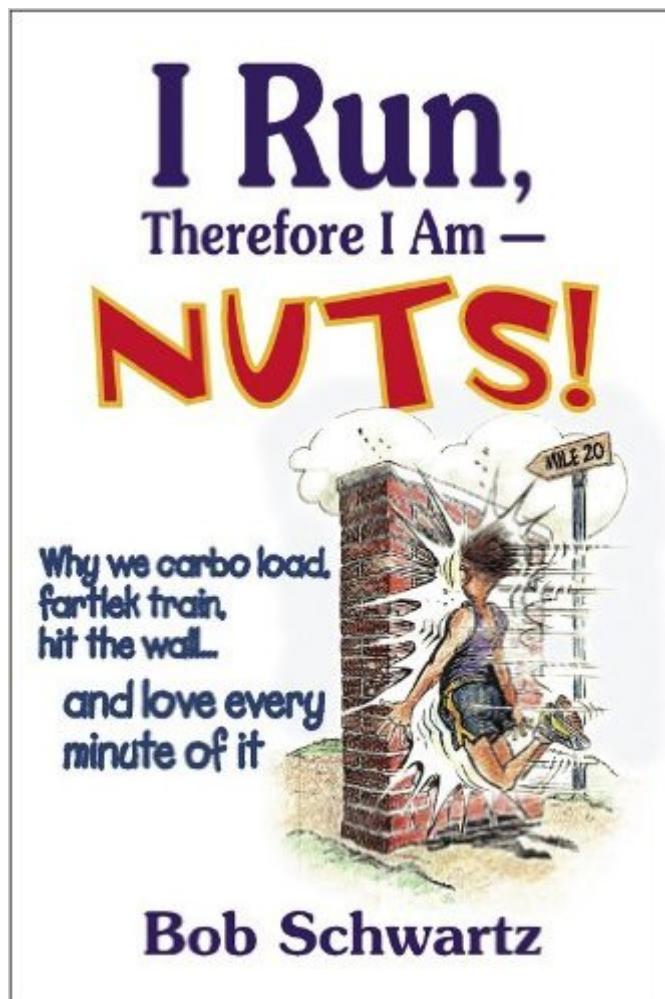


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# I Run, Therefore I Am--Nuts!



## Synopsis

I Run, Therefore I Amâ "Nuts! takes a funny look at the peculiarities, quirks, and obsessions of runners of all abilities. Whether you fall in the middle of the pack, up near the front of the pack, or so far from any semblance of a pack that you're wondering if everyone went home already, you'll find plenty to laugh about in this book.I Run, Therefore I Amâ "Nuts! is a comical examination of events that are near and dear to every runner's well-conditioned heart. As the Dave Barry of running, popular running humorist Bob Schwartz pokes fun at the idiosyncratic personalities of runners and the funny situations they encounter in training, eating, racing, preparing for races, and revolving their everyday lives around running. I Run, Therefore I Amâ "Nuts! brings out the humor in situations that every type of runner can relate to: - The intricate art of drinking on the run from paper cups- Trying to reacquaint fingers to toes after years of tight hamstrings - Hitting the wall- Having your heart flutter with the newest cushioned training shoe- Discovering cross-training contraptions designed to strengthen your gluteus to its maximus- Getting excited about the latest flavor of energy gel on the marketAs any runner with tight hamstrings and a funny bone would, you'll laugh your way through these and many other amusing stories illustrated with cartoons by artist B.K. Taylor, whose drawings have appeared in many national publications, including Mad Magazine and National Lampoon. Author Bob Schwartz is America's funniest running writer. An avid, slightly over-the-top runner himself, he has completed countless marathons (but laments that excessive glycogen depletion at the finish prevents him from fully remembering each one) as well as all race distances from the 200 Meter Kids Snowman Shuffle (where he finished second after edging out a four-year-old at the finish line) to an ultramarathon of 50 miles (a feat he has no intention of repeating). In addition to his weekly syndicated newspaper column, he has had hundreds of humorous essays published in national and regional publications, including Runner's World, FootNotes, and Fitness Runner.For anyone who loves the aromatic smell of perspiration, who enjoys the exhilaration of exhaustion, who drinks solely from squirt bottles, or whose wardrobe is filled with reflective clothingâ "this book is for you.v

