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# Running With Champions: A Midlife Journey On The Iditarod Trail



## Synopsis

Lisa Frederic was just your average Alaska fisherwoman when a vacation in Nome to see the burled-arch finish of the Iditarod Trail Sled Dog Race changed her life forever. The mushers' devotion to their dogs and the sheer grit required to complete the epic race lit a spark in Lisa. She started as a volunteer at checkpoints along the race, became an apprentice to Iditarod champion Jeff King, and, finally, mushed her own dog team in the world's greatest sled dog race. Running with Champions is Lisa's riveting account of her amazing journey, from head-bashing encounters with trees along the trails to the panic of losing control of a powerful team of dogs in the wilds of Alaska, all leading to her first attempt as a forty-something at the Big One: the 1,049-mile Iditarod. Lisa's inspiring story speaks to everyone who has ever followed a dream and found that the dream realized is even bigger than the imagined one.

## Book Information

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## Customer Reviews

What a wonderful, wonderful book !This book tells the story of Lisa Frederic who comes to racing relatively late in her life. She volunteers for the Iditarod and gets hooked on the sport. Within 5

years, she is running in the Iditarod herself at the age of 42. Not only is the story inspiring, it is well written and interesting. She spends the first half of the book describing the process she went through to be able to run in the Iditarod (cleaning the dog yard, training the dogs, etc.) and the second half of the book talks about the race itself. Lisa conveys both the thrill and heartbreak of running dogs and you come away understanding just how tough this really is to do. For a 46-year-old mom from Indiana, all I can say is "WOW!". While running in the Iditarod is not something I want to do, I love reading about people who have done it. This book is an absolute must read for anyone who is interested in dogs, the Iditarod or taking chances and doing something different with your life. Other good books on this subject: "Winterdance" by Gary Paulson and "Race Across Alaska" by Libby Riddles.

I had the pleasure of being on one of Lisa's bus tours to view McKinley, now Denali two years ago. Since I am from Louisville KY, we obviously had a great time, even with my wife along. She is a very personable and likeable person. May she have many more years of good times with David and dogs. I'm looking forward to your next book. P.S. I hope Jeff is ok after being hit during this past Iditarod. What a terrible thing to have happen to a true Champion.

I'm a middle-aged Iditarod junkie! This book was a great read. I was inspired by the heart, spirit and courage of Ms. Frederic.

I met Lisa Frederic while visiting Alaska last month and touring Denali. Her love of Alaska and passion she shared during my tour led me to seek out her book. It was an amazing read. I felt so many emotions as she made her journey. Her love for those dogs really tugged at my heart. I'm so incredibly grateful. This book deepened my Alaskan adventure.

Lisa was our tour guide for Denali Park last month. She loves Alaska and is a great story teller. She continues with those talents in this book. Great read!

Very informative, I learned a lot about the Iditarod and the dog teams, and what a difficult race it is! Kudos to Lisa for devoting herself to her dream and succeeding!

An absolutely delightful story of the crazy and wonderful world of sled dog mushing in Alaska.

Great book for all Iditarod lovers!

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