



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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From reader reviews:

Katie Doll:

Spent a free time and energy to be fun activity to complete! A lot of people spent their sparetime with their family, or their own friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could be reading a book can be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It can be fine book to read. May be it could be best activity to you.

Jacob Keys:

Often the book The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It has a lot info on it. So when you read this book you can get a lot of benefit. The book was written by the very famous author. Mcdougal makes some research previous to write this book. That book very easy to read you may get the point easily after looking over this book.

Joseph Boyd:

People live in this new moment of lifestyle always try to and must have the free time or they will get lots of stress from both everyday life and work. So , once we ask do people have free time, we will say absolutely yes. People is human not really a robot. Then we inquire again, what kind of activity do you have when the spare time coming to you actually of course your answer will probably unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative with spending your spare time, the particular book you have read will be The Perfect Mile: Three Athletes, One Goal, and Less Than Four Minutes to Achieve It.

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