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# Running Man: A Memoir



## Synopsis

A compulsively listenable, remarkably candid memoir from world-class ultramarathon runner Charlie Engle chronicling his globe-spanning races, his record-breaking run across the Sahara Desert, and how running helped him overcome drug addiction and an unjust stint in federal prison. After a decade-long addiction to crack cocaine and alcohol, Charlie Engle hit bottom with a near-fatal six-day binge that ended in a hail of bullets. As Engle got sober, he turned to running, which became his lifeline, his pastime, and his salvation. He began with marathons, and when marathons weren't far enough he began to take on ultramarathons, races that went for 35, 50, and sometimes hundreds of miles, traveling to some of the most unforgiving places on earth to race. The Matt Damon-produced documentary *Running the Sahara* followed Engle as he led a team on a harrowing, record-breaking 4,500 mile run across the Sahara Desert, which helped raise millions of dollars for charity. Charlie's growing notoriety led to an investigation and a subsequent unjust conviction for mortgage fraud. Engle would spend 16 months in federal prison in Beckley, West Virginia. While in jail he pounded the small prison track, running endlessly in circles. Soon his fellow inmates were joining him, struggling to keep their spirits up in dehumanizing circumstances. In *Running Man*, Charlie Engle tells the gripping, surprising, funny, emotional, and inspiring story of his life, detailing his setbacks and struggles - from coping with addiction to serving time in prison - and how he blazed a path to freedom by putting one foot in front of the other. This is a propulsive, raw, and triumphant story about finding the threshold of human endurance - and transcending it.

## Book Information

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## Customer Reviews

I ordered this book because I like true running stories and I've read quite a few! Well, I could NOT put this book down!! It's such an amazing account of Charlie Engle's life (the author of the book)...that you just want to keep turning the pages to find out what happens next!! I was up reading til 2 am the first night that I received the book and I finished it in 2 days which is unusual for me! I was impressed that he was very open and actually shared the many struggles when he was young to the relapses that addicts go through. And I think he's so right that the real "key" is to fill that time with something else. Something meaningful." And his "something meaningful" was definitely running! And the runs he chose weren't simple everyday runs!! I've never run an ultra marathon - I've never even run a half-marathon! But the perils he subjected himself to, and those "crazy" enough to run with him were just incredible!! And he NEVER GAVE UP!! I've already bought 2 more copies and sent to a friend who loves running and my oldest son (who's a drug addict and I hope he finds the inspiration that the book radiates! It has something for everyone - even if you've never run and never plan to!! TWO THUMBS UP!!

Such a great book that I bought it twice! Charlie is an excellent story teller. He can bring you through low moments and highs and make you feel that you are with him and part of his team cheering him on. His stories make you feel like his friend as he battles and overcomes difficult lows and achieves excellence. The ultra marathons he takes on, even some he does on his own, are a true testament to will power of the human spirit and also his God given talent. The book is great for ultra marathon runners as well as for non-runners - a story of overcoming the odds and becoming better for it. A very inspirational story by a very inspirational man. I also love how he was able to take you to his lows, but not keep you there. Some books can become too heavy and hard to move forward. This book does not do that. He brings you to his hardest chapters of his life but shields you from getting stuck. The way he tells the story you feel like you are with him. I have been very lucky to not have an addiction, but I feel that this book could be very inspirational to those fighting those demons. Charlie is a very gifted man and I look forward to a part 2 as I'm sure he has a lot of wonderful adventures in his future.

Running Man is about so much more than just running. Right from the start of the book, Charlie brought me right into the story and I felt like I was right there with him. Being someone who has been faced with addiction at different times in my life, this book helped me see that tendency in a totally different light. I had the honor and pleasure to interview Charlie on my podcast and one thing

stood out in a big way. He said that the addict in us is all the best parts of us... it's the part that let's us be a great father, a great husband... he also said something like... I'm still an addict just not a using addict. It's these slight distinctions that helped me see Charlie as someone who really had a lot to share about his journey in life and no matter what he faced in life, he approached it with an "ultramarathon mindset". Fantastic book and a must read. Truly an Inspiration!

Running Man is a deliciously raw, unfiltered, and humorous account of a man who has learned to run from nothing. I urge you to buy this book and take to heart its lessons of perseverance, maturing humility, and undying - and unexpected - love. Charlie's writing style is a true joy, a colorful and authentic tapestry of some of the craziest, yet inspiring, stories I've ever read. I'm biased - his unexpected appearance into my life has made me a better person. I suspect at the end of your journey with him through this book you will feel the same.

What an outstanding book telling the story of an incredible man! I had high expectations for this book as I have followed Charlie's saga for a few years. It did not disappoint. Thank you, Charlie, for giving us an inspirational and entertaining history of what it was like, what happened, and what you are like today. This book was a great help to me personally.

What an amazing story about overcoming addiction in such an awesome way ... educating so many others and encouraging their strengths to do the same. Charlie is an amazing man ... so personable and humble ... I know this to be true because he's married to my niece. Read his book to discover how he used running as an avenue to turn from drug and alcohol addiction .... also look for videos of his running 4500 miles across the Sahara Desert. He's an awesome ultra runner an an amazing man !!! Read his book and see for yourself !!!

This is a truly inspiring book on all levels. There is an old saying that we have two lives, the one we learn with and the one we live with. Charlie has been a wonderful friend to myself and my family for many years. He lives life with passion and commitment. He has overcome hardship and adversity at every step. This is a story about losing yourself and finding yourself and most importantly helping others to learn and grow from it. Laughing, crying and everything in between. We live, we suffer, we learn, we grow.

**RUNNING MAN**, By Charlie Engle is more than just a Must Read- it is a bible into the soul of

destructive behavior and finding oneself through raw self reflection, to dig deep and find redemption and recovery. Then a Soaring tale, almost too BIG to believe of using self taught skills for such a running Prowess like no other. Charlie Engle is an Ultra Man and ALL his Ultra Marathons and Expeditions have only made him more Humble, not less. It is a true adventure to read and I LOVED EVERY WORD of it!

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