

The Running Ground: A Father, a Son, and the Simplest of Sports Nicholas Thompson

CEO of *The Atlantic*.

David Epstein

Science writer and author of the *New York Times* bestsellers *Range* and *The Sports Gene*.

Monday, January 12, 2026, 7:00 PM CT

Register: www.bit.ly/NTFANWebinar



BONUS BOOK GIVEAWAY, sponsored by FAN!
Details on Zoom registration page.

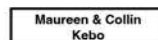
This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+

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FOR IMMEDIATE RELEASE: NICHOLAS THOMPSON – ON ZOOM

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Monday, January 12, 2026, 7:00 PM CT, The Running Ground: A Father, a Son, and the Simplest of Sports, a FAN webinar featuring Nicholas Thompson, in conversation with David Epstein (FAN '16, '20). **REGISTER: www.bit.ly/NTFANWebinar**

BONUS BOOK GIVEAWAY! FAN is giving away copies of *The Running Ground* to randomly selected Zoom attendees. Details on the webinar registration page.

For **Nicholas Thompson**, author of the new book *The Running Ground: A Father, a Son, and the Simplest of Sports*, running has always been about something more than putting one foot in front of another. He ran his first mile at age five, using it to connect with his father as his family fell apart. As a young man, it was a sport that transformed, and then shook, his sense of self-worth. In his 30s, it was a way of coping with a profound medical scare.

By his early 40s, Thompson had many accomplishments. He was the editor in chief of a major magazine; a devoted husband and father; and a passionate runner. But he was haunted by the recent death of his brilliant, complicated father and the crack-up that derailed his father's life. Had the intensity and ambition he'd inherited made a personal crisis inevitable for him as well?

Then a chance offer gave him the opportunity to train for the Chicago Marathon with elite coaches. Giving himself over to the sport more fully than ever before, he discovered that aging didn't necessarily put you on an unbroken trajectory of decline. For seven years after his father died, Thompson transforms his body to perform at its highest capacity, and the profound discipline and awareness he builds along the way changes every aspect of his life. Throughout the narrative, he weaves in stories of remarkable men and women who have used the sport to transcend some of the hardest moments in life.

The Running Ground is a story about fathers, sons, and the most basic and most beautiful of sports.

Thompson is the CEO of *The Atlantic*, a position he has held since 2021. He was previously the editor-in-chief of *WIRED* and the editor of *NewYorker.com*. He films a daily video on tech policy for LinkedIn and has roughly two million followers across social media platforms. He writes a monthly newsletter, *The Most Interesting Reads*, which currently has about 500,000 readers, about the best things he has read recently.

Thompson has long been a competitive runner; in 2021, he set the American record for men 45+ in the 50K race.

Thompson will be in conversation with **David Epstein (FAN '16, '20)**, a science writer and author of the *New York Times* bestsellers *Range* and *The Sports Gene*. His forthcoming book, *Inside the Box: How Constraints Make Us Better*, will be published in May 2026.

This event suitable for youth 12+. It will be recorded and available on FAN's website and YouTube channel.

Sponsored by **FAN**, in partnership with The Avery Coonley School, Baker Demonstration School, Bennett Day School, Bernard Zell Anshe Emet Day School, British International School of Chicago, Catherine Cook School, Compass Health Center, Evanston Scholars, Evanston Township HS D202, Family Service Center, The Frances Xavier Warde School, Francis W. Parker School, Glenview Public Library, Gorton Center, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Latin School of Chicago, Leo Catholic High School, Libertyville D70, Lycée Français de Chicago, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, Township High School D113, TrueNorth Educational Cooperative #804, Wilmette Public Library, Woodlands Academy.