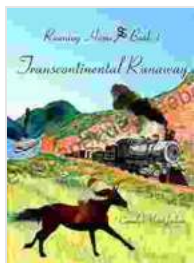


# Transcontinental Runaway: Running Home - A 3,000-Mile Journey of Hope, Healing, and Redemption



## Transcontinental Runaway (Running Home Book 1)

by Connie Roop

★★★★☆ 4.7 out of 5

Language : English  
File size : 2141 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 245 pages  
Lending : Enabled  
Screen Reader : Supported



### By Catra Corbett

In 2017, I embarked on an extraordinary journey: a 3,000-mile transcontinental run from New York City to Los Angeles. But this was no ordinary run. I was running to escape a life of domestic violence, addiction, and homelessness, and to find my way back home to my roots in California.

I had been living in New York City for several years, working as a professional runner. But behind the facade of success, I was struggling with a secret: I was in an abusive relationship. My partner was controlling and manipulative, and he often physically and emotionally abused me. I was

also struggling with addiction to alcohol and drugs, which I used to numb the pain of my abuse.

One day, I hit rock bottom. I had lost everything: my job, my apartment, and my self-respect. I was homeless and alone, and I didn't know where to turn. In that moment, I realized that I had to make a change. I had to get away from my abuser and find a way to heal.

I decided to run home to California. I knew it would be a long and difficult journey, but I was determined to make it. I started running from New York City, and I ran every day, rain or shine. I slept in shelters and on the streets, and I ate whatever I could find. Along the way, I encountered countless challenges and obstacles. I was robbed, harassed, and even attacked. But I kept going. I knew that I had to keep running, because if I stopped, I would never make it home.

As I ran, I began to heal. The physical act of running helped me to clear my mind and to process the trauma that I had experienced. I also met many kind and supportive people along the way, who helped me to keep going. There were strangers who offered me food and shelter, and there were fellow runners who joined me for miles on end. Their support gave me the strength to keep putting one foot in front of the other.

After six months of running, I finally reached Los Angeles. I was exhausted and broken, but I was also filled with a sense of accomplishment. I had survived an unimaginable journey, and I had found my way back home. I am now living a healthy and happy life in California. I am sober, I am in a healthy relationship, and I am pursuing my dreams. I am so grateful for the journey that I took, and I am proud of the person that I have become.

My story is a story of hope, healing, and redemption. It is a story about the power of the human spirit, and the importance of never giving up on your dreams. If you are struggling with domestic violence, addiction, or homelessness, please know that you are not alone. There is help available, and you can overcome your challenges. Just take that first step, and keep going. You never know what you might achieve.

**Here are some tips for running a long distance:**

- Start slowly and gradually increase your mileage.
- Listen to your body and take breaks when you need them.
- Stay hydrated by drinking plenty of water.
- Eat healthy foods to fuel your body.
- Find a running buddy or group to keep you motivated.
- Set realistic goals and don't be afraid to adjust them as needed.
- Most importantly, have fun and enjoy the journey!

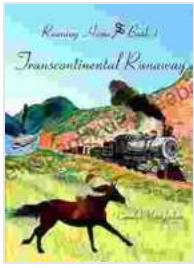
**If you are interested in learning more about my story, please visit my website:**

[www.catracorbett.com](http://www.catracorbett.com)

**I also wrote a book about my journey, which is available on Amazon:**

Transcontinental Runaway: Running Home - A 3,000-Mile Journey of Hope, Healing, and Redemption

**Thank you for reading my story!**



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