

# A Mile at a Time

*A Father and Son's Inspiring Alzheimer's Journey of Love, Adventure, and Hope*

BY TRAVIS AND MARK "MACE" MACY  
WITH PATRICK REGAN

## I'M NEVER GONNA GIVE UP HOPE.

After an earth-shattering Alzheimer's diagnosis, a father-son team of professional endurance athletes embarks on one last adventure together.

In October 2018, Mark "Mace" Macy was diagnosed at sixty-four years old with early-onset Alzheimer's disease. He feared losing endurance, strength, and independence—a bitter fate for a man who spent thirty years competing in ultra-endurance events around the world.

In 2019, he and his son Travis (also a professional endurance athlete) decided to enter *World's Toughest Race: Eco-Challenge Fiji*—a grueling seven-day 400-mile jungle ultramarathon—defying all odds to complete their last race together.

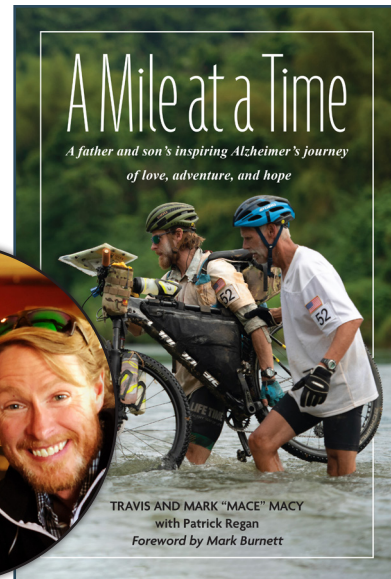
## PRAISE

"Travis and Mace have touched a generation of families around the world with their courage, resilience and kindness."

—**Bear Grylls**, star of *Man vs. Wild* and host of *World's Toughest Race: Eco-Challenge Fiji*

"Watching Mark and Travis Macy compete together for *Eco-Challenge Fiji* was a true inspiration."

—**Mark Burnett**, chairman of MGM Worldwide Television Group; creator and producer of *Survivor*, *The Apprentice*, and *World's Toughest Race: Eco-Challenge Fiji*



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