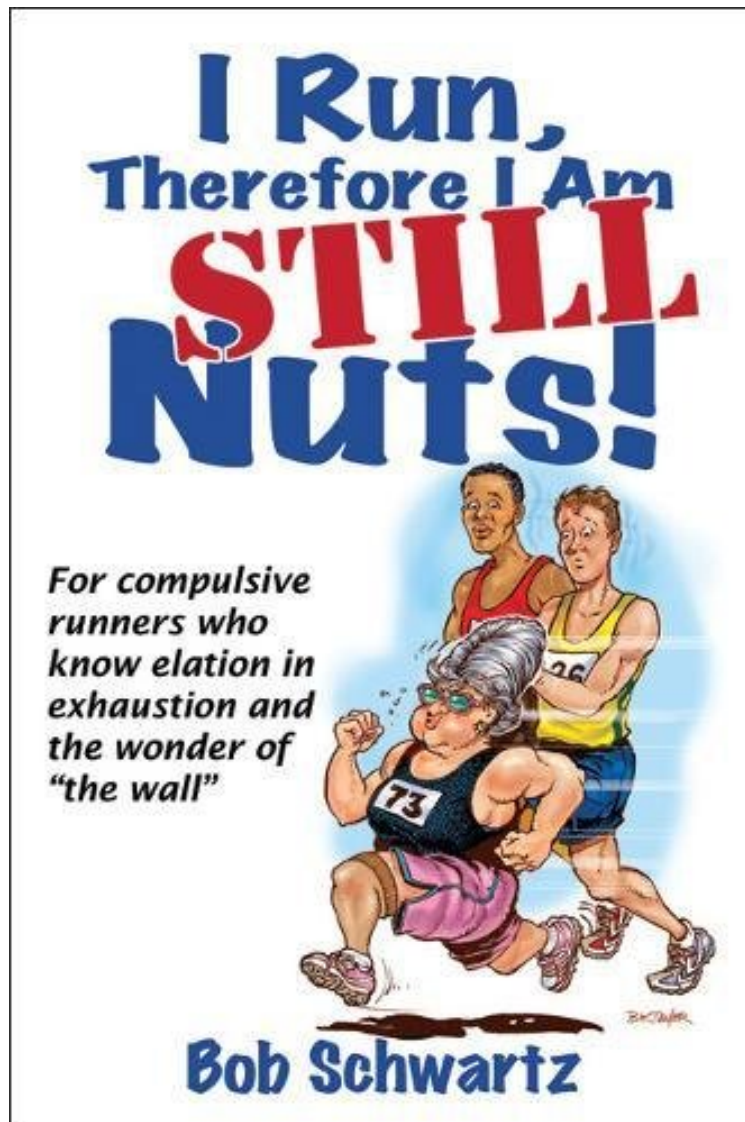


(Download) I Run, Therefore I am STILL Nuts!

I Run, Therefore I am STILL Nuts!

Bob Schwartz

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#2186982 in Books Human Kinetics 2012-09-28Original language:EnglishPDF # 1 8.90 x .80 x 5.90l, .90
#File Name: 1450428568264 pagesSize: 6x9Author: Schwartz, BobPages: 264 | File size: 74.Mb

Bob Schwartz : I Run, Therefore I am STILL Nuts! before purchasing it in order to gage whether or not it would be worth my time, and all praised I Run, Therefore I am STILL Nuts!:

0 of 0 people found the following review helpful. HorribleBy Marathon MomI have been a runner for 16 years.I love funny books. I love running books.Unfortunately, I thought this was incredibly unfunny, not enlightening, just terrible.Suggestion: read the Common Dense chapter in the store. If you like it, maybe- maybe- you'll enjoy the book.If you're like me, save your money.1 of 1 people found the following review helpful. Great book for runnersBy

LuluSo I was pleased to see that Bob finally wrote a follow up to his "I Run Therefore I am Nuts" book. I loved his first book and highly recommend it. Ditto with this book. Makes you feel like your not alone when it comes to the crazy adventures we runners experience. Runners of all types, as well as significant others will enjoy this book. It'll give you a good laugh. 1 of 1 people found the following review helpful. Very Amusing and Topical
By Cerebus
It hits all of the high and low points in running in a very fun and amusing way. I recommend it to any runners

Whether you are just getting acquainted with the joys of running or you can recite the brand and model number of your last 12 pairs of running shoes, you'll identify with this book as runners did with the popular first volume, *I Run, Therefore I Am—Nuts!* Best-selling running humorist Bob Schwartz—the Dave Barry of running—is back and will once again have you laughing as he captures the humor, craziness, and obsessions of runners—new and old—with this new collection of 43 hilarious stories. *I Run, Therefore I Am— STILL Nuts!* brings out the humor in situations that every runner can relate to:

- Suffering from RWIA, otherwise known as running watch information addiction
- The addictive nature of high-intensity interval training
- The depths of despair upon learning your favorite shoe will be discontinued
- Embracing the saving grace of age-graded race time calculators
- Attempting to run with a reluctant canine companion
- Trying out running in the oxymoron of barefoot shoes

If you know that the iliotibial band is not an alternative rock group, wear bruised toenails like badges of honor, and know the feeling of having an elephant resting on your shoulders as you've hit the wall—this book is for you!

“In his quest to be a better runner, Bob Schwartz has captured the true mindset of the distance runner. In *I Run, Therefore I Am—STILL Nuts!* Schwartz articulates this with humor.” Jean Knaack-- Executive Director, Road Runners Club of America "A great many runners take their running extremely seriously. Bob Schwartz does, too, but in a seriously funny way." Rich Benyo-- Editor, *Marathon Beyond*

About the Author Bob Schwartz is the author of five books, including the highly successful and hilarious *I Run, There I Am—NUTS!*, and a freelance writer whose popular articles have been published in over 200 magazines. His humorous essays on running have appeared in more than 40 national and international running magazines and regional magazines, including *Runner's World* and *Running Fitness*. Bob's books have been finalists in the humor category of the USA Book News Awards, the ForeWord Book Awards, the Benjamin Franklin Book Awards, and the Independent Publisher Book Awards. Bob has also won the Gold Award from the Parenting Publications of America for his humorous essays on family life. Bob has presented humorous talks at races throughout the United States. Bob lives in Huntington Woods, Michigan, with his wife, Robin, and three children. He graduated from the University of Colorado and received his law degree from the University of Oregon. In addition to his writing, he is the CEO of the Here to Help Foundation (www.heretohelpfoundation.org), which he operates with his wife. Bob raised over \$50,000 through an ultramarathon benefiting the Institute of Craniofacial Surgery and Reconstructive Surgery and received the Dove Award from The Arc for implementing a basketball program for people with physical and mental disabilities. Bob also received the Avadenka Award from the State Bar of Michigan for his community service. He founded the Cheetahs Running Club in the Berkley School District of Michigan, for which he was awarded a grant from the Saucony Run for Good Foundation. In the universal language of runners, Bob has PRs of 2:42:13 for the marathon, 34:18 for the 10K, 1:16:08 for the half marathon, and 58 seconds for the third-grade potato sack race. You can reach Bob at bob@runninglaughs.com and enjoy his website and follow his blog at www.runninglaughsblog.com. Also, catch Bob on Facebook at www.facebook.com/runninglaughs and on Twitter at @RunningLaughs for daily humor and running news.