



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

By John Bingham

VeloPress. Paperback. Book Condition: new. BRAND NEW, An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age, John Bingham, 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 his book "An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age", the best-selling author and magazine 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 frightening trips to the emergency department and a conversation with a happy piano tuner led him to discover running - and changed his life for the better. In turns inspiring, poignant, hilarious, and heartbreaking, "An Accidental Athlete" is a warm and engaging book for the everyday athlete. Bingham tells stories of the joys of running - the pride of the finisher's medal, a bureau-busting t-shirt collection, and intense back-of-the-pack strategising. "An Accidental Athlete" is about one man's discovery that middle age was not the finish line after all, but only the beginning.



READ ONLINE
[2.22 MB]

Reviews

Absolutely essential go through book. It is actually loaded with knowledge and wisdom You can expect to like the way the blogger compose this pdf.

-- **Pascale Bernhard**

An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brian Miller**