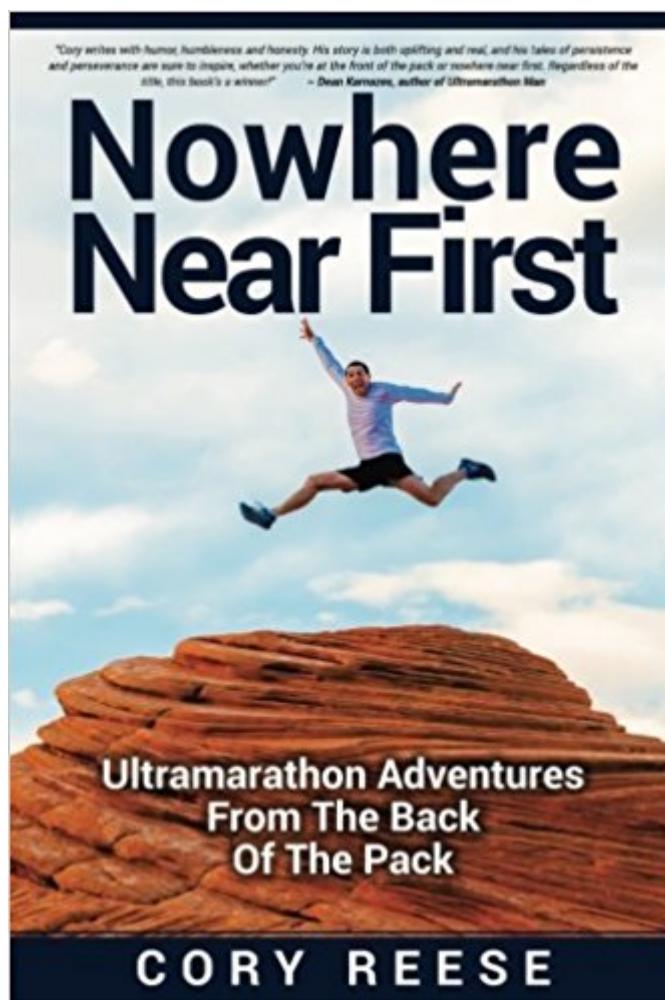


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Nowhere Near First: Ultramarathon Adventures From The Back Of The Pack



Synopsis

Long before Cory Reese strapped on his first pair of running shoes, he learned the key to being a successful ultrarunner: He knew how to suffer. In *Nowhere Near First*, Cory shares his deeply personal story about experiencing his father's suicide at a young age, and how this led to a career in endurance running and a desire to live life to the fullest.

Nowhere Near First is a humorous, captivating, and uplifting account of Cory's memorable ultramarathon experiences. Not only does Cory's entertaining and powerful writing allow readers a unique perspective into the challenges and rewards of running, but it also inspires each of us to turn tragedy into triumph. *Cory Reese writes with humor, humbleness and honesty. His story is both uplifting and real, and his tales of persistence and perseverance are sure to inspire, whether you're at the front of the pack or nowhere near first.* Regardless of the title, this book is a winner! ~ Dean Karnazes, author of *Ultramarathon Man: Confessions of an All-Night Runner* ~ *Cory Reese's book, Nowhere Near First, is an immensely entertaining and profoundly educational story about overcoming challenges to forge a meaningful life. Reese's story is must-read for people looking to find meaning and purpose in modern-day society.* ~ Karl Hoagland, Publisher, *UltraRunning Magazine* ~ *Cory has penned a very personal account of overcoming hardship in his personal and athletic life. Nowhere Near First tells his story of perseverance and survival in a vivid, down and dirty way that peaks with his extraordinarily positive way of looking at life.* ~ Marshall Ulrich, author of *Running On Empty: An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America*

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Customer Reviews

Cory Reese lives in southern Utah with his wife and three children. He has been running ultramarathons for years and is a regular contributor to UltraRunning Magazine. He is a social worker, race director, photographer, and glazed donut connoisseur.

