



# Running through My Mind: Confessions of an Every Day Runner

*Scott Ludwig*

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Avid runner Scott Ludwig has seen, heard, and experienced firsthand most everything the sport has to offer. Of course, that is to be expected of someone who has run every day for over twenty-eight years. In *Running through My Mind*, Scott and his friends weigh in, sharing brutally honest, occasionally raw and always entertaining anecdotes to guide you through the physical and mental aspects of running:

- A teammate on the Atlanta Track Club Men's Masters Team, discussing a 195-mile relay: *How many runners does it take to run Hood-to-Coast? Twelve members of the men's masters' team or one Scott Ludwig.*
- Scott after dropping out of the Western States Endurance Run: *That sure sucked.*
- Scott's views on treadmills: *It's not running if you don't go anywhere.*
- A pal and crewmember for Scott at the Badwater Ultramarathon: *When Scott was accepted into Badwater, the real question in my mind was not whether or not he would finish, but whether or not he would then let the (consecutive days of running) streak die a peaceful death.*
- Scott after *finishing* the Western States Endurance Run: *That still sucked.*

Discover the motivational narrative behind these and many other observations in Scott's story—so far. Whether you just bought your first pair of running shoes or are a grizzled running veteran, *Running through My Mind* provides the encouragement you need to get out and get moving!

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