THE LONELY MILE

Press & Media Kit | Revised press edition · October 24, 2026

A memoir by Dragos Crisan, published by Spartan Moon Studio LLC.

Publication target: October 30, 2026.

Media contact: spartanmoonstudio.com/press

At a glance

100 races in one year | 31 Spartan Trifectas | 13 countries | 3 continents

Book synopsis

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.

Author portrait: Dragos Crisan. For reproduction files and credit requirements, contact Spartan Moon Studio via the press page.

Editorial angles

- When achievement becomes a way of avoiding uncomfortable truths
- Why mental toughness and emotional growth are not the same thing
- Confronting the difference between self-image and personal choices
- Writing a memoir without excusing or simplifying the past
- The difficult relationship between accountability and forgiveness

Interview starter questions

1. What drew you to undertake 100 races in a single year?

2. When did you realize the achievement was only part of the story?

3. How do you distinguish endurance from emotional courage?

4. What did writing the memoir require you to confront?

5. Why is forgiveness not a finish line?

Publication details

Title: The Lonely Mile

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

Author: Dragos Crisan

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Formats: Direct EPUB and Kindle eBook; paperback availability messaging should be confirmed against the live listing before publication.

Official website: spartanmoonstudio.com

Media inquiries: spartanmoonstudio.com/press

Press assets & usage

The official press room features the book cover, Spartan Moon Studio branding, and the author portrait used on the publisher website.

For a print-ready image file, photograph credits, or other authentic race photography, submit a media inquiry at spartanmoonstudio.com/press.

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