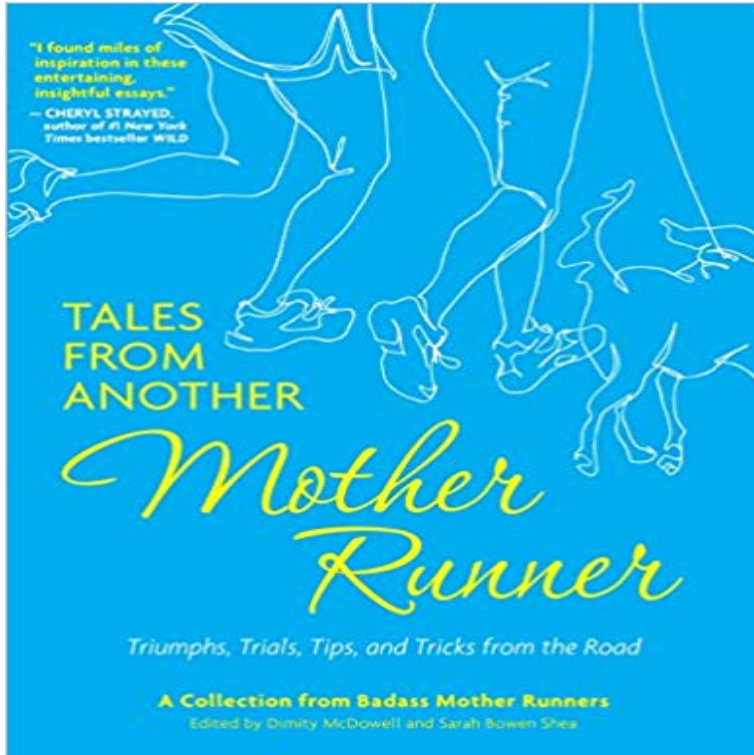


Tales from Another Mother Runner: Triumphs, Trials, Tips, and Tricks from the Road



Every mother runner has a tale to tell. A story about how she realized, fifteen years after being told that shes best being a bookworm, that there is an athlete inside her. Or the one about how she, fifty pounds overweight and depressed, finally found the courage---and time---to lace up her running shoes. Or maybe its about setting a seemingly impossible goal---going under two hours in the half-marathon---and then methodically running that goal down and tearing up across the finish line. Or it might be an account of friendship: she was new to town, was having a hard time making friends, was asked to join a group run, and now shes got four BRFs (best running friends) who are her allies, her cheerleaders, her reality checks. Maybe its just a simple story of the beauty of starting the day off with an endorphin rush. Or, sadly, it could be about how, through the guidance of a thoughtful running friend, she found the space and rhythm to process being raped---and regained her strength and sense of self through every footstep. In Mother Runners, elite runners Dimity McDowell and Sarah Bowen Shea share not only their own stories of personal triumph on the pavement but also the inspiring stories of many members of the vibrant mother runner community theyve built on their popular site, Run Like a Mother. While the common theme is running, the variations that happen through the miles are as endless as the miles themselves: losing weight, gaining confidence, finding yourself, connecting with friends, expecting more, setting goals, dealing with disappointment, figuring out how to train efficiently, clearing your head, reconnecting with your memories, building a better you. Whether youve run more marathons than you can remember, or youre just getting started, youll find the inspiration you need to get out there, keep pushing, and run like a mother.

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