## Book Information

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## **Customer Reviews**

I thoroughly enjoyed reading this and found myself nodding in agreement more than once. As a veteran runner, I can't close the t-shirt drawer, have the remnants of energy bars in every location of my home, pay more for bottled water than my phone bill, am the proud owner of 10 black toenails and more insoles than the average shoe store. I spend more on my running clothes than my business clothes and a good portion of my budget goes to race entry fees. I plan my vacations around races and know the exact distance of almost any trip within 20 miles of my home. Such are the idiosyncrasies of the runner, and this book captures the essence of our lives perfectly. Only a runner could have written this book.

This is a fantastically funny book and although dealing with running, it provides a lot of laughs for non-runners as well. Bob presents a terrifically humorous look at runners and races and training and lots of other subjects associated with running. The book makes a great gift and the accompanying illustrations are a perfect compliment to each chapter. It's rare to find a book presented so very well and Bob should be highly commended for this welcome addition to a runner's library. The chapters on stretching and cross training and his satirical look at rules to run by are simply hilarious!

Finally, a humorist who is a runner takes a wonderfully funny look at all runners. This book had me laughing out loud from the moment I opened it as each of the short, snappy chapters are filled with wonderful humor in a very well written, easy flowing and creative manner. Bob is a skillful author and very funny and entertaining. I've read many of his articles on family life as well and would love to see a similar book on that subject. I highly recommend I Run, Therefore I Am - Nuts! to all runners. The book is simply great! I've actually read it twice now and had the same amount of laugh out loud chuckles along the way.

I got this book for my husband who loves to run, but hates to read. He has not put this book down.

He is laughing throughout the whole thing because he can relate to SO much of what it says. It is a great book, full of information, and also very entertaining! I recommend it for anyone. (Even I, a non-runner, am enjoying the parts he reads out loud to me!)

I just finished training long and hard this year and ran a half-marathon in Green Bay and the infamous Chicago Marathon in October. Mr. Schwartz brings all the training, worry, skill, fartleks and split times to true reality. Who else would line his family up on the driveway to practice running and grabbing water cups? Side-splitting reality to a recreational sport, that millions of us road-warriors take ever-so seriously. I read a chapter at the Dr. Office (I was in for a re-check after a bout with an ER visit for dehydration/heat exhaustion after a long run - did I say I am NUTS?) and realized I was laughing out loud, all the while other patients were sitting, staring with that bored, glazed look in their eyes. If only I could have shared Mr. Schwartz's wit & humor about pinning the race number on his shirt at 2am, shopping for the best energy gel, and his thinking that the first-ever marathon had to have been run by Kenyans, not Greeks. It's a good read, the chapters are short (a fartlek of a book), and any runner will enjoy.

I was looking for a little humor to go along with training for my first marathon, and I found it in this book! Schwartz takes all the small quirks of a runner, things you may not even think twice about, and has you laughing all day. Nice, light, fun reading.

I may be one of the few runners who had not yet heard of Bob's wonderfully written book. Thankfully I came upon it at the bookstore and I could not put it down. It's filled with rip roaring laughter as Bob takes us on a hilarious romp through all things (and then some) near and dear to runners and provides some insight as well. I enjoyed all the many chapters but some stand out so well that just thinking of them makes me break out in laughter (from Introduction to Ingurgitation to Trick or Feet to Lifetime Taper for a Masterful Peak). If you want to laugh, this is the book for you. Tremendous!

I was given this book as a gift before returning to Australia from the United States. I read the book on the trip back and it was just hilarious and so very entertaining! Bob does a wonderful job conveying the nature of the runner in a witty and humorous style which is beyond compare! He hits all topics related to runners with crisp chapters that are truly engrossing and laugh out loud! Here's hoping for I Run, Therefore I Am Nuts Part 2. Great job and I highly recommend this book to all runners no matter what talent level.

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