



The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It

Neal Bascomb

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There was a time when running the mile in four minutes was believed to be entirely beyond the limits of human foot speed. And in all of sport it was the elusive holy grail. In 1952, after suffering defeat at the Helsinki Olympics, three world-class runners set out individually to break this formidable barrier. Roger Bannister was a young English medical student who epitomized the ideal of the amateur -- still driven not just by winning but by the nobility of the pursuit. John Landy was the privileged son of a genteel Australian family, who as a boy preferred butterfly collecting to running but who trained relentlessly in an almost spiritual attempt to shape his mind and body to this singular task. Then there was Wes Santee, the swaggering American, a Kansas farm boy and natural athlete who believed he was just plain better than everybody else.

Santee was the first to throw down the gauntlet in what would become a three-way race of body, heart, and soul. Each young man endured thousands of hours of training, bore the weight of his nation's expectations on his shoulders, and still dared to push to the very limit. Their collective quest captivated the world and stole headlines from the Korean War, the atomic race, and such legendary figures as Edmund Hillary, Willie Mays, Native Dancer, and Ben Hogan. Who would be the first to achieve the unachievable? And who among them would be the best when they raced head to head? In the answer came the perfect mile.

In the tradition of *Seabiscuit* and *Chariots of Fire*, Neal Bascomb delivers a breathtaking story of unlikely heroes and leaves us with a lasting portrait of the twilight years of the golden age of sport.

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A lot of people always spent their very own free time to vacation as well as go to the outside with them family members or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that is look different you can read any book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day every day to reading a guide. The book The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It it doesn't matter what good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to develop this book you can buy often the e-book. You can m0ore simply to read this book out of your smart phone. The price is not very costly but this book provides high quality.

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