

# Run One: The Inspiring Story of Alicia Rivera

Alicia Rivera was born in the Bronx, New York, in 1991. From a young age, she was passionate about running. She ran track and field in high school and college, and dreamed of one day running in the Olympics.



## Run: Book One by Alicia Rivera

★★★★★ 5 out of 5

Language : English  
File size : 2636 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 110 pages  
Lending : Enabled



However, Alicia's life took a tragic turn when she was diagnosed with cancer in 2013. She was forced to undergo chemotherapy and radiation, which took a toll on her body and her running.

Despite her challenges, Alicia never gave up on her dream. She continued to train, even when it was difficult. And in 2016, she qualified for the Olympic Trials.

Alicia's story is an inspiration to anyone who has ever faced adversity. It shows that anything is possible if you set your mind to it and never give up.

## Alicia Rivera's Running Journey

Alicia Rivera began running at a young age. She ran track and field in high school and college, and quickly became one of the top runners in the country.

In 2013, Alicia's life took a tragic turn when she was diagnosed with cancer. She was forced to undergo chemotherapy and radiation, which took a toll on her body and her running.

Despite her challenges, Alicia never gave up on her dream. She continued to train, even when it was difficult. And in 2016, she qualified for the Olympic Trials.

Alicia's story is an inspiration to anyone who has ever faced adversity. It shows that anything is possible if you set your mind to it and never give up.

### **Alicia Rivera's Advice for Runners**

Alicia Rivera is a role model for runners of all levels. She has overcome incredible challenges to achieve her goals, and she has never given up on her dreams.

Here are a few of Alicia's tips for runners:

- **Set realistic goals.** Don't try to do too much too soon. Start with a goal that you can achieve, and then gradually increase your distance and intensity.
- **Find a training plan that works for you.** There are many different training plans available, so find one that fits your needs and goals.
- **Be consistent with your training.** The best way to improve your running is to train regularly. Try to run at least three times per week.

- **Listen to your body.** If you're feeling pain, don't ignore it. Take a break or see a doctor.
- **Don't give up.** Running is hard, but it's also rewarding. Stick with it, and you'll be amazed at what you can achieve.

## **Run One: The Book**

Run One is Alicia Rivera's memoir, which tells the story of her running journey and her battle with cancer.

The book is an inspiring read for anyone who has ever faced adversity. It shows that anything is possible if you set your mind to it and never give up.

Run One is available for Free Download on Our Book Library and other online retailers.



## Run: Book One by Alicia Rivera

★★★★★ 5 out of 5

Language : English  
File size : 2636 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 110 pages  
Lending : Enabled

FREE

DOWNLOAD E-BOOK



## **Sky Island Trot Cap Bill Adventure: A Captivating Tale for Children of All Ages**

Prepare yourself for an extraordinary adventure that will ignite your imagination and transport you to a world beyond your wildest dreams....



## **The 14 Day Quarantine Recipe: A Culinary Adventure During Isolation**

In these extraordinary times of quarantine, where many of us find ourselves confined within the walls of our homes, cooking has emerged as a...