

# One Summer Living, Training, and Racing with a Team of World-Class Runners Half My Age

In the summer of 2022, I had the incredible opportunity to live, train, and race with a team of world-class runners half my age. It was an unforgettable experience that pushed me to my limits and taught me so much about running, life, and myself.



## Running the Dream: One Summer Living, Training, and Racing with a Team of World-Class Runners Half My

Age by Matt Fitzgerald

★★★★☆ 4.7 out of 5

Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 223 pages



## The Team

The team I trained with was the Bowerman Track Club, a professional running team based in Portland, Oregon. The team is home to some of the best runners in the world, including several Olympic medalists and world champions. I was the oldest runner on the team by a decade, but I was quickly welcomed into the fold.

My teammates were an amazing group of people. They were all incredibly talented runners, but they were also kind, supportive, and down-to-earth. I learned so much from them about running, training, and racing. They also taught me a lot about life and how to be a better person.

## **The Training**

The training with the Bowerman Track Club was unlike anything I had ever experienced before. The workouts were challenging, but they were also incredibly rewarding. I learned so much about my own body and what I was capable of. I also learned the importance of consistency and hard work.

One of the most challenging aspects of the training was the altitude. Portland is located at sea level, but the Bowerman Track Club often trains at altitude in order to improve their endurance. I found it difficult to adjust to the altitude at first, but eventually I got used to it. I actually started to feel stronger and faster at altitude.

## **The Racing**

The highlight of my summer with the Bowerman Track Club was the racing. I had the opportunity to race in some of the biggest and most prestigious track meets in the world. I also had the chance to race against some of the best runners in the world.

My first race with the Bowerman Track Club was the Prefontaine Classic. It was an incredible experience to race in front of a huge crowd at Hayward Field. I finished the race in a personal best time and I was thrilled with my performance.

I also had the opportunity to race in the USATF Outdoor Championships. It was an honor to represent the Bowerman Track Club at the national championships. I finished the race in a personal best time and I was happy with my performance.

## The Experience

My summer with the Bowerman Track Club was an unforgettable experience. I learned so much about running, life, and myself. I also made some lifelong friends.

I am so grateful for the opportunity to have trained and raced with such a world-class team. It was an experience that I will never forget.

If you are a runner, I encourage you to find a team to train with. It is one of the best ways to improve your running and to make new friends.

I am so lucky to have had the opportunity to train with the Bowerman Track Club. It was an experience that changed my life.



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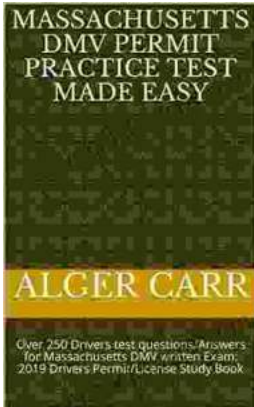
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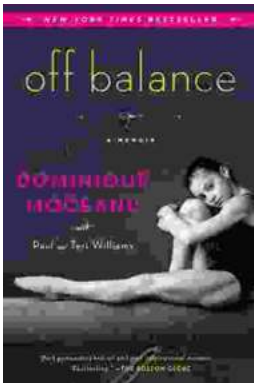
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