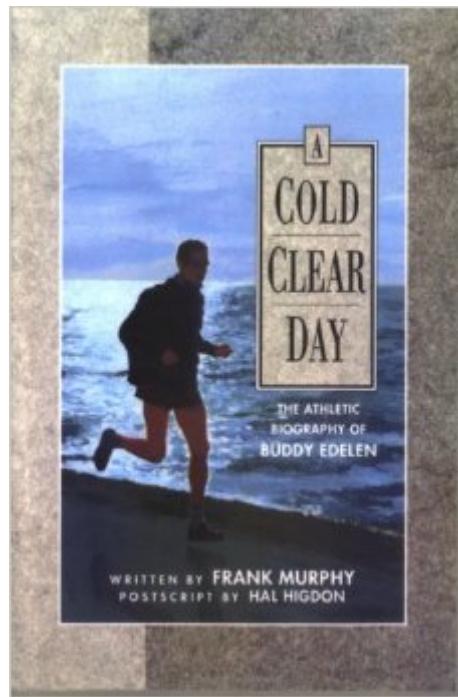


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# A Cold Clear Day



## **Synopsis**

Book by Murphy, Frank

## **Book Information**

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## **Customer Reviews**

In the late 1950's, American runners were not known for running long distances. In fact, they were laughed at by runners from other countries. Buddy Edelen set out to change that. Actually, trainer Fred Wilt set out to change that and Buddy Edelen was his man to make it happen. Buddy moved to Finland in the summer of 1959 to train there in hopes of earning a spot on the American Olympic team for the Rome Olympics in 1960. Unfortunately, the Olympic trials were held at a race in the United States and Buddy did not have enough money to make the trip back home to compete.

Despite the fact that he had already run well enough in Europe, against world class competition, to prove he could have won that event, Buddy was left off of the team and had to start thinking of the Tokyo Olympics in 1964. Buddy left Finland and moved to Westcliff-On-Sea Essex, England, at the beginning of 1960 and ended up staying there another four years. He paid his way by teaching at a local secondary school. And he trained. With the guidance of Fred Wilt, by mail from the United States, Buddy trained differently than marathon runners had in the past, incorporating speed work, days of repeated short sprints, into a schedule that also included many miles per week. He averaged over 100 miles per week of running, but it was the days of speed work that made him different. One could argue that Czechoslovakian runner Emil Zatopek was the first to incorporate speed work into marathon training, but the amount of speed work he did was a fraction of that done by Buddy in a week. Buddy Edelen ran 13 marathons from 1962 to 1964, winning seven of them. His

accomplishments were incredible and gave American marathon runners new respect in the world. This is his story. This was a good book. At less than 200 pages, it is an easy read. Best suited for athletes or someone interested in reading about athletic triumph.

As a runner in Alamosa, where Buddy lived for many years, I was shocked to learn one day that a friend of mine was the son of this former world record holder. Having of course never read the book, much less heard of the man himself, I found myself buying this biography of Buddy Edelen. What I discovered was awe-inspiring: a man who worked himself past the brink only to run into oblivion. Even had I not known some of the particulars of Buddy's life, "A Cold, Clear Day" impressed me with a great sense of respect for Buddy as an athlete. Beyond tough, he deserves to be remembered in the annals of running lore.

I really enjoyed this book. Other people may go for the swagger of Pre or the domination of a Salazar or Rodgers. But, of all the the runners I've read about, Edelen is the one I identify with most. I suppose it's because he's more of an unsung hero of American running. The book is fairly well written, and unlike many biographies, it does not drag on with boring unneeded details. It documents the man that Edelen was and shows excerpts from his training to give insight, to those of us who run ourselves, the kind of grueling training he did. One of my top five running books.

I'm not sure exactly why I was expecting this book to disappoint me, but, thankfully, it surprised me and turned out to be a great read. Maybe I've just read too many poorly-written athlete memoirs or something and I was expecting the usual somewhat shallow, overly upbeat narrative. I found the writing to be really solid and engaging and the subject of the book, Buddy Edelen, is a fascinating American distance running legend. I am amazed I'd never heard of him before reading the book considering his impressive accomplishments and sacrifices for the sport.

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