

Honey, Do You Need a Ride?



confessions  
of a  
**FAT**  
runner

jennifer graham

# Honey Do You Need A Ride Confessions Of A Fat Runner

**KJ Lindholm-Leary**



## **Honey Do You Need A Ride Confessions Of A Fat Runner:**

Honey, Do You Need a Ride? Jennifer Graham, 2014-04-28 The hardest thing about running isn't the running. It's getting yourself out the front door. This is particularly true for anyone who is overweight who doesn't look like a runner but more like someone who ran out of gas on the way to pick up a pizza. Someone who looks like she needs a ride home. Jennifer Graham has been there. She's still there actually. She started running to lose weight and she did lose a little but not enough to ever fit in the size 12 silk dress that still hangs in her closet apparently doomed to be forever unworn. But no matter. Along the way Graham learned that running not weight loss is the fast track to joy. It's also the best way to motor over the speed bumps of life whether they be excessive procreation, a difficult divorce, or runaway donkeys headed for the school bus. Graham, a columnist for The Boston Globe, writes candidly about the indignities of being a plus-sized runner in a sport dominated by long lean shirtless wonders. But she believes that everyone who can run should run, and if they can't they should walk as long and as fast as they can. How? It's this simple: Put on your most comfortable clothes and your most comfortable shoes and walk somewhere, even if it's just to the mailbox. Then run back to where you started slowly. The next day do it again, only go a little bit farther. And farther yet the next day. Keep it up, listening carefully to your body about when it needs to work and when it should rest. One day you'll run a 5K or a marathon or at least will be able to retrieve your mail with lightning speed. But first buy a copy of this book and let Jennifer Graham entertain you every step of the way. Praise for *Honey Do You Need a Ride*: Jennifer writes like an old friend speaks in a voice you know and love. Her descriptions of running heavy, whether with added weight or added burdens, make her experience universal to runners and non-runners alike. Her overcoming spirit makes you want to cheer for her, run with her, or eat a pint of ice cream with her. Ultimately it's not the size of the body but the size of the heart that counts. And this runner's heart is huge. Kristin Armstrong, mother of three, Contributing Editor for *Runner's World*, *Mile Markers*. The 26/2 Most Important Reasons Why Women Run. Here's to the mid-pack runners, the back of the pack shufflers, the start slowly and taper off champions. Just remember, there's a lot more of us than there are of them, those tall skinny shirtless wonders. And Jennifer Graham tells our story beautifully with unflinching honesty and laugh-out-loud humor. John the Penguin Bingham, author of *The Courage to Start: No Need for Speed* and *An Accidental Athlete*. Jennifer Graham might be surprised when the sinewy running tribe she longs to conform to becomes readers of her book because you don't have to be a fat runner to enjoy this moving memoir. If you've ever fallen in love with running, if running is a constant companion, if running has been a lifeline through bad times, then you'll identify with Graham's story. Okay, maybe not the donkeys or the paranormal coaching, but when you're done reading you'll wish you could join Graham on a run just so you can hear more. Kara Douglass Thom, author of *Becoming an Ironman* and *Hot, Sweaty Mamas: Five Secrets to Life as a Fit Mom*. Jennifer Graham is the hilarious pee-your-pants running partner you wish you had. She'll make you want to move to Boston just to pound out a few miles alongside her and slam down a ginormous hot fudge sundae with her post-run. If you

