



Running Away: A Memoir

Robert Andrew Powell

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When journalist Robert Andrew Powell finished his first marathon, he cried, cradled in his father's arms. Long distance runners understand where those tears come from, even if there are others who will never understand what drives someone to run 26.2 consecutive miles in a grueling mental and physical test. Powell's emotional reaction to completing the race wasn't just about the run, though. It was also about the joy and relief of coming back up after hitting rock bottom.

Running Away is the story of how one decision can alter the course of a life. Knocked down by a painful divorce and inspired by his father, Powell decided to change his mindset and circumstances. He moved to Boulder and began running in earnest for the first time in his life. Over the 26.2 chapters that follow, Powell grapples with his past relationships, gaining insight and hard-won discipline that give him hope for the future.

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