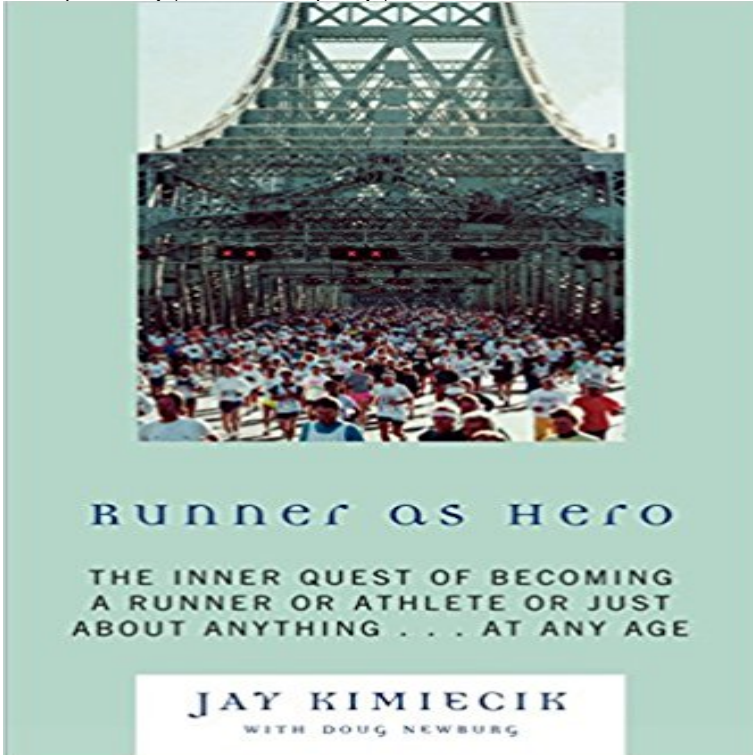


# Runner as Hero: The inner quest of becoming an athlete or just about anything...at any age



In *Runner as Hero*, Jay Kimiecik becomes an athlete again?in his case, a masters runner?as a way to revive his life. Kimiecik explores the world of aging, training, and performing through a self-experimental, self-reflective lens? merging science, mythology, and performance psychology. On his heroic journey, Kimiecik talks to aging experts, scientists, top-performing athletes, and the ghost of legendary Steve Prefontaine. Kimiecik's keen observations of everyday living and irreverent style take him on a journey to find the hero within. The result is a fascinating, inspiring tale about how the life as an athlete can serve as a motivational metaphor for feeling alive and achieving nearly anything.

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