



Running After Prefontaine: A Memoir

Scott F. Parker

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Like so many young runners in Oregon, Scott Parker came of age under the spell of the Prefontaine legend, which inspired his early understanding of running's purpose as being centered around discipline and will power. In *Running After Prefontaine*, Parker traces his running back to its roots in Northeast Portland and follows it forward in time as his relationship with running evolves to include a more nuanced approach to the sport. Whether he's literally running in Pre's footsteps in Coos Bay or Eugene, running on the beaches of Asia, or running himself past exhaustion in Portland's Forest Park, Parker is an astute narrator of the running experience. This intimate book, which connects running to the author's process of self-becoming, demonstrates how what we do makes us who we are.

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