



Running Water

Abraham Louis Clark

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On January 12, 2010 a 7.0 magnitude earthquake rocked Port au Prince, Haiti leaving 220,000 dead and the remaining 86% to live in slum conditions. A month later 23 year old Abraham Clark set out to fulfill his dream of becoming the 15th person to run across America solo and unsupported. Now caught in the middle of young love and a world racing to raise funds to save the dying country his journey became much more than an escape from the chains of a post college career. Standing with his feet in the Pacific Ocean only time would reveal what the 2,960 mile road east would have in store. A legendary journey of love, death, manhood, humor and finding what it means to give more than you ever dreamt. Praise for running Water

"Running Water is an amazing look at Abe Clark's inspirational journey. At times it seemed the encounters and events Abe faced were a fabricated story, but this was no fiction story. I could not put it down, in fact the only time I did was to go train. Finished it in one day. Abe's odyssey across the country sheds light on all kinds of cultures across America and equally shines light on a great cause for an important and necessary primal need, Living Water International. I would recommend this book to anyone, readers and non-readers alike." Chris Solinsky - 8x Wisconsin high school state champion, 5x NCAA Division 1 champion, first non-African to break the 27-minute barrier in the 10,000 m setting the American record at 26:59.60 "No one could truly know what it is like to accomplish something like Abe did unless they've done it themselves. Although I have run across America myself, I had a support team with me who kept me under their watchful eye. Abe did his run solo. The two efforts are like night and day. I couldn't imagine doing what he did... wow. Simply amazing and for such an important and worthwhile, global cause. I am in awe of his accomplishment. He is a true inspiration." Dave McGillivray - Race Director, BAA Boston Marathon, Run Across American - 1978 "Abe Clark tells it like it is in this compelling memoir of a solo run across the country. Clark relates each day, serving up equal doses of mundane reality and high adventure, just as it happened, mixed with the insights and self revelations that such an adventure reveals." Running Times - Jonathan Beverly, Editor in Chief "I am left with a big WOW after reading about Abe's journey across America. Being an endurance athlete who runs for a purpose I am inspired and enlightened by Abe. When you put a driven man such as Abe at the front on running for an amazing cause and purpose you can't wait to turn to the next page to see what lies ahead. Running solo is something that few people will ever attempt. "Running Water" will leave you wanting to get up and get going, I know I am going to!" Lisa Smith-Batchen - 2x Badwater winner, Only American to win the 150 mile MDS across Sahara Desert, Only person to ever run 50 miles in all 50 states in 62 days. "This book reads like a James Patterson novel; a page-turner. Not only do you get the feel of running, you also experience the variables of culture in America, the quirks of people along the way and the mistrust of someone running alone in the night. The journey, for a cause, turned out to be an experience of a lifetime, with ups and downs and a touching romance. Something we can all experience, if we read the book.." Roy Pirrung - Ultramarathon world and national champion and record holder, with 60 national titles and over 60 American records and a member of USA Track & Field Masters Hall of Fame. 2011 runner-up in Italy's 722K (448 miles) Turin to Rome No Stop without crew support, at age 63.

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