



## **Just a Little Run Around the World: 5 Years, 3 Packs of Wolves and 53 Pairs of Shoes**

*Rosie Swale Pope*

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**Just a Little Run Around the World: 5 Years, 3 Packs of Wolves and 53 Pairs of Shoes** Rosie Swale Pope

After her husband died of cancer, 57-year-old Rosie set off to run around the world, raising money in memory of the man she loved. Followed by wolves, knocked down by a bus, confronted by bears, chased by a naked man with a gun and stranded with severe frostbite, Rosie's breathtaking 20,000-mile solo journey is as gripping as it is inspiring.

Rosie's solo run around the world started out of sorrow and heartache and a wish to turn something around.

Heartbroken when she lost her husband to cancer, Rosie set off from Wales with nothing but a small backpack of food and equipment, and funded by the rent from her little cottage. So began her epic 5-year journey that would take her 20,000 miles around the world, crossing Europe, Russia, Asia, Alaska, North America, Greenland, Iceland, and back into the UK.

On a good day she'd run 30 miles, on a bad day she'd only manage 500 yards, digging herself out of the snow at -62 degrees C, moving her cart inches at a time. Every inch, every mile, was a triumph, a celebration of life, and 53 pairs of shoes later Rosie arrived home to jubilant crowds in Tenby, Wales.

Rosie's incredible story is a mesmerizing page-turner of the run of her life. It will wake up the sleeping adventurer in you; it will inspire hope, courage and determination in you; but most of all it will convince you to live your life to the full and make every day count.

## **Just a Little Run Around the World: 5 Years, 3 Packs of Wolves and 53 Pairs of Shoes** **Details**

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## **From Reader Review Just a Little Run Around the World: 5 Years, 3 Packs of Wolves and 53 Pairs of Shoes for online ebook**

### **Mark Glover says**

This is one of those books that sneaks up on you very unassuming in much the same way as its author would appear to be, it details the incredible achievement of Rosie Swale Pope who set off at 57 to run around the world. I feel it would not be giving too much of the story away to reveal that the run itself was in tribute to the death of her partner who died of cancer, though this is anything but an exercise in self analysis and remorse. Rosie comes across as an amazingly inspirational person who chose these tragic circumstances to set forth on journey of discovery that is both personal and challenging, running around the northern hemisphere unassisted through largely inhospitable landscapes. To call the journey she takes danger filled and arduous would be understatement and as another reviewer noted you do almost wish that Rosie would make more of some of the challenges she faced, certainly if ever there was a journey worthy of having wider acclaim it is hers. But once you read the book you understand that it is in fact her ability to overlook the hardships and downplay the challenges that make her capable of achieving things that would seem to most an impossibility.

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### **Shauna says**

An interesting account of a run around the world raising money for various charities. Starting out in her home town of Tenby in Wales, 57 year old Rosie Swale Pope sets out across Northern Europe, Russia and across Siberia to the USA and Canada, enduring some the coldest temperatures on the planet. You cannot help but warm to Rosie as she faces the many challenges she meets with optimism and good humour. She has my respect and admiration for what she has achieved. This book would have been so much more enjoyable with a good map so that you could chart the journey and see for yourself the enormity of it.

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### **Anji says**

I think I read this entire book like this: O.O (with my mouth agape).  
How Rosie Swale Pope was not killed, mugged, or frozen to death is beyond me. If there is one word I'd use to describe this story, it's 'EPIC'. In every sense of the word.  
If anyone reads this & doesn't feel an urge for travel and adventure afterwards, check them for a heartbeat.

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### **P.G. Glynn says**

Simply brilliant! Rosie Swale Pope's true story of her run around the world is both humbling and extraordinarily inspirational. Her achievement and mindset are awesome.

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### **Ian Highland says**

Having met Rosie I can safely say she must have written every word of this book. The narrative is erratic and every sentence is filled with exuberance and joy. She writes exactly as she speaks.

The book is a factual account of why, where and when through the 5 year plus journey. There are some amazing stories here that I really wanted explaining further but had she had done it would've involved more volumes than the encyclopaedia britannica (google it millennials).

It seems churlish to critique a book like this on its content and Rosie's writing prowess, so I won't it's so much more than a written account. It inspires and fills your heart so much more than any read of greater written quality, and who am I to judge on that score.

I have to admit that I got lost keeping track of every name mentioned and really needed a handy reference guide at the back, along with a map charting her course and main stops. It's credit to her that she made a point of mentioning every single person that helped her as they were so important to her progress and achievement.

She's an amazing person and this is an inspiring book.

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### **Moira says**

Rosie is a force of nature. You read this book with your jaw slack ... poised somewhere between total admiration and the belief that she isn't quite sane. Both reactions are entirely justified. Even though you know she makes it ... there are times when her writing is so vivid that you feel a cold hand gripping your heart. The moment when her cellphone died, stranded in the middle (quite literally) of nowhere ... eccentric as the Mad Hatter but with the survival skills of a street fighter, Rosie writes as she lives - at breakneck speed. Amazing woman. Amazing book.

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### **Bonnie\_blu says**

Wonderful book! It is a study in courage, grace, and humanity. Loved it!

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### **Zoe says**

I loved this book. Initially bought as I wanted a book on running, but instead it's about endurance and survival in the most hostile of places and in the most emotional of times.

A truly uplifting story. Loved it.

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### **Martinxo says**

The sections on Siberia and Alaska are thrilling and one is struck by the sheer courage and determination of Ms Pope. Sadly the book (for me) became a little dull after Alaska and I skimmed much of the last quarter of

the book. One major downside: No map! How can you have a book on a run around the world without a flipping map of the route!?!??

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### **Choopie says**

What a remarkably gutsy woman. You would have to read it to believe it. Would have loved to have heard how she managed with her ablutions in -56deg weather.

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### **Terry says**

This is a phenomenal, almost unbelievable true story of a woman of 57 who runs through frozen northern wastes in isolation in temperatures down to minus 65C. Its a truly moving story thats puts us ordinary folk to shame. I cried through much of the book and can relate to much of the story. The only issue I have is that the book was rushed. I would have preferred a much longer, epic book about her 5 year trip. If anything this book understates her achievement which I think is a shame. I would have wished for longer, deeper descriptions, more daily detail as often 6 weeks at a time are just skipped. Also too many acknowledgments. I am happy to read about characters who support the heroine but their names, childrens names and pets was too much information. I would have liked the book to have been more tedious! Each day of survival must have been difficult and painstaking, especially in Siberia in minus 30, yet the narrative breezes through 4 weeks of solitary running and living in a tent as matter of fact. I think a ghost writer could have given a larger perspective on this feat. It makes her adventure shockingly ordinary because of the style with which she has written it. I would thoroughly recommend it though. I won't grumble at having to leave my comfy chair to put the kettle on again!

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### **Sharon says**

Loved it . . . I am in awe of this lady !

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### **Marianne says**

This is a true story about a woman who, after her husband dies of cancer decides to run around the world in order to raise awareness of cancer. It's an amazing story, and Rosie is an amazing woman but I think I was expecting to be more involved in her story. I think partially the problem was that the book spans the five year trip and the places she ran were so remote so the snapshots were exactly that and it was difficult to get a real feel for the journey at times. Running in -50, and dealing with Siberia, Alaska and Greenland amongst other places is awe-inspiring, but sometimes I don't think I really got that sense. It's maybe a harsh to judge because she's not a writer, but I almost wish it was a pure diary form where we got more of her emotional experiences, and found out more about the days where she wanted to give up, where the frostbite and the isolation got to her as opposed to the more sanitised 'this is what happened, I felt, I saw...' thing we got sometimes.

Regardless, my awe of the woman throughout the book never wavered. It staggers me that she never gave up,

that she completed that journey despite its length and tribulations. She was 57 when she started her journey, and although she wasn't a newbie at these mammoth feats after sailing the Atlantic single-handedly, it's still, for me, an almost unbelievable feat and although I was disappointed I didn't develop a more emotional connection with the journey, my admiration and awe was definitely something that wasn't ever in doubt.

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### **Liralen says**

It was a little startling to look Rosie Swale Pope up after finishing this book and to see just how much she's done—she has a hell of an endurance CV. In *Just a Little Run Around the World*, she describes running, yes, around the world after her partner died.

It's funny how much perspective changes when you're talking about a five-year run rather than, say, a five-hour run. Pope talks breezily about all sorts of things that in a shorter endeavour would be given entire chapters or more: being hit by a bus, serious illness, near starvation, swarms of mosquitoes making their way down her throat, being chased by unsavory sorts... But she has so much ground to cover, literally and physically, that she just sums up these otherwise Big Things in a sentence or two and moves on to the next thing.

The book's not a stunner as far as craft and so on go, but it's competent, and stunning readers with the prose isn't really the point here. You can't outrun grief, but you can do something with it, and Pope certainly managed that.

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### **Kitvaria Sarene says**

I'm absolutely in awe of what the author achieved! One hell of a journey - and who the hell cares about broken ribs... Off we go!

The book itself didn't really catch me as much as I hoped though. One reason is the prose and style of the author. It isn't bad - it just didn't fit my personal taste. The second reason is how so many things are just handled so quickly. "I ran away - I got away" and on to the next. With quite some situations I would have loved more time spent on them. It all flowed by so quickly I never got fully engaged with the story, but it felt more like "skim reading" to me, even though I did fully read it. I somehow always stayed on the surface of the story instead of sinking in.

All in all an interesting read and one amazing woman!

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