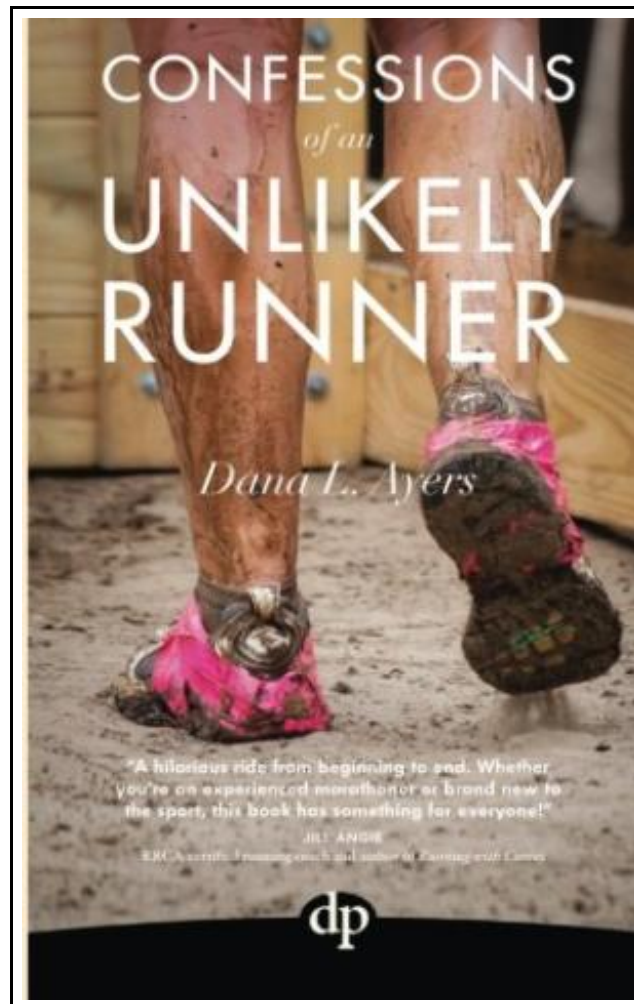


Confessions of an Unlikely Runner: A Guide to Racing and Obstacle Courses for the Averagely Fit and Halfway Dedicated



Filesize: 4.45 MB

Reviews

*Extremely helpful to any or all category of individuals. It really is rally fascinating throgh studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.
(Lawrence Keeling)*

CONFESSIONS OF AN UNLIKELY RUNNER: A GUIDE TO RACING AND OBSTACLE COURSES FOR THE AVERAGELY FIT AND HALFWAY DEDICATED

DOWNLOAD



To save **Confessions of an Unlikely Runner: A Guide to Racing and Obstacle Courses for the Averagely Fit and Halfway Dedicated** PDF, you should refer to the link listed below and download the ebook or gain access to additional information which are related to CONFESSIONS OF AN UNLIKELY RUNNER: A GUIDE TO RACING AND OBSTACLE COURSES FOR THE AVERAGELY FIT AND HALFWAY DEDICATED ebook.

Difference Press, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Witty, observant, and full of cringe-worthy confessions and heartwarming encouragement, Confessions celebrates both running and life. Part Bridget Jones, part Forrest Gump, Dana Ayers chronicles her awkward mishaps and adventures in transitioning from childhood bookworm to accidental accomplished athlete. Over the last ten years, Ayers has completed a vast array of races. She runs them all while admittedly not getting much faster, much thinner, or much more disciplined—though she has managed to be on national television, split open her pants, and get electrocuted. Ayers intersperses her hilarious yet relatable struggles with insights about how and why she keeps running. A self-proclaimed ambassador of slow runners, Ayers has completed dozens of endurance challenges, including Tough Mudder, the Ragnar Relay, Muddy Buddy, Warrior Dash, Run Amuck, the Army Ten-Miler, the Country Music Marathon, and many more mud runs, obstacles courses, and races. Her race descriptions will entertain seasoned runners and non-runners alike. Woven into the chaos of her running adventures is compassionate reassurance for anyone who feels like they aren't fast enough, athletic enough, or strong enough to finish a tough race. Though told with humor, Confessions stories share an underlying theme of Ayers' serious reverence for the sport of running and the running community. Ayers describes experiences such as participating in a 1,000-mile relay for Boston Marathon bombing victims, and being overcome by emotion while observing wounded veterans struggling to finish a race. Her stories prove how life-enriching it can be to physically fight for something and to cheer on others who are doing the same. For anyone who has considered trying a marathon, an obstacle race, or simply taking up running for the first time, Ayers...



[Read Confessions of an Unlikely Runner: A Guide to Racing and Obstacle Courses for the Averagely Fit and Halfway Dedicated Online](#)



[Download PDF Confessions of an Unlikely Runner: A Guide to Racing and Obstacle Courses for the Averagely Fit and Halfway Dedicated](#)

Relevant Kindle Books



[PDF] Hope for Autism: 10 Practical Solutions to Everyday Challenges

Click the hyperlink below to download and read "Hope for Autism: 10 Practical Solutions to Everyday Challenges" file.

[Save eBook »](#)



[PDF] 400+ Funny Jokes: Funny Jokes for Kids

Click the hyperlink below to download and read "400+ Funny Jokes: Funny Jokes for Kids" file.

[Save eBook »](#)



[PDF] Spanky the Mouse

Click the hyperlink below to download and read "Spanky the Mouse" file.

[Save eBook »](#)



[PDF] Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P

Click the hyperlink below to download and read "Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P" file.

[Save eBook »](#)



[PDF] The Diary of a Goose Girl (Illustrated 1902 Edition)

Click the hyperlink below to download and read "The Diary of a Goose Girl (Illustrated 1902 Edition)" file.

[Save eBook »](#)



[PDF] 100+ Knock Knock Jokes: Funny Knock Knock Jokes for Kids

Click the hyperlink below to download and read "100+ Knock Knock Jokes: Funny Knock Knock Jokes for Kids" file.

[Save eBook »](#)