



Ravings of a Runner

Greg May

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The book that helps motivate you to find your own runs to rave about. Every runner has great stories about their favorite spots, secret training methods, special moments - good and bad. Here a midpack runner (that ran the Boston Marathon in 2006, 2008 & 2009) shares all of his with you. If this book doesn't make you want to get up off the couch and do a workout - well at least it is still a good read. Chapter 1: That big hill Chapter 2: Marine Corps Marathon is Flat Chapter 3: Sunday morning in Paris Chapter 4: New York Marathon Chapter 5: I am so vain Chapter 6: Robbie Crusoe Chapter 7: By the time we got to Wildflower Chapter 8: The Dude & what he makes me do Chapter 9: Qualifying for Boston Chapter 10: Practicing is different from racing Chapter 11: Boston Marathon Chapter 12: Always wear a helmet

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