



46 Days: The Story of Frank Giannino's Record-Breaking Run Across America

Kevin Gleason

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Frank Giannino wasn't the best runner in high school, not even close. He was too anxious, too uncertain, choking in nearly every big track meet. He sought attention as a chatterbox and showman, waving snakes at his oldest sister's friends while victimized by self-doubt that started in childhood and formed thick layers through adolescence and into adulthood. He had no idea what he wanted to do with his life. Frank only knew with certainty that he could run. He could run miles and miles without tiring or suffering. In town for the 1978 Boston Marathon, a book jumped off the shelf at him. *My Run Across the United States* chronicled Don Shepherd's story of running from Los Angeles to New York in 1964. Suddenly, Frank had a goal. But running across America wasn't enough for him. He needed to squash his battle with insecurity. He needed to break the world record for fastest transcontinental crossing on foot. When Frank failed to break the record on his first try, he set out for his second crossing sixteen months later. It was an ordeal that would last 46 Days and remain a dominant factor for three ensuing decades that were laced with pain while he chased a greater goal: Happiness.

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Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or their own friends. Usually they doing activity like watching television, going to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Can be reading a book could be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the reserve untitled 46 Days: The Story of Frank Giannino's Record-Breaking Run Across America can be very good book to read. May be it could be best activity to you.

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