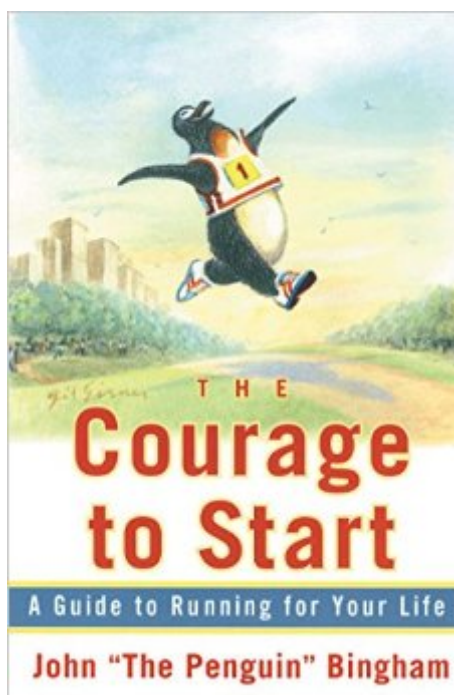


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# The Courage To Start: A Guide To Running For Your Life



## Synopsis

“The miracle isn’t that I finished. The miracle is that I had the courage to start.” • Take your first step toward fitness and a happier, healthier life. Has the idea of running crossed your mind, but you haven’t acted on it because you don’t think you have the body of a runner? Have you thought about running but quit before you started because you knew that you would be breathless at the end of your driveway? Well, put aside those fears because you can do it. John Bingham, author of the popular *Runner’s World* column “The Penguin Chronicles,” transformed himself from an overweight couch potato who smoked into a runner who has completed eleven marathons and hundreds of road races. Forget about the image of a perfect body in skintight clothes, and don’t worry about how fast or how far you go. Bingham shows how anyone can embrace running as a life-enhancing activity—rather than as a competition you will never win. In an entertaining blend of his own success story and practical advice, Bingham provides reasonable guidelines for establishing a program of achievable goals; offers tips on clothing, running shoes, and other equipment; and explains how anyone can prepare for and run distances ranging from a few miles to marathons. After all, in running and in life, the difference between success and failure sometimes comes down to a single step. Waddle on, friends.

## Book Information

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## Customer Reviews

Do you enjoy "The Penguin Chronicles", a monthly column in *Runner’s World*? The column’s author, John "The Penguin" Bingham, now has a book out to complement the column. The book is entitled "The Courage to Start : A Guide to Running for Your Life." This book is a must read for runners of all

ability levels, from beginning runners to those who have been running for decades. Bingham gives practical advice to beginning runners, as well as showing how running transcends from a physical activity to a self-discovery of yourself. His revelations are insightful and motivational. Once you start reading this book, you will not be able to put it down. Bingham began running in 1992 as a 43-year-old, 240-pound, couch potato. His first run consisted of sprinting down his driveway for about 30 seconds. That was all his legs, lungs and ego could take. But unlike many other times in his life when he had given up, he didn't quit this time. For some reason he stuck with running, and managed to run 1/4 mile, then 1/2 mile, a mile, and increasingly more. As the months passed and he shed the excess weight, he found himself running 5Ks, 10Ks, half marathons, and eventually, full marathons. He first began to tell his story on the internet via the Dead Runners Society (DRS). He sent out an e-mail telling about a race where he nearly finished last, but was finding himself a happier and healthier person because of running. Much to his surprise, he received responses from readers that said he had told their stories. They said he had managed to put into words what they were feeling about themselves, and about the metamorphosis that running was causing in their lives. From these initial e-mails, "The Penguin Chronicles" was born.

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