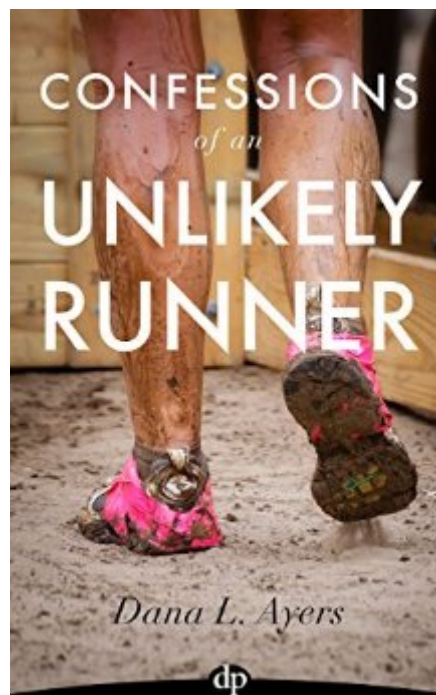


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Confessions Of An Unlikely Runner: A Guide To Racing And Obstacle Courses For The Averagely Fit And Halfway Dedicated



Synopsis

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 is your ambassador. If she can do it, you can too.

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Customer Reviews

I LOVED this book, even though I no longer run. And even though I only ran for what seemed like 15 minutes a few years ago. Whether you love to run, hate it but do it anyway, or are somewhere in between, you will get so much from this book: tips and tricks to keep motivated (like looking for dental floss sticks on the ground, which I have totally noticed too!!) and some more profound lessons about struggle, embracing failure, receiving support, giving support, and overcoming.

Read this book in a weekend! As someone who is an aspiring runner, this book is both inspiring and comforting. It feels like your friend is telling you about their adventures with running marathons and obstacle courses and Tough Mudders and other races without being pretentious about it. I always found these things to be rather intimidating, but she makes them actually sound fun. She admits her weaknesses â “ no, she embraces them! I found myself cheering her on as she tackles obstacles in these races that I could never imagine doing on my own (why would anyone run through charged electrical wire???), then actually imagining myself doing them too! I broke out in â œpuddlesâ • (tears) on a subway platform when reading chapter 5 and found myself shaking my head in amusement at how many times one person can throw up during a race. This book is for anyone who is possibly thinking about starting to run, has started running, accomplished runners, and those who used to run. The author does a great job of using a real personâ™s voice â “ not those blogs you read in fitness magazines â “ to describe training and races and comradery with fellow slow runners. Great light read!

Dana Ayer's Confessions of an Unlikely Runner is a must read for anyone who has ever laced up a pair of running shoes-- and those who have ever thought about it. This absolutely hilarious and infinitely relatable series of stories will leave you laughing and feeling inspired. Dana's experiences

are extraordinary. Her ability to talk about the physical challenges and friendships made along the way will make you reflect on your own and possibly rekindle your love of running.

In *Confessions of An Unlikely Runner*, Dana Ayers doesn't just tell funny stories, but has hilarious side notes and thoughts throughout this book. I just want to run a 5K with her and then go chat over coffee. Not only is this book highly entertaining, but it's supportive and motivates us to keep on running – no matter how slow or lackluster our training is. In a world full of life hackers and ultra marathoners, Dana Ayers reminds us that average people run, too. This book has given me a new running life. If you want a hilarious, motivating read that will inspire you to run, get this book!

This book is good medicine. I often look for funny books or movies to uplift my soul. Often these books are not funny at all. Ayer's book had me rolling on the floor with laughter and at times there was great sadness too. Who hasn't tried to run a race? Who hasn't had hilarious fun and tragedy as a result. This book is pure, it is true and it is for all of us who aspire to live in a healthy well exercised body and also for those of us that want to read about it instead. Thank you for this great contribution. I will keep this book on my shelf always.

I am not a runner – unless somebody's chasing me, of course. But I've always quietly, secretly wanted to be a runner. Ayers shares her own personal stories of struggle, failure, support and overcoming in a way that makes you feel like it's all possible and it's all okay (even when it feels anything but okay). Want to be a runner but have never identified with that title, this book will show you how to get out there through laughter and tears of laughter.

Dana Ayers book, *Confessions of an Unlikely Runner (A Guide to Racing and Obstacle Courses for the Averagely Fit and Halfway Dedicated)* is an entertaining read for sure! It's like she wrote this for the majority of us folk who aren't necessarily the swiftest runners, but hey, we want in on the party too! This author creates a whole new mold for runners who don't fit the fast, sleek, competitive one. Highly amusing and offers a fresh new perspective on running!

Did you ever have one of those friends that all the weirdest events happened to? If not, meet Dana, she'll be that friend for you because her life is crazy with those stories! If you are a runner (especially a middle of the pack runner . . . or even a back of the pack runner) you'll be able to relate to all the training (or lack thereof) and race stories. If you just want to hear stories from a woman

who lives a life a sit-com could be based off of, this is also the book for you. Either way, this book is a real page turner. It is an easy read and the stories really make the book fly by. I am certain when you are done reading, you'll be wondering when her next book will be released! Soon I hope!

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