

“Serious runners will relate to the highs and lows of Ostman’s training...”

~*Kirkus Reviews*

“She's also an openhearted traveler, interested in the people she encounters in such far-flung places as South Africa, Brazil, and Antarctica. No matter where she goes, Ostman is living proof that even those who tend to stay at the back of the pack can still be winners.”

~ *O, The Oprah Magazine*

Dear XXX,

My name is Cami Ostman, and I’m the author of *Second Wind: One Woman’s Midlife Quest to Run Seven Marathons on Seven Continents* (Seal Press, November 2010). I’ve checked out your site [NAME OF SITE] and noticed that you regularly cover {travel/jogging/health/inspirational stories} (and if you want add a sentence about a particular interview they did, or a blog post you enjoyed). I’m contacting you to see if you would be interested in receiving a review copy of my book, which was featured in the January issue of O Magazine. This copy would be for review or excerpt consideration, and alternatively I’m available for interview or can put together a guest blog post on (depending on the nature of the blog, tips for travel, tips on running etc). If you are interested, please do send me your mailing address and I’ll have my publisher put a copy of *Second Wind* in the mail for you today. Also feel free to contact my publicist at Seal Press, XXX, if you are interested in hosting a giveaway. You can reach her at XXX@XXX.com.

About the book:

Second Wind is the story of an unlikely athlete and an unlikely heroin: Cami Ostman, a woman edging toward midlife who decides to take on a challenge that stretches her way outside of her comfort zone. That challenge presents itself when an old friend suggests she go for a run to distract her from the grief of her recent divorce. Excited by the clarity of mind and breathing space running offers her, she keeps it up--albeit slowly. Soon the old friend, Bill, now a romantic interest, invites her to Prague to run a marathon. Little does either of them know that this race will ignite a quest to run seven marathons on seven continents.

Thank you for your consideration!

Best,

Cami Ostman

7marathons7continents.com