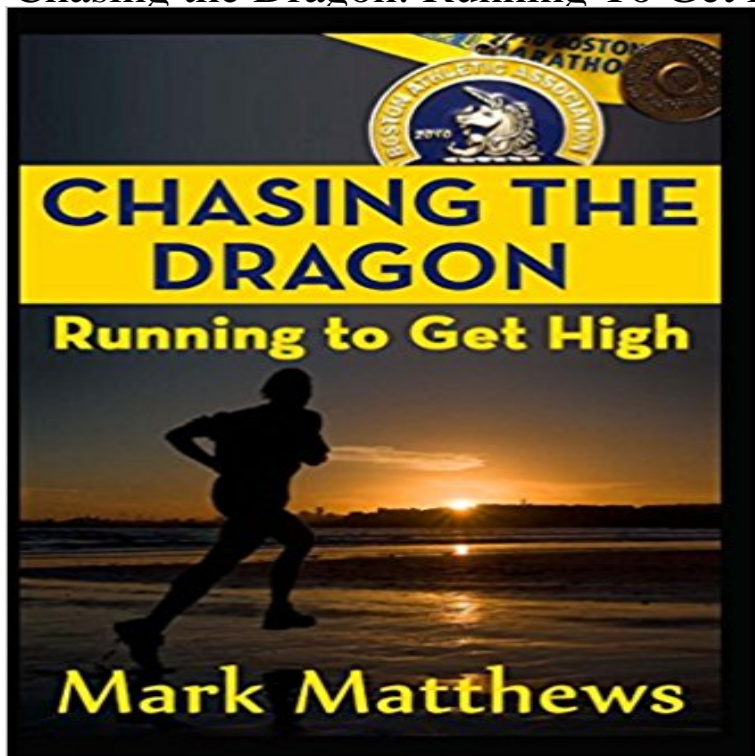


Chasing the Dragon: Running To Get High



The Runners High. It is not a myth, it is not illegal, but it may be addictive. Chasing the Dragon: Running to Get High is a collection of diatribes, training tips, and off-color wisdom, all processing the running life and how to get the biggest (legal) highs from your life and your runs. The author taps into his personal experience with running and addiction to look at questions such as why recovering addicts turn to running and the nature of positive addictions. There is something here for every runner: tips on running that Boston Qualifier, pacing, tapering, training philosophy, plus some running flash fiction sure to make you smile. The author is a 13-time marathoner, a Boston qualifier, a recovering addict of 21 years, and a substance-abuse counselor in Detroit.

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