Lizzy Hawker



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"Lizzy never ceases to enthuse, inspire and amaze! She shows what it truly means to live life to the absolute fullest, step out of your comfort zone and to truly test your limits. So much more than a book about running, this memoir is about an enthralling life journey replete with peaks and troughs, highs and lows and many twists and turns. Most importantly, Lizzy reminds all of us to never stop exploring, discovering and challenging ourselves to do more than we think possible."

CHRISSIE WELLINGTON MBE, FOUR TIME IRONMAN WORLD CHAMPION

Scared witless and surrounded by a sea of people, Lizzy Hawker stands in the church square at the centre of Chamonix on a late August evening, waiting for the start of the Ultra Trail du Mont Blanc. The mountains towering over the pack of runners promise a grueling 8,600 metres of ascent and descent over 158 kilometres of challenging terrain that will test the feet, legs, heart and mind.

These nervous moments before the race signal not just the beginning of nearly twenty-seven hours of effort that saw Lizzy finish as first woman, but the start of the career of one of Britain's most successful endurance athletes. She went on to become the 100km Women's World Champion, win the Ultra Trail du Mont Blanc an unprecedented five times, hold the world record for 24 hours road running and become the first woman to stand on the overall winners' podium at Spartathlon.

An innate endurance and natural affinity with the mountains has led Lizzy to push herself to the absolute limits, including a staggering 320 kilometre run through the Himalayas, from Everest Base Camp to Kathmandu in Nepal. Lizzy's remarkable spirit was recognised in 2013 when she was a National Geographic Adventurer of the Year. These ultimate challenges ask not just what the feet and legs can do, but question the inner thoughts and contemplations of a runner.

Runner tells Lizzy's story and in so doing, uncovers the journey of the physical, mental and emotional challenges that runners go through at the edge of human endurance. From the school girl running the streets of London to breaking records on the world's mountains and toughest races, Lizzy Hawker is an inspiration to anyone who would like to see how far they can go, running or not.

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Editorial Review

Review

"Need inspiration? This book tells ultra-athlete Lizzy Hawker's story. From winning the Ultra Trail du Mont Blanc to becoming the 100K Women's World Champion, Lizzy's story is truly moving." - **Health & Fitness**

"A book that will make you think and, of course, want to go running in the mountains." - **Adventure Travel**

"About what it means to be a runner, facing the highs and the lows, being full of doubt, but also determined. This book will inspire and enthuse you to move outside of your comfort zone and live life." - **Get Ultrarunning**

"The astonishing Lizzy Hawker's story provides a much-needed female slant on the sport. Where this could have been an insufferable list of extremes endured, Hawker's generosity of spirit and faith in what running can do for one's soul makes it a rather moving tribute to what all of us might be capable of." - **Independent on Sunday**

"She's held the world record for distance covered in 24 hours and is a five-time winner of the Ultra Trail du Mont Blanc. *Runner* follows her through that 100 mile race, breaking off to explore what driver her, and the physical, mental and emotional challenge of pushing the limits." - **SPORT Magazine**

"*Runner* is beautifully written and as packed with pure inspiration (and possibility) as any book ever written on the subject, destined to become a classic of the genre." - **RunningMonkey**

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'Britain's most distinctive female 'ultra runner', coming first in the UTMB five times, taking gold in the Women's 100km World Championships in Korea in 2006, setting a new women's world record for 24 hours on the road in the 2011 Commonwealth Championships and a new course record at the sunbaked 246 km Spartathlon in 2012.

But Hawker's inspirational memoir does not focus on the figures. She's more interested in why she is able to push herself beyond normal limits, and how running makes her feel. Her book is strong on Buddhist philosophy and the peace that comes with living fully in the now.'

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About the Author

Inspired by mountains and wilderness, Lizzy Hawker 'fell' into the world of ultra-distance and endurance running more by chance than by design. Endurance has always been a way of life for Lizzy, rather than a sport. But having the courage to take some unexpected opportunities opened doors, and her achievements snowballed both on the road and the trail. She is the world record holder for 24hrs and was the 2006 world champion in 100km on the road. She is also 4 time winner of The North Face Ultra Trail du Mont Blanc, and in 2011 set a new record running from Everest Base Camp to Kathmandu.

Users Review

From reader reviews:

David Martin:

Book will be written, printed, or created for everything. You can understand everything you want by a publication. Book has a different type. We all know that that book is important thing to bring us around the world. Close to that you can your reading ability was fluently. A book *Runner: A short story about a long run* will make you to always be smarter. You can feel much more confidence if you can know about every thing. But some of you think which open or reading a book make you bored. It is not make you fun. Why they are often thought like that? Have you trying to find best book or suited book with you?

Geneva Richardson:

In this 21st hundred years, people become competitive in every single way. By being competitive now, people have to do something to make them survive, being in the middle of the actual crowded place and notice simply by surrounding. One thing that at times many people have underestimated the item for a while is reading. Yes, by reading a publication your ability to survive enhance then having chance to stand than other is high. In your case who want to start reading some sort of book, we give you that Runner: A short story about a long run book as basic and daily reading publication. Why, because this book is usually more than just a book.

Diane Lomas:

This Runner: A short story about a long run is fresh way for you who has intense curiosity to look for some information because it relief your hunger details. Getting deeper you in it getting knowledge more you know or perhaps you who still having little bit of digest in reading this Runner: A short story about a long run can be the light food for you because the information inside this kind of book is easy to get by simply anyone. These books produce itself in the form which is reachable by anyone, that's why I mean in the e-book application form. People who think that in e-book form make them feel tired even dizzy this reserve is the answer. So there is absolutely no in reading a reserve especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss that! Just read this e-book style for your better life and knowledge.

Christine Knox:

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