

# The Semi Rad Running Essays: A Literary Exploration of the Human Spirit Through the Lens of Running

By Matt Fitzgerald

Running is a sport that has the power to push us to our limits, both physically and mentally. It can be a source of great joy and accomplishment, but it can also be a source of pain and frustration. In his new book, *The Semi Rad Running Essays*, Matt Fitzgerald explores the human spirit through the lens of running. The essays in this collection offer a unique and insightful perspective on the sport, and will appeal to runners of all levels.



## Have Fun Out There Or Not: The Semi-Rad Running

**Essays** by Brendan Leonard

★★★★☆ 4.7 out of 5

Language	: English
File size	: 15823 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 214 pages
Lending	: Enabled



Fitzgerald is a veteran runner and coach, and he has a deep understanding of the sport. He also has a gift for writing, and his essays are both thought-

provoking and entertaining. In *The Semi Rad Running Essays*, Fitzgerald writes about topics such as:

- The importance of setting goals
- The role of running in our lives
- The challenges and rewards of running
- The importance of community

Fitzgerald's essays are not just about running. They are also about the human condition. He writes about the things that motivate us, the things that challenge us, and the things that make us human. *The Semi Rad Running Essays* is a must-read for any runner who wants to go beyond the physical benefits of the sport and explore its deeper meaning.

### **Praise for *The Semi Rad Running Essays***

"Matt Fitzgerald's *The Semi Rad Running Essays* is a collection of thought-provoking and entertaining essays that will appeal to runners of all levels. Fitzgerald writes with a deep understanding of the sport, and his essays offer a unique and insightful perspective on the human spirit." - **John Bingham, author of *Running with the Kenyans***

"Fitzgerald's essays are a reminder that running is about more than just putting one foot in front of the other. It's about setting goals, overcoming challenges, and finding community. *The Semi Rad Running Essays* is a must-read for any runner who wants to go beyond the physical benefits of the sport and explore its deeper meaning." - **Sarah Bowen Shea, author of *The Perfect Run***

## About the Author

Matt Fitzgerald is a veteran runner and coach, and he has a deep understanding of the sport. He is also a gifted writer, and his essays have appeared in numerous publications, including *Runner's World*, *The New York Times*, and *The Washington Post*. Fitzgerald is the author of several books on running, including *80/20 Running*, *Racing Weight*, and *Run Like a Pro*.

## Order Your Copy Today!

*The Semi Rad Running Essays* is available now from all major book retailers. Order your copy today and start exploring the human spirit through the lens of running.



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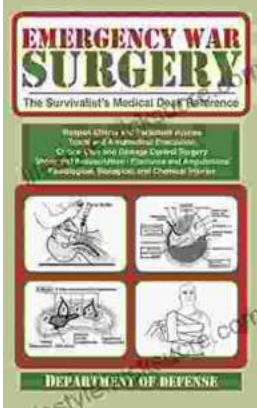
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