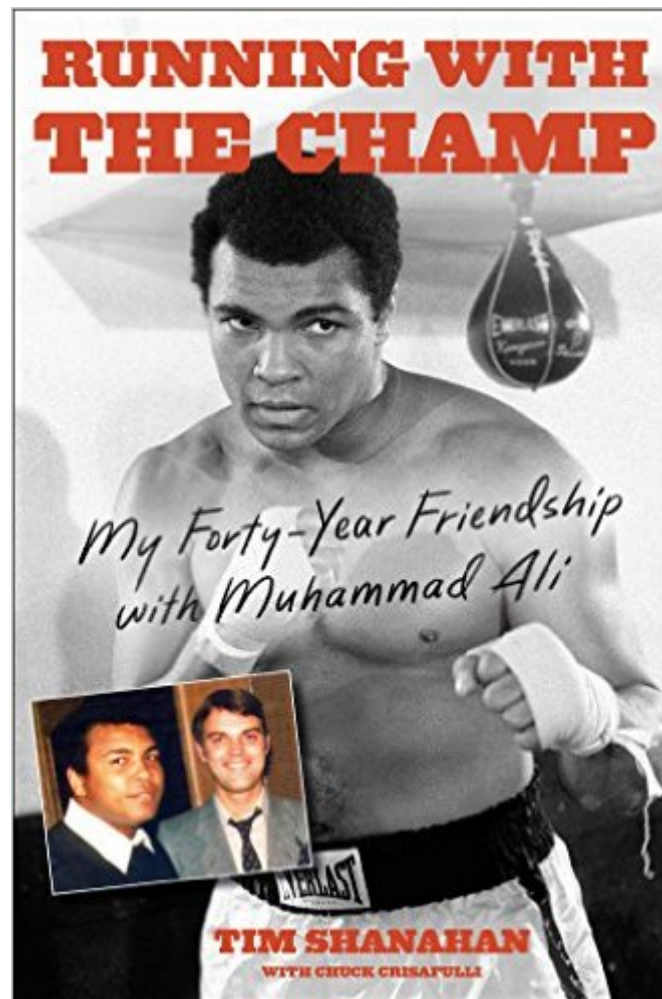


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# Running With The Champ: My Forty-Year Friendship With Muhammad Ali



## Synopsis

A personal tribute to the remarkable friendship between Tim Shanahan and Muhammad Ali, including dozens of never-before-told stories about Ali, his family, his entourage, and various celebrities along the way—as well as never-before-published personal photos. In 1976 Tim Shanahan was a medical-instruments salesman living in Chicago and was associated with a charity that arranged for athletes to speak to underprivileged kids. Muhammad Ali was also living in Chicago, having just reclaimed his title as heavyweight champion of the world after defeating George Foreman and Joe Frazier (â œThe Thrilla in Manilaâ •). He was at the peak of his fame and athletic skill. Shanahan contacted Ali to ask whether he would participate in the program. Not only did Ali agree, he invited Shanahan to his house and then spent several hours talking to Shanahan. It was the beginning of a forty-year friendship. In *Running with the Champ*, Shanahan shares the stories of various celebrities whom Ali met over the years, such as Michael Jackson (who showed Ali and Shanahan his doll collection), Elvis Presley, John Travolta, Andy Warhol, and many others. Ali invited Shanahan to sparring sessions (and once sparred with him) and the two men would often go running together in the early morning. Shanahan accompanied Ali to his Pennsylvania training camp as the Champ prepared to fight Ken Norton, Earnie Shavers, and Leon Spinks and he witnessed numerous unpublicized incidents of Aliâ™s generosity to people in need. When Ali moved to Los Angeles, Shanahan also relocated there. *Running with the Champ* is a touching, candid narrative of an extraordinary friendship that persevered through the best and worst of times.

## Book Information

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## Customer Reviews

A gift from the author, who not only knew Ali the boxer, but Ali the Man. I love this book. "Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything. - Muhammad Ali Thanks Tim for a great "Run"....

A fun, informative book about one of the most dynamic athletes and people of all time. I discovered numerous insights, from Ali's love of ice cream to a key reason he fought so badly against Larry Holmes - he was on a dietary supplement that, over time, made him feel very sluggish. If you want to learn about the personal side of this outsized personality, be sure to get this book!

I found this book in the Strand's half-priced review book section and took a chance. I read it, loved it, and immediately mailed it to my mom. There are so many stories of Ali's amazing spirit and generosity in here which Mr. Shanahan alone witnessed. He has a Nabakovian-like memory for detail, and the ghost writer expertly lays out the narrative. Gripping, sometimes sad, but many times laugh-out-loud funny.

If you're an Ali fan, this book is a must read. Tim Shanahan did a wonderful job showing the side of Ali that the public didn't get to often see. Up close and personal, you feel like you were right there with them.

Whether you liked Ali or not, I think most would agree he was unique. I enjoyed reading about his life from this author's perspective and his long-standing relationship with Ali. Tim Shanahan has had many opportunities to meet many celebrities in his life, not only through Ali and there are plenty of interesting anecdotes. I also liked all of the personal pictures included in the book. The book does bounce around back and forth throughout the years and I think the flow would have been improved if it was told in chronological order. Also, there were too many times I thought the author was spelling out to the reader what a close friend he was to Ali which really was not necessary, as his forty year relationship spoke for itself.

Wonderful book about an amazing man- through the insight of a good friend; great author- felt like I was with them during their awesome adventures!

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