



3/GO Triathlon

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Run While You Can

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dialogue.

RUN WHILE YOU CAN.

In 2011, a healthy of none, Sam Fox, announced that he wanted to run from Canada to Mexico—through the woods, over the mountains—faster than any person, ever. It was an audacious proposition, but one with an equally extraordinary explanation: "to back it up, he would dedicate the run to his mother, Lacy, diagnosed with Parkinson's, and he would try to raise \$250,000 for all his efforts. It was an act of devotion, a gesture of sympathy, a seemingly bottomless well of motivation, and certainly a tidy story for the magazine editors, the newspaper reporters and the film crew who followed us along the way. The only thing missing, as Lacy later told me, was apple pie.

I dig these sorts of sweaty and strenuous things, the habits of endurance that keep the blood hot and the head clear and the hummer balanced. In fact, I was just finishing a three-mile of the Appalachian Trail when I pulled up there and learned of his plans. I asked to get myself involved, mostly because I expected all the more what I know, diet, sweat and fatigue, I wanted to see the great, dry west—with its scorching heat and dizzying granite peaks. It would be, in short, an adventure.



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