



An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age

John "The Penguin" Bingham

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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.

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Have you spare time for the day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a wander, shopping, or went to the actual Mall. How about open or even read a book titled An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age? Maybe it is to be best activity for you. You already know beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have other opinion?

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This An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age book is not really ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is actually information inside this e-book incredible fresh, you will get details which is getting deeper anyone read a lot of information you will get. This particular An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age without we realize teach the one who reading it become critical in pondering and analyzing. Don't always be worry An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age can bring when you are and not make your carrier space or bookshelves' turn out to be full because you can have it within your lovely laptop even cellphone. This An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age having fine arrangement in word and also layout, so you will not feel uninterested in reading.

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Theresa Frost:

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