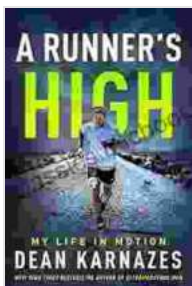


Runner High: My Life in Motion - A Gripping Memoir of Triumph, Endurance, and the Power of the Human Spirit



A Runner's High: My Life in Motion by Dean Karnazes

★★★★☆ 4.6 out of 5

Language	: English
File size	: 4044 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 256 pages
X-Ray	: Enabled



In the annals of distance running, Haile Gebrselassie stands as a colossus. A two-time Olympic champion, four-time world champion, and holder of 27 world records, Gebrselassie is widely regarded as the greatest distance runner of all time.

In his inspiring memoir, Runner High, Gebrselassie chronicles his extraordinary journey from a humble beginning as a child running barefoot through the streets of Ethiopia to becoming a global icon and one of the most celebrated athletes in history.

With unprecedented candor and intimacy, Gebrselassie shares his personal story, revealing the challenges he faced, the sacrifices he made, and the unwavering determination that fueled his remarkable success.

A Childhood of Running

Gebrselassie was born in 1973 in Assela, a small town in the Ethiopian highlands. From a young age, he displayed a natural talent for running. He would often run barefoot for miles, chasing after livestock or playing with his friends.

As he grew older, Gebrselassie's passion for running only intensified. He began competing in local races, and soon his talent became apparent. In 1992, at the age of 19, he won the Ethiopian national junior cross-country championship.

Olympic Glory

Gebrselassie's international debut came at the 1996 Summer Olympics in Atlanta. He entered the 10,000-meter race as a relatively unknown runner, but he quickly proved himself to be a force to be reckoned with.

In a thrilling race, Gebrselassie surged ahead in the final lap and crossed the finish line in first place, becoming the first Ethiopian to win an Olympic gold medal in a distance event.

Gebrselassie's Olympic triumph was just the beginning of his remarkable career. He went on to win a second Olympic gold medal in the 10,000 meters at the 2000 Sydney Olympics, and he also won four world championships in the same event.

World Records and Breaking Barriers

In addition to his Olympic and world championship victories, Gebrselassie also set 27 world records over the course of his career. He broke the world

record in the 10,000 meters three times, and he also set world records in the 5,000 meters, the two-mile run, and the half marathon.

Gebrselassie's world records were not just about setting new marks. They were about pushing the boundaries of human endurance and inspiring others to believe that anything is possible.

Legacy and Inspiration

Haile Gebrselassie retired from competitive running in 2015, but his legacy continues to inspire runners around the world. He is widely regarded as one of the greatest athletes of all time, and his story of triumph, endurance, and the power of the human spirit is an inspiration to us all.

In *Runner High*, Gebrselassie shares his hard-earned wisdom and insights on running, training, and achieving your goals. He also offers a glimpse into his personal life, revealing the sacrifices he made and the challenges he faced on his path to becoming a global icon.

Runner High is a must-read for anyone who is interested in running, sports, or the power of the human spirit. Gebrselassie's inspiring memoir is a testament to the transformative power of sport and the unwavering determination that can overcome any obstacle.

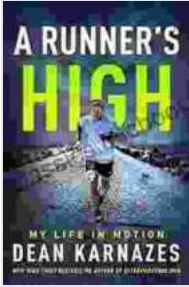
Whether you are a seasoned runner or just starting out, *Runner High* will motivate you to push your limits and achieve your dreams.

Buy *Runner High* on Our Book Library

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