love running laughing eating and reading in equal measure you ll love this book Eileen Button author of The Waiting Place Learning to Appreciate Life s Little Delays      **Tales from Another Mother Runner** John Holmes McDowell, Sarah Bowen Shea, 2015-03-03 The authors of Run Like a Mother share a collection of inspiring and insightful stories from women who discovered their own power through running Every mother runner has a tale to tell A story about how she discovered the fierce and confident athlete inside her Maybe it s about setting a seemingly impossible goal and then exceeding it Maybe it s about finding friends who are also allies cheerleaders and reality checks Or maybe it s just a simple story of starting the day off with an endorphin rush In Mother Runners elite runners Dimity McDowell and Sarah Bowen Shea share not only their own stories of personal triumph on the pavement but also inspiring stories from the mother runner community Through the common theme of running these women explore issues from losing weight and gaining confidence to finding yourself connecting with friends setting goals dealing with disappointment and building a better you Whether you ve run more marathons than you can remember or you re just getting started you ll find the inspiration you need to get out there keep pushing and run like a mother      Running Through the Wall Neal Jamison, 2014-04-30 WHAT S IT LIKE TO RUN FOR 30 50 OR 100 MILES This book is a great inspiration not only to current ultrarunners and to marathoners looking for the next challenge but also to runners of all abilities who will see that there is nothing you can t do if you have the desire What makes ultrarunners tick What goes through their minds at mile 93 How can you train for such a colossal undertaking These questions and many more are answered in this inspiring collection of 39 personal stories from ultramarathoners Ultramarathoning is the logical next step for those who burn with a desire to explore their limits and beyond It is impossible to run ultra distances without coming away with at least one fascinating story This book is full of them There are stories of fatigue blisters nausea and despair But the ultrarunner prevails to find hope love healing self discovery friendship selflessness and in the end for most triumph Learn what it feels like to run an ultra from the champions the newcomers and the veterans of the sport A few brief excerpts I left Edinburg witnessing my second sunrise on this run Most ultrarunners dread dawn the hours from 4 00 to 6 00 a m primarily because this is when fatigue sets in Keith Knipling It would be hours before we d see the first aid station and probably close to two days before we d have dry feet again Deb Pero I m 95 miles into a 100 miler it s over 100 degrees out my legs are shot I m a few scant minutes ahead of Ann and Gabriel and my pacer is stopped dead in the trail for fear of a skunk Tim Twietmeyer Ultrarunning is without question the most feared aspect of adventure racing Ian Adamson The urge to quit right there was overwhelming but I was still in the race Perhaps a miracle would happen and I could get in under the four hours it would take to make the next cutoff I thanked the aid station captain and plunged into the darkness Will Brown It was time to put all the viable excuses aside and look inside Tracy Baldyga I think I quit about 20 times during the race mostly between the time the sun went down and the time that I finally walked away Reality sets in when it gets dark The trail gets lonely Jason Hodde During every race you are faced with a moment of truth a

point in the race when you either quit or persevere to the end Every person who finishes an ultramarathon has accomplished a great feat simply because they finished Bethany Hunter **Running with a Police Escort** Jill Grunenwald, 2019-04-02 In the fall of 2012 quirky and cat loving Cleveland librarian Jill Grunenwald got an alarming email from her younger sister her sister was very concerned with Jill's weight and her overall mental and physical health Having always struggled with her weight Jill was currently hitting the scales at more than three hundred pounds Right then Jill looked in the mirror and decided that she needed to make a life style change pronto She enrolled in Weight Watchers and did something else that she the girl who avoided gym class like the plague in high school never thought she'd do Jill started running And believe it or not it wasn't that bad Actually it was kind of fun Three months later Jill did the previously unthinkable and ran her very first 5k at the Cleveland Metropolitan Zoo Battling the infamous hills of the course Jill conquered her fears and finished but in dead last Yep the police were reopening the streets behind her But Jill didn't let that get her down because when you run for your health and happiness your only real competition is yourself Six years and more than one hundred pounds lost later Jill is still running and racing regularly and she is a proud member of the back of the pack in every race that she has entered In this newly updated edition **Running with a Police Escort** Jill chronicles her racing adventures proving that being a slow runner takes just as much guts and heart as being an Olympic champion At turns heartbreaking and hilarious **Running with a Police Escort** is for every runner who has never won a race but still loves the sport Bazaar Exchange and Mart, and Journal of the Household , 1878 Gramophone Popular Catalogue , 1987-06 Billboard , 1993-03-13 In its 114th year **Billboard** remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform **Billboard** publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Indianapolis Monthly** , 2001-12 **Indianapolis Monthly** is the Circle City's essential chronicle and guide an indispensable authority on what's new and what's news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy's cultural landscape *U2 Live* Pimm Jal de la Parra, 2003 Since their formation in 1976 U2 have played over 1 000 concerts to millions of fans around the world Now updated to include their PopMart and Elevation tours *U2 Live A Concert Documentary* takes you along to every single U2 live performance from 1976 to 2003 With over 500 colour and black white photographs *McCall's* , 1978-10 Billboard , 1974-09 Schwann Spectrum , 2001 **DVD & Video Guide 2005** Mick Martin, Marsha Porter, 2004 Wondering what video to rent tonight This bestselling fact packed guide is the only sourcebook you and your family will ever need Mick Martin and Marsha Porter steer you toward the winners and warn you about the losers **DVD Video Guide 2004** covers it all more films than any other guide plus your favorite serials B Westerns made for TV movies and old television programs Each entry conveniently alphabetized for easy access includes a summary fresh commentary the director major cast members the year of release and the MPAA rating plus a reliable Martin and Porter

rating from Five Stars to Turkey so you ll never get caught with a clunker again      **Time Out Film Guide** John Pym, 2004  
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