



Running with Champions: A Midlife Journey on the Iditarod Trail

Lisa Frederic

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Lisa Frederic was just your average Alaska fisherwoman when a vacation in Nome to see the burlled-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.

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