



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

*Jennifer Graham*

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When Michael Scott fantasized about his ideal life on "The Office," he said, "My wife is a runner and it shows." Jennifer Graham is not that wife.

In fact, she's not anyone's wife anymore, and she's been running for more than 10 years without losing any weight, getting any faster or looking any more like a runner. Moreover, she looks *so* unlike a runner that sometimes, when she's out trotting happily on the road, a passing car slows and the driver will ask if she needs a ride home.

Despite the indignity of it all, Graham believes that somewhere within her walrusy husk, there's a kernel of an athlete, if only she had a big-name coach, like, say, Alberto Salazar.

Or Steve Prefontaine.

Well, yeah, he's been dead for more than 35 years, but that's a minor metaphysical challenge more easily overcome than making a thick, slow mom skinny and fast.

Graham, a newspaper columnist with the heart of Erma Bombeck, the soul of Anne Lamott and the girth of G.K. Chesterton, shares her experiences of growing up fat, becoming an improbable athlete in adulthood, and battling daily with a malevolent scale that mocks her physical ambitions. Coached by the spirit of the great Prefontaine, she tries to run away from a difficult divorce while training for the same half-marathon she'd run 10 years earlier. Along the way she learned some lessons that will resonate with anyone who ever blew up a marriage, chased a donkey, or kicked a scale.

## **Praise for *Honey, Do You Need a Ride? Confessions of a Fat Runner***

*"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*

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#### **Edna Brooks:**

Do you have favorite book? If you have, what is your favorite's book? Book is very important thing for us to be aware of everything in the world. Each book has different aim as well as goal; it means that publication has different type. Some people really feel enjoy to spend their a chance to read a book. They are really reading whatever they acquire because their hobby is actually reading a book. What about the person who don't like reading a book? Sometime, person feel need book when they found difficult problem or even exercise. Well, probably you will want this Honey, Do You Need a Ride? Confessions of a Fat Runner.

#### **Elvis Quinlan:**

Information is provisions for those to get better life, information currently can get by anyone in everywhere. The information can be a information or any news even an issue. What people must be consider while those information which is in the former life are hard to be find than now could be taking seriously which one is suitable to believe or which one the particular resource are convinced. If you get the unstable resource then you understand it as your main information there will be huge disadvantage for you. All those possibilities will not happen with you if you take Honey, Do You Need a Ride? Confessions of a Fat Runner as your daily resource information.

#### **Kenneth Salinas:**

Reading a book tends to be new life style within this era globalization. With studying you can get a lot of information that could give you benefit in your life. Together with book everyone in this world could share their idea. Books can also inspire a lot of people. Many author can inspire all their reader with their story or their experience. Not only the story that share in the ebooks. But also they write about the knowledge about something that you need case in point. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors in this world always try to improve their skill in writing, they also doing some study before they write to the book. One of them is this Honey, Do You Need a Ride? Confessions of a Fat Runner.

#### **Ian Hall:**

Playing with family in a park, coming to see the ocean world or hanging out with pals is thing that usually you may have done when you have spare time, then why you don't try thing that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Honey, Do You Need a Ride? Confessions of a Fat Runner, you are able to enjoy both. It is great combination right, you still want to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't understand it, oh come on its identified as reading friends.

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