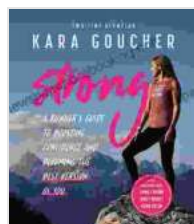


# Strong: The Kara Goucher Story

**By Kara Goucher with Adam Skolnick**

Kara Goucher is one of the most decorated American distance runners of all time. She has won multiple national championships, set American records, and competed in three Olympic Games. In her autobiography, *Strong*, Goucher tells the story of her life and career, from her humble beginnings to her rise to the top of the sport. She shares her struggles and triumphs, her fears and her dreams, and her journey to becoming one of the most inspiring athletes of our time.

Goucher was born in Queens, New York, in 1978. She began running at a young age, and quickly showed a talent for the sport. She won her first national championship in high school, and went on to compete for the University of Colorado. After graduating from college, Goucher turned professional and began to compete internationally.



**Strong** by Kara Goucher

★★★★☆ 4.6 out of 5

Language : English  
File size : 83981 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 178 pages  
Screen Reader : Supported



Goucher's international career was marked by both success and disappointment. She won a bronze medal at the 2007 World Championships, and finished fourth in the 10,000 meters at the 2008 Olympic Games. She also set American records in the 5,000 meters and 10,000 meters. However, she also suffered from a number of injuries, and was forced to withdraw from the 2012 Olympic Games.

Despite the setbacks, Goucher never gave up on her dream of winning an Olympic medal. She returned to competition in 2016, and qualified for the Rio Olympic Games. In Rio, Goucher finished fifth in the marathon, but her performance was an inspiration to many. She showed that anything is possible with hard work and determination.

Goucher's story is one of perseverance, resilience, and triumph. She is an inspiration to anyone who has ever dreamed of achieving something great. *Strong* is a must-read for any fan of running, or for anyone who is looking for a story that will motivate them to never give up on their dreams.

### **Praise for *Strong*:**

"*Strong* is an inspiring and honest account of Kara Goucher's journey to the top of the running world. Goucher's story is one of perseverance, resilience, and triumph, and it will motivate anyone who reads it." - *Runner's World*

"Kara Goucher is one of the most inspiring athletes of our time. Her story is a reminder that anything is possible with hard work and determination." - *The New York Times*

"*Strong* is a must-read for any fan of running, or for anyone who is looking for a story that will motivate them to never give up on their dreams." -

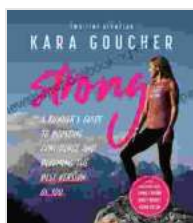
## Free Download your copy of Strong today!

Strong is available now in hardcover, paperback, and e-book. Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookstore.

### About the Author

Kara Goucher is one of the most decorated American distance runners of all time. She has won multiple national championships, set American records, and competed in three Olympic Games. She lives in Portland, Oregon, with her husband and two children.

Adam Skolnick is a sports journalist and author. He has written for The New York Times, The Wall Street Journal, and ESPN. He lives in New York City.



### Strong by Kara Goucher

★★★★☆ 4.6 out of 5

- Language : English
- File size : 83981 KB
- Text-to-Speech : Enabled
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Word Wise : Enabled
- Print length : 178 pages
- Screen Reader : Supported





## **Life and Death in West Africa: A Groundbreaking Account of the Region's Tumultuous 20th Century**

A Journey Through Decades of Strife and Resilience In "Life and Death in West Africa: The 20th Anniversary Edition," Pulitzer Prize-winning...



## **Master the Art of Fly Fishing Line Management: A Comprehensive Guide to Leader Construction and Knots**

Are you an avid fly fisher who wants to take your skills to the next level? Do you struggle with managing your fly fishing line, leading to missed...