



Personal Record: A Love Affair with Running

Rachel Toor

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Rachel Toor was a bookish egghead who ran only to catch a bus. How such an unlikely athlete became a runner of ultramarathons is the story of *Personal Record*, an exhilarating meditation on the making, and the minutiae, of a runner's life. The food, the clothes, the races, the injuries, and the watch are all essential to the runner, as readers discover here, and discover why.

A chronicle of Toor's relationship with the sport of running, from her early incarnation as an Oreoeating couch potato to her emergence as a hard-bodied marathoner, this book explores the sport of running, the community it brings into being, and the personal satisfaction of pursuing it to its limit. An homage to running, a literary take on how an activity can turn into a passion and how a passion can become a way of life, Toor's book runs all the way from individual achievement—a personal record—to the world of friendship and community.

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