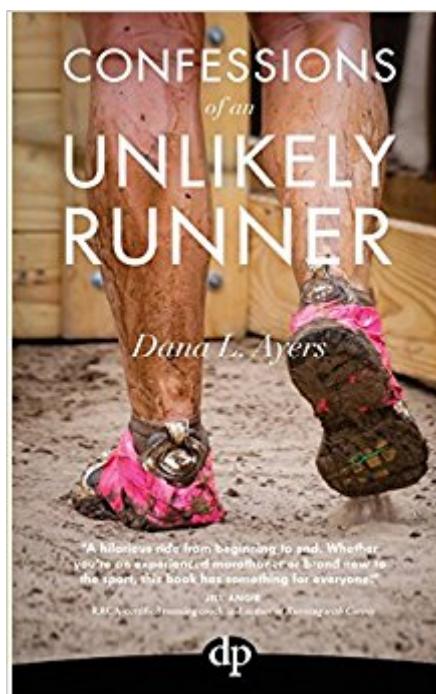


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Confessions Of An Unlikely Runner: A Guide To Racing And Obstacle Courses For The Averagely Fit And Halfway Dedicated



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 disciplinedâ "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 arenâ ™t fast enough, athletic enough, or strong enough to finish a tough race. Though told with humor, Confessionsâ ™ stories share an underlying theme of Ayersâ ™ 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.

Book Information

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Customer Reviews

Gold Medal Winner: Readers' Favorite AwardFinalist: International Book Award --This text refers to an alternate Paperback edition.

Dana accidentally became a runner over 10 years ago and has logged a vast array of average finish times since. She is a former White House staffer, and current military reservist and communications consultant. She is also the author of the humorblog DCDana.com, where she shares her adventures in work, travel, dating, and running. --This text refers to an alternate Paperback edition.

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 -- 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 *puddles* (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 person's voice -- not those blogs you read in fitness magazines -- 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!

I'm not much of a reader, so when I tell you I couldn't put this down, weight it heavily! It was a quick read, and I was honestly disappointed I finished it so quickly. I laughed, I got misty eyed, I smiled, I read parts out loud to anyone who would listen because they were pure gold and I had to share. Then, I felt so inspired that I signed up for a half marathon. Before you discount that and write me off as "one of THOSE runners" (you know, the skinny girls who look graceful like a gazelle when they run), you ought to know that I'm not. I'm just not. I've been told (on several occasions) that I "run surprisingly well for a girl my size" and that I "don't LOOK like a runner." (Umm...thanks?) Anyway...Intermingled in all the wit and humor, is a resounding message of encouragement that gives you that little kick to go for it (or maybe it's the shear competitiveness driven by that little voice saying "if she can do it, I can do it!").Get this book for the laughs. There are plenty. But, beware, you might actually end up all inspired and motivated and stuff by the end.

What a fun, inspiring, read about the joy/pain/fun of recreational running. Dana Ayers writes in such a warm friendly connecting way that wraps you up in her experiences of running various road and obstacle course runs. As a "2nd half" of the pack rec runner myself, many of the things she has seen and situations she has experienced are very relatable. Her style is casual and her manner engaging. It is one of those kind of books that you catch yourself smiling while your reading it. Within her stories you'll find courage and inspiration mixed together with humor. I recommend this book to any person that enjoys a good read, runner or not. I especially recommend this book to anyone who has always wanted to achieve something (run a 5K, find a new job, etc.) but have held back because of . Dana shows us how to push past those reasons, achieve unlikely things, and perhaps have some fun along the way.

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.

Fun, quick read about Ayers' experiences being a "casual" runner. Not a "how-to" for budding marathoners but it does give insight into the nitty gritty of different types of marathons and relays."We are the casual runners, as opposed to the competitive runners. Casual makes it sounds like it's my choice. Like I'm just keeping things casual with running. Like running and I sometimes see other people, because we're non-committal like that." That's basically the tone of the whole book. Very enjoyable, specially if you're intimidated by something you've wanted to try but don't think you'll fit in - a yoga class, cross fit, marathons... she'll inspire you to not take yourself so seriously and get out there and do it anyway.

I don't typically read nonfiction because it doesn't hold my attention well, but oh my goodness this book is my new favorite thing! This book is hilarious, so much so I would laugh out loud while reading while waiting for my son to fall asleep and I would be afraid I would wake him. There is so much heart in this book as well and I teared up. Mostly though I loved how much I could relate (especially about adjusting my shorts at least 5 times during a run) to most of what she's been through though I've never run anything more than 5 miles. If you are a runner this book is a must read.

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