THE LONELY MILE

I ran 100 races trying to find myself. I spent the next seven years trying to forgive myself.

Dragos Crisan | Memoir | October 30, 2026

An extraordinary year of endurance. Seven years of reckoning.

In one year, Dragos Crisan completed 100 races across 13 countries and three continents, earning 31 Spartan Trifectas. From the outside, it was a remarkable story of discipline and perseverance.

But the greatest challenge wasn't waiting at another starting line. Behind the achievements was a more complicated personal journey. The choices Crisan made forced him to confront the distance between the person he believed himself to be and the person his actions revealed.

The seven years that followed required a different kind of courage: acknowledging difficult truths, accepting responsibility, and wrestling with the possibility of forgiveness.

The Lonely Mile is an intimate memoir about identity, accountability, and the long road toward reconciliation with oneself.

About the author

Dragos Crisan is an endurance athlete and debut memoirist. His experiences completing 100 races in a single year became the backdrop for a deeply personal exploration of achievement, identity, difficult choices, and forgiveness.

Suggested conversations

Achievement and avoidance · Mental toughness versus emotional growth · Self-image and choices · Accountability and forgiveness

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