Humorous and insightful account of the joy, lessons, adventures, social network, healthy advantages psychologically well as physiologically ultrarunning affords. This is not an egocentric "all about me" book but rather a universal tale about how by the commitment of effort and getting in this game, we can all reap the reward of happiness. That is, it's an earned achievement of doing something hard and extraordinaryAs an aging ultrarunner for over 33 years, I was very inspired by the themes articulated by this book. What hit home the most for me, was the point that while there may be winners (as these events are races), but almost everyone involved is pulling for each participant in their own struggle of endurance to the last finisher and everyone in between. Also, along with all the adventures afforded by ultrarunning, I have found no better group of people to be with from all walks of life with the shared interest in doing something so positively wonderful in so many ways. This book reminded me of this.

I discovered this book from a tweet from a fellow ultra runner who described this as an awesome book. And simply put an awesome book. Corey paints an often funny account on why and how some people begin ultra running with its ups and downs. Corey does a good job of describing this and relating it to runners and non-runners alike. The humorous and emotional accounts of running, from fatigue, feet, mosquitoes, etc. Also he pays attention to those around him on these runs. Also one note, he seems to prove a theory I hold about running - if you go out running others will follow, the simple act of doing. And as all great running books, this book does come equipped with some of Corey's success tips for those ultra runs. I am paying a great deal more attention to spreading the peanut butter. Again a great book and now in good company with other running titles. Also check out his columns in Ultrarunning Magazine.

"Running is a gift. We are blessed to be able to do this. So whether you make it three miles or eighty-nine, we are so blessed to even be out on the trail." This book, like other running books I've read, isn't just about running but about life. Facing challenges head on, and racing against yourself

rather than anyone else. The setup is basically Cory Reese telling a story about an ultramarathon in each chapter. The writing style is as if you're chatting with him at a cafe. Well worth the easy read.

Loved reading this book. As a runner, much like the title of this book, I'm Nowhere Near First in almost every case. I do find myself however at times taking it entirely too seriously. Sure I want to push myself to see what I'm capable of, but I want to enjoy it too. Cory's book reminded me to not lose sight of that side of things, to slow down and enjoy the smell of the orchards (near my house) when running in spring, to take a look at the amazing sunsets and sunrises I encounter when I've dragged myself out there early in the morning or after a hard day of work, and so on. Not only do I run to be physically healthy, but also to be mentally healthy and a more balanced person for myself, my kids, my job, my friends, my life. Cory helped me bring that perspective back ~ even though before reading the book I wouldn't have said I'd lost it. I had. I became a much more avid runner because of some major setbacks in life (although nothing like Cory's story), but it was so nice to be able to connect with Cory's story of using running to overcome our fears and limitations and to do things we'd never have dreamed ourselves capable of doing. I'm running my 8th marathon in a few weeks. I'd nearly stopped training for this one because it had gone so miserably this time around. I'm actually looking forward to it now ~ not because my race time will be anything special, but because I'm blessed to be able to do it at all. Thanks Cory for the reminder.

Fun read for anyone, especially trail runners or aspiring ultra runners. It is great to read about normal people who just enjoy running and accomplishing difficult goals. Very funny at times. It makes me want to get out and run more.

An excellent documentary of an "average" guy accomplishing extraordinary feats of endurance. I don't normally write reviews, but this book deserves recognition as a tale worth reading, if you don't feel awed and inspired by Cory's dedication and perseverance, you need to reevaluate your lease on life. ... read the book, you will be inspired to be a better person.

Even though this book is about Corey and his navigation of life and experiences in running, it is very apparent that he is a guy with a huge heart, nonstop sense of humor, and a genuine passion for helping others push past their perceived emotional and physical limitations. Fun book to read, and pretty amazing some of the things he has been able to accomplish, if by nothing else, sheer will power!

As a non-runner, I was not too sure about this book having much for me. I read it for book group, and was very pleasantly surprised. The story was very personal, full of humor and amusing details. It was definitely not a how-to book on running ultramarathon, but a memoir of an inspiring athlete. I almost wanted to run more after reading it just to hang out with all of the people in the book. I definitely recommend it. Our book group enjoyed discussing it.

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