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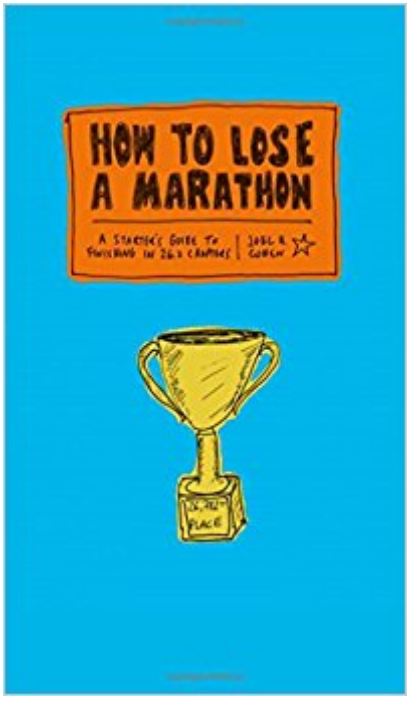

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Synopsis

A humorous guide to marathon training discusses the challenges of preparing for a distance race, debunks the myth of the runner's high, and conveys the misery of goal-setting.

Book Information

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Customer Reviews

Ã¢â ¬Å“YouÃ¢â ¬â„¢ll love the bits about me. I did. Anything not about me, read at your own risk.Ã¢â ¬Â• (Christopher McDougall, bestselling author of Born to Run and Natural Born Heroes)

Joel Cohen is a writer and producer for The Simpsons. HeÃ¢â ¬â„¢s also written for Suddenly Susan. He is the winner of two Emmy Awards and three Writers Guild Awards. He also proudly (and barely) completed the 2013 New York City Marathon.

Cohen writes about training for and finishing his first marathon with wit and self-depricating humor. Underneath it all is a true appreciation for