



Welcome to the official Book Club discussion guide for *Every Mile Matters*!

In this memoir, I share how the discipline and mindset I developed through triathlon training got me through cancer treatment - a race with no sign-up sheet and no finisher's medal, yet one that demanded every ounce of physical and mental fortitude I had cultivated as an athlete.

These questions are designed to spark meaningful conversations about the parallels between athletic training and life's

unforeseen challenges, the transformation of body, mind and spirit through adversity, and the profound ways we can draw on seemingly unrelated experiences to face our most difficult moments.

Whether your group includes triathletes, cancer survivors, both, or neither, these questions invite readers to reflect on their own sources of strength and how past challenges may have unknowingly prepared them for future tests.

Feel free to explore these questions in any order, focusing on those that resonate most with your group's interests and experiences.

I hope these discussions enrich your reading experience and perhaps reveal unexpected connections to your own life journeys.

It's a privilege to become part of your life and your support means the world to me!

Understanding the Journey

- What parallels did the author draw between the three disciplines of triathlon (swimming, biking, running) and the various stages of cancer treatment?
- How does the book's title, "Every Mile Matters" connect back to both triathlon training and cancer treatment?
- In what ways did the mental discipline required for triathlon prepare the author for the psychological challenges of cancer?

- Which triathlon training principles proved most valuable during the author's cancer journey?
- How did the author's support system change or evolve between triathlon training and cancer treatment?
- What role did setting goals play in both the author's triathlon career and cancer recovery?
- How did the author's identity as an athlete influence their approach to being a cancer patient?
- What unexpected strengths did triathlon training provide that the author hadn't anticipated needing for cancer?
- How did the author's perspective on "endurance" evolve throughout the memoir?

Exploring Deeper Themes

- How did the author's relationship with his body transform throughout both experiences?
- What role did fear play in both the triathlon training and cancer journey, and how did the author manage it?
- In what ways did triathlon training provide not just physical but emotional preparation for cancer?
- How did the author's concept of "strength" evolve throughout the book?
- The author faced both chosen difficulties (triathlon) and unchosen ones (cancer). How did his approach to suffering differ between these two experiences?
- What lessons about patience did both journeys teach the author?
- How did the author's perspective on time and pacing change throughout both experiences?
- In what ways did triathlon's community values transfer to the author's cancer support network?
- How did the author navigate the loss of control experienced during cancer treatment, and did triathlon training offer any relevant preparation?

Personal Reflections

- Which aspect of the author's journey resonated most strongly with your own life experiences?
- What surprised you most about the connections between endurance training and facing serious illness?
- Has this book changed your perspective on how seemingly unrelated life experiences might prepare us for future challenges?
- If you could ask the author one question about his journey, what would it be?

- Did the book inspire you to approach your own life challenges differently? If so, how?
- Which of the author's coping mechanisms seemed most valuable or applicable to your own life?
- How did the author's spiritual or philosophical outlook evolve throughout both journeys?
- Did you find yourself more drawn to the triathlon narratives or the cancer experience, and why?
- What role did vulnerability play in the author's story, and how did it affect you as a reader?
- How has reading this memoir influenced your understanding of resilience?

Literary Elements

- How effective was the metaphor of "race" throughout the book? Did it ever feel limiting?
- How did the structure of the book reflect the author's journey through both triathlon and cancer?
- In what ways did the author's voice or tone shift when describing triathlon versus describing cancer?
- How did the author use humor throughout the book, and what purpose did it serve?
- What role did other people's stories play in the narrative?
- How did the author balance technical details of both triathlon and medical treatment with emotional storytelling?
- What imagery or descriptions were most powerful in conveying the physical experiences he described?
- How did the author handle time throughout the narrative? Was it chronological or more reflective?
- What role did flashbacks or foreshadowing play in developing the narrative arc?
- How did the author's writing style contribute to your understanding of his experiences?

Looking Forward

- What do you think the author learned about themselves that they might not have discovered without these dual experiences?
- How might the author's perspective help others who are facing serious illness without athletic backgrounds?
- In what ways might the author's story change how we think about physical preparation for medical challenges?
- How does the book contribute to our cultural understanding of both cancer and endurance sports?

- What questions about the mind-body connection does this memoir raise?
- How might healthcare providers benefit from understanding the parallels the author draws?
- What message does the book offer about finding meaning in difficult experiences?
- How does the author address the concept of "survivorship" in both athletic and medical contexts?
- What legacy do you think the author hopes to leave with this book?
- If you were to apply one lesson from this book to your own life starting tomorrow, what would it be?



Feel free to add your own questions or modify these to better suit your Book Club's needs. I value your feedback and if you submit a picture of your book club with the book, I will be happy to feature your group on my social media pages. You can send your photo or feedback to me at drjeffreyreynolds@gmail.com