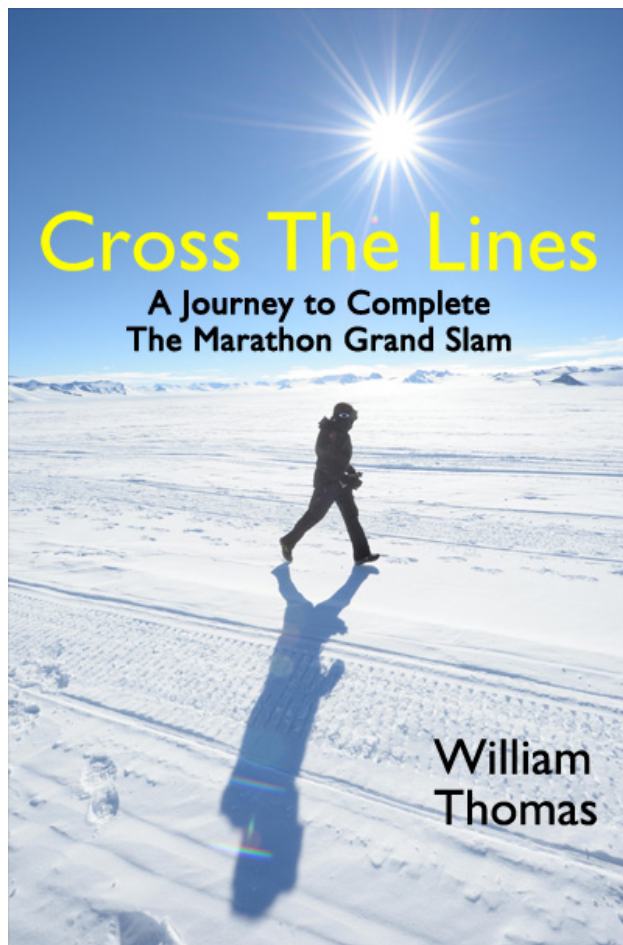


NEW FROM DL PRESS

Cross the Lines: A Journey to Complete The Marathon Grand Slam



Every marathon has two lines. We usually focus on the Finish Line; that is where the crowd gathers, that is where medals are awarded. We see crossing the Finish Line as the victory.

But there is a second line: the Starting Line. Sometimes, getting to that line and crossing it is even harder. Once you do, though, life can get pretty amazing.

William Thomas only began running at age 42, and ran his first marathon nine months later. Looking for a new goal, he set out to complete The Marathon Grand Slam: running a marathon on all 7 continents and at the North Pole. In addition to running marathons in the United States, his Grand Slam journey took him to Singapore, France, Brazil, South Africa, Australia, Antarctica, and ultimately, the North Pole. CROSS THE LINES is the story of the multi-year journey that put him onto a new and very exciting path.

ABOUT THE EXPERIENCE

The Marathon Grand Slam is one of the most exciting goals in the world of distance running. As of October 2016, 83 people worldwide have completed it. Sponsored by Global Running Adventures, it represents an opportunity to run not only in different countries but also in very different climates and terrains, going in William's case from the streets of Singapore near the equator to a frozen glacier in Antarctica, before finally running on a 3-foot thick ice floe at the North Pole. The Grand Slam is, for many runners, a multi-year challenge that demands not only athletic skill but also the ability to balance extreme running with the rest of their day-to-day life. During William's pursuit of the Grand Slam he changed careers, moved around the world, and ultimately started his own business, all while keeping an eye on the next race on his list. CROSS THE LINES shares not only his adventures but also the lessons he learned along the way.

ABOUT THE AUTHOR

Dr. William Thomas is a retired US Air Force lieutenant colonel and former Georgetown University professor, now working in Asia as a leadership advisor with his own company, Designing Leaders LLC. Dr Thomas was a professor at the US Air Force Academy for seven years and taught as a Fulbright Scholar at Nanyang Technological University in Singapore. With 23 marathons under his belt, he is currently an Ambassador for the Abbott World Marathon Majors, and continues to run with the New Balance Runners Club in Singapore.

LEARN MORE

You can learn more at <http://www.facebook.com/DrWilliamThomas>. For speaking engagements and media inquiries, please email wthomas@designingleaders.com.