



# Constant Forward Motion: The Running of the Lymphoma Ultra Series

*C. Craig Burns*

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# Constant Forward Motion: The Running of the Lymphoma Ultra Series

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## **Constant Forward Motion: The Running of the Lymphoma Ultra Series** C. Craig Burns

At a time when many are looking for raw, authentic lives of faith, author C. Craig Burns offers an autobiographical journey through his diagnosis of an incurable cancer and into the world of ultra marathons. Experience real life situations in vibrant detail as you run, walk, climb, and run some more along with Craig through the mountains of Virginia and West Virginia. An official finisher in five ultra marathons in 2007, plus the Boston Marathon, Craig continued his training and competing (albeit as a self-confessed 'back-of-the-packer') while in the midst of overcoming Lymphoma. The trail of Constant Forward Motion winds through every aspect of the author's life. The people, events, and experiences are all actual and authentic. The story includes doctor reports, prognoses and steps of faith following news such as, "You either have cancer or HIV," and is filled with often humorous observations. There really isn't anybody who wouldn't be encouraged by reading this book.

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