



Running Ransom Road: Confronting the Past, One Marathon at a Time

Caleb Daniloff

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The monikers drunk, addict, abuser, boozehound were Caleb Daniloff's for fifteen years. Now, the introduction that fits him best is "My name is Caleb and I am a runner."

In *Running Ransom Road*, Daniloff, now many years sober, confronts his past by setting out, over the course of eighteen months, to run marathons in the cities where he once lived and wreaked havoc. Competing from Boston to New York, Vermont to Moscow, Daniloff explores the sobering and inspiring effects of running, as he traverses the trails of his former self, lined with dark bars, ratty old apartments, lost loves, and lost chances. With each race he comes to understand who he is, and by extension who he was. He finds he is not alone. There are countless souls in sneakers running away from something and yet, bravely, running toward it. In this powerful story of ruin, running, and redemption, Daniloff illuminates the connection between running and addiction and shows that the road to recovery is an arduous but conquerable one. Strapping on a pair of Nikes won't banish all your demons, but it can play an important role in maintaining a clean life. For Daniloff, sweat, strained lungs, and searing muscles are among the paving stones of empowerment, and, if he's lucky, perhaps even self-forgiveness.

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