

[PDF] An Accidental Athlete: A Funny Thing Happened On The Way To Middle Age

John "The Penguin" Bingham - pdf download free book



Books Details:

Title: An Accidental Athlete: A Funn
Author: John "The Penguin" Bingham
Released: 2011-08-01
Language:
Pages: 216
ISBN: 1934030732
ISBN13: 978-1934030738
ASIN: 1934030732

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

Review

"The Penguin does it again! *An Accidental Athlete* is a charming, witty and relatable tale of John finding himself through running. In this great book he shares his journey with us one stride and two laughs at a time." — **Deena Kastor, American marathon record holder, Olympic medalist, and**

12-time national champion

“John Bingham is Edward Abbey, Frank Shorter, Brad Pitt, and George Carlin all wrapped in one. John as writer has a lesson or tale in all his adventures.” — **Bart Yasso, *Runner's World* magazine**

“Looking for some motivation to start running and improve your fitness? You're sure to find some inspiration from John Bingham's new memoir *An Accidental Athlete*.” — **ESPN.com**

“Most of us can truly identify with John Bingham's story: There are no gold medals, no laurel wreaths, no world records. But John shows us that we have something more important: a chance, if we have the will and believe in ourselves.” — **Dave McGillivray, Boston Marathon race director**

“In *An Accidental Athlete*, Bingham...describes his journey from a clumsy wannabe-athlete kid to the realization of a dream: that by being a runner, especially a back-of-the-packer, you are truly an athlete...Bingham's witty, engaging prose will [provide] you with a few hours of delightful distraction.” — **Canadian Running magazine**

“John ‘The Penguin’ Bingham has touched a nerve with runners worldwide like no one in the last decade. He's funny but serious, informal but inspirational.” — **Amby Burfoot, *Runner's World* magazine**

“For anyone who might feel overwhelmed or overly fond of couch time, John Bingham's charming memoir can help...[Bingham's] sense of humor...adds to the sweet appeal of the story, providing enough encouragement to anyone looking to exercise more.” — **ForeWord magazine**

“This charming, gently funny autobiography from the big-hearted Bingham is a testament to hangin' in there...If more people were like him, where each event, run, mile, step is a celebration, the world would be a better-and healthier-place.” — **Library Journal**

“Bingham uses a great knack for storytelling, and some really funny examples, in his new book about becoming a middle-aged athlete...Some of the best stories (perhaps because I can relate to them) are those of the real racing done at the back of the pack.” — **TriMadNess**

From the Back Cover

A funny thing happened on my way to middle age. I became an athlete. And not just any athlete, but a runner—all without taking a running step until I was 43 years old.

Known by fans as “The Penguin” for his back-of-the-pack speed, John Bingham is the unlikely hero of the modern running boom. In this warm, witty memoir, the best-selling author and columnist recalls his childhood dreams of athletic glory, sedentary years of unhealthy excess, and a life-changing transformation from couch potato to “adult-onset athlete.”

Overweight, uninspired, and saddled with a pack-and-a-half-a-day smoking habit, Bingham found himself firmly wedged into a middle-age slump. Then two scary trips to the emergency room and a conversation with a happy piano tuner led him to discover running—and changed his life forever.

In turns inspiring, poignant, hilarious, and heartbreaking, *An Accidental Athlete* is the story of the unexpected joys of running—the pride of the finisher's medal, a bureau-busting t-shirt collection,

intense back-of-the-pack strategizing. And one man's discovery that middle age was not the finish line after all, but only the beginning.

- Title: An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age
 - Author: John "The Penguin" Bingham
 - Released: 2011-08-01
 - Language:
 - Pages: 216
 - ISBN: 1934030732
 - ISBN13: 978-1934030738
 - ASIN: 1934030732
-