



## A Note

**Think about it:** As running weaves itself ever deeper into American culture, the books with running-related themes get better. In college I ran against Geoff Kurland. Years later, now a pediatric physician, he qualified for the Western States 100-Mile, and almost simultaneously learned that he had "hairy-cell leukemia," a particularly frightening leukemia. In *My Own Medicine: A Doctor's Life As a Patient*, Kurland writes about battling his illness and tackling the Western States race. It's a remarkable and harrowing read.