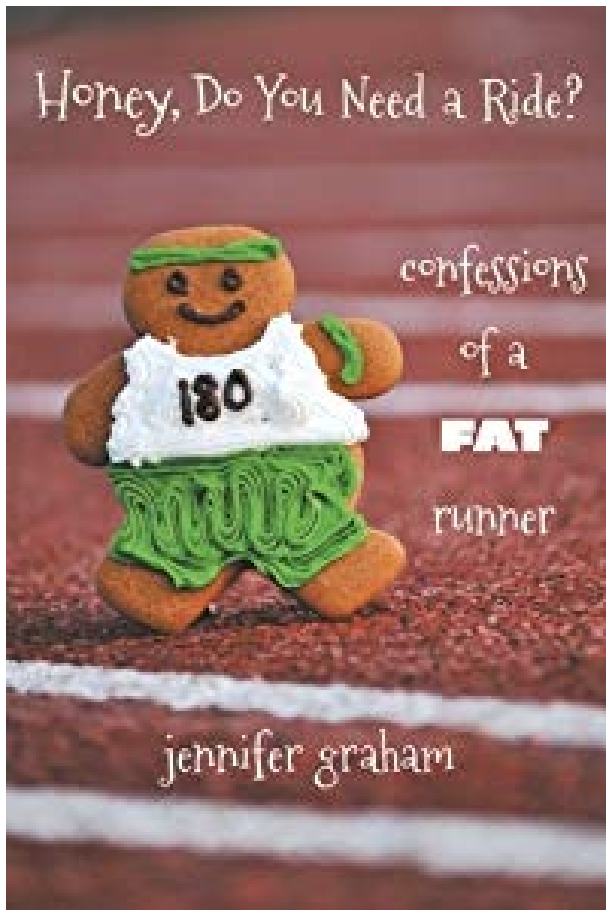


# Honey, Do You Need a Ride?: Confessions of a Fat Runner



<b>Pages:</b>	272
<b>Genre:</b>	Nonfiction
<b>Language</b>	English
<b>Author:</b>	Jennifer Graham
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This laugh-out-loud comedic memoir of life as an overweight runner moves along at a five-minute-per-mile pace. Jennifer Graham doesn't run to lose weight—she runs because she loves it. And as much as she runs, her excess poundage never leaves. So she accepts her body type for what it is, and runs for the sheer joy of it. But along the way she must endure not only her self-made exhaustion and lactic acid, but also the bemused stares of neighbors, offers of a car ride from strangers, and disdain from the dominant strain of runner—those long, lean "shirt wonders." The story revolves around her decision to run a serious half-marathon race, and her imaginary coaching relationship with the spirit of Steve Prefontaine. The late, great Oregon distance star gives her advice and encouragement, and doesn't like excuses. ("Yeah, I know he's been dead thirty-five years; it's a minor metaphysical challenge.") Moreover, the race is one month after Graham's ex-husband is getting remarried (to a skinny woman), and the emotional rollercoaster heightens the intensity of her running. As she says, "If training for it doesn't help me get over the pain, at least it will keep me preoccupied." Her irreverent, hilarious, and brutally honest story will appeal to runners and non-runners alike, fat or thin.