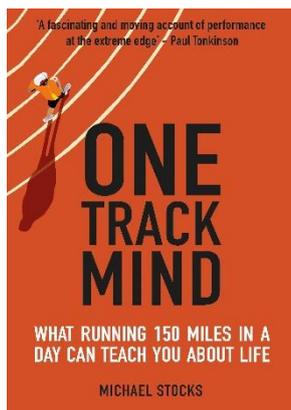


PRESS RELEASE



ONE-TRACK MIND

What Running 150 Miles in a Day
Can Teach You About Life

By Michael Stocks

Published by Reed Peak, 18 March 2021, £8.99, e-book £5.99

On a rainy day in South London, **Michael Stocks** prepares to run as far as he can in 24 hours. His ultimate goal? To run more than 150 miles, the equivalent of six marathons, and to qualify for the GB Team. When the hooter sounds exactly 24 hours later he has run 155 miles, is placed first, and wins selection to run for Great Britain at the age of 50 – the oldest person to debut for GB in the modern era. **ONE-TRACK MIND** is the story of that race.

In the book **Michael Stocks** relives the race – known as the *Self-Transcendence 24-Hour Track Race* – recalling the pain, the exhaustion, the nausea, and his sheer determination to succeed that drove him on through agonising calf spasms, relentless rain, wind and cold. Lining-up alongside 45 other competitors, men and women, on an ordinary 400-metre athletics track in Tooting, South London, he describes what it's like to set off for a run that, barring injury or illness, will take him through the night and will not end until a full day later.

Stocks talks about the build-up to the race, 18-months in the planning, and the people who support him, including his wife, Jane, who is trackside throughout the race, day and night, feeding him energy bars and soups, and keeping him hydrated; his coach, Norman Wilson, who was pivotal in making him believe that his dream of running for Great Britain was possible; the friends who act as time-keepers and offer encouragement throughout the day. He speaks about the mental tools he needed to cope with the race, to bat away the negative chatter in his head, and to overcome the dips in confidence as the race went on into the night.

In the final chapter **Stocks** describes his feelings at the end of 24-hours, when the running stopped. Shivering with cold, feet swollen, legs aching and needing help to dress himself, he was also filled with pride, not only for himself in achieving his dream but for all those who had finished the race.

ONE-TRACK MIND: What Running 150 Miles in a Day Can Teach You about Life is a remarkable story of perseverance and determination, and is aimed not just at runners, but also anyone interested in acquiring the life skills needed to perform at the highest level, and in stories of extraordinary human endeavour.

About the Author: *Michael Stocks* was born in South Africa and moved to the UK in 2000 when he married Jane. A successful businessman, and a former global media spokesperson for the mobile phone industry, he started running in his mid-thirties. In 2019 he made his debut for Team GB competing in the 24-Hour World Championship in France. Selected in 2020, the race was postponed, but he hopes to represent GB again this year. *In spring 2021 he will be making an attempt on the world 100-mile track record for his age.*

For further information contact: Jane Beaton at jane@kewpublicity.co.uk, 07802 433471