

# **Running the World – Discussion Guide**

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## **Welcome!**

Whether you're part of a book club, a running group, or simply reading *Running the World* on your own, this discussion guide is here to help you reflect, connect, and be inspired. These questions are designed to walk alongside you—mile by mile—as you explore the themes of perseverance, transformation, and the unexpected joys of chasing big goals.

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## **Chapter-Based Discussion Questions**

### **Chapter 1 – How It Started**

- What did you think of her “30-second shift” moment? Have you ever had a small decision lead to a big life change?
- What role did self-doubt play in her early journey?

### **Chapter 2 – Becoming a "Real Runner"**

- What do you think it means to become a “real runner”? How does society define it—and how do you?
- What obstacles did she overcome mentally and physically?

### **Chapters 3–4 – London Calling / London Marathon 2016**

- Why was London a meaningful first World Major?
- What details brought this race to life for you?

### **Chapter 5 – Runner Highs and Lows**

- Which of her highs or lows stood out most?
- Have you ever felt a high or low like that with a goal you were working toward?

### **Chapter 6 – Chicago Marathon 2017**

- How did her experience change from her first marathon to her second major?
- What’s the emotional significance of taking on a new challenge once you’ve succeeded at one?

### **Chapter 7 – Fully Baked and Well Done**

- How does humor play a role in her journey?
- How does she use running to process emotions or stress?

### **Chapter 8 – Berlin Marathon 2018**

- What was special about running the same year the world record was set?
- How does Berlin compare to the other marathons described so far?

### **Chapter 9 – Time to Get Real**

- What new challenges emerged here?
- How do you stay motivated when things start to feel overwhelming?

### **Chapters 10–12 – Boston (Virtual and Real)**

- What did it take to get to Boston—twice?
- How did the pandemic impact the journey, and how did she adapt?

### **Chapters 13–14 – Injury, Swimming & Adapting**

- How does she deal with setbacks like injury?
- What do these chapters teach us about adjusting goals, not giving up?

### **Chapter 15 – NYC Marathon 2022**

- How does NYC’s energy compare to the other races?
- What did this race represent in the overall journey?

### **Chapters 16–17 – Run as One / Tokyo Marathon 2024**

- What emotions come with nearing the final goal?
- How did the Tokyo experience differ from the others?

### **Chapter 18 – A Six Star Finisher**

- What does the Six Star Medal symbolize in her story?
- What does success look like in your own life?

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### **Reflect & Discuss**

- What moment in the book impacted you most?
- Have you ever felt “too old” or “too late” to pursue something big?
- What’s one goal or dream you’ve been putting off that this book inspired you to revisit?

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### Extras for Your Group

- **Group Activity:** Go for a walk or run together and share your own “Six Star” dream—whether running-related or not.
- **Author Q&A:** Reach out to invite [Your Name] for a local group appearance or virtual book club discussion.
- **Meet the Author!:** Join me on **Global Running Day, June 4 at 6 PM at Flying Machine on Randall Parkway** for a book signing and meet-up. I’d love to meet you!
- **Book Availability:** *Running the World* is available on Amazon, other online retailers, and—soon—in local bookstores.
- **Speaking Engagements:** I’m available for motivational speaking engagements. Let’s connect!

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Keep chasing your dreams—mile by mile!