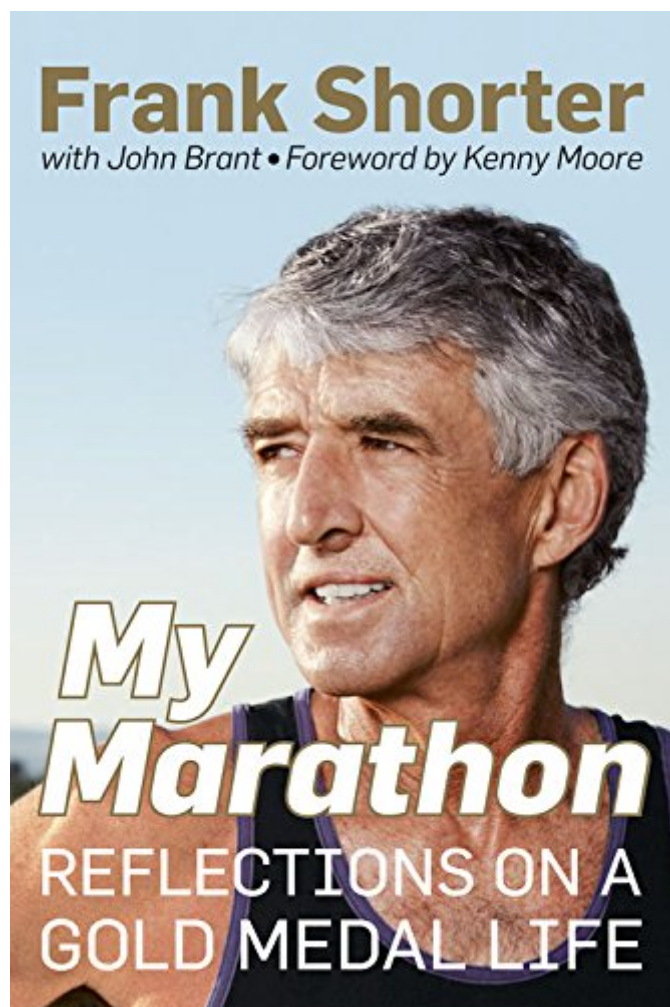


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# My Marathon:Â Reflections On A Gold Medal Life



## Synopsis

My Marathon: Reflections on a Gold Medal Life is a revealing memoir by Frank Shorter, the father of American distance running. After winning the 1969 NCAA title in the 10,000-meters title during his senior year at Yale, Shorter went on to win a staggering 24 national titles on track, road, and cross country courses, but it was in the marathon that Shorter achieved his greatest fame and recognition. At the 1972 Munich Games, Shorter won the Olympic marathon finishing more than 2 minutes ahead of the second-place finisher. Four years later, he finished a controversial second in the Olympic marathon in Montreal. The controversy, still unresolved to this day, revolved around the East German "winner" being a possible drug cheat. Shorter later founded the United States Anti-Doping Agency. Written with noted sportswriter John Brant, My Marathon details these inspiring events, as well as the physical and emotional abuse Shorter suffered as a child. This inspiring memoir is a testament to the resiliency of the human spirit and the transformative power of sports.

## Book Information

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## Customer Reviews

I really enjoyed this well-written, absorbing and truly inspirational book by Frank Shorter with John Brandt. There is a lot of wisdom and inspirational material in these reflections on Frank's Gold

Medal Life. To me, a gold medal life is where a person flourishes by pursuing mastery and excellence in their chosen field of endeavor – and Frank Shorter definitely has had a gold medal life. The key is to have a gold medal mindset – I think this is exemplified by these 2 great passages in the book:

- In discussing his goal - to have the best day possible and finish in the top three - at the Munich Olympics in 1972 and the approach he shared with Steve Prefontaine and Kenny Moore: “We wanted to get the best out of ourselves. The Gold Medal, in the end, was no more than a wonderful by-product of the training I had put into my marathon.”
- On his vigilance and consistency “But that’s why you run your hardest workouts when they are scheduled, even if you are feeling terrible. Dealing with feeling less than my best on race day was also something I’d practiced.”

Frank had to overcome a lot of adversity and his dedication, persistence, hard work and thoughtfulness shine through. There are great sections on:

- How a pie race got him back into running in High School
- His approach to coaching himself over the years and a lot of useful information on both the physical and mental aspects of running (many are widely applicable)
- His tactics for the Munich Olympic Marathon and his thoughts on the Munich Massacre at the 1972 games
- The launch and his role in the running boom in the early 1970s
- His relationship with many running legends (Bill Rogers, Steve Prefontaine, Kenny Moore, etc.

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