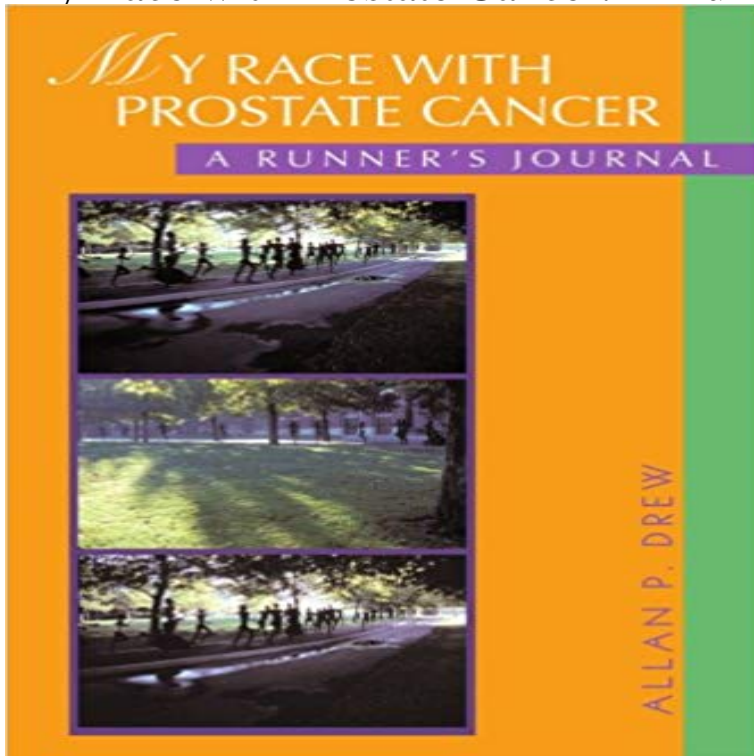


My Race with Prostate Cancer: A Runners Journal



Allan Drew details his 11-year experience with prostate cancer from the standpoint of a competitive runner. An All-American masters sprinter, Allan has competed through his 40s, 50s and into his 60s in track and field, swimming, and cycling. He details how his experiences with cancer treatment dovetailed with successes on the track and clearly illustrate how active exercise can continue successfully in spite of the presence of cancer. His story is told from the perspective of both an active runner and a dedicated patient. Citing recent research and interviews with other masters runners, Allan describes the positive impact of exercise on physical and mental health and the personal and unique journeys that are taken by individuals as they experience prostate cancer. The author emphasizes the importance of keeping a positive attitude and remaining engaged with life. Taking charge of his health by becoming educated about his disease helped Allan and his doctors make the best possible decisions regarding treatment and care. He also recounts how he simultaneously dealt with the stress that came from knowing that he had a potentially life-shortening disease by such means as meditation, prayer, positive imaging and, of course, running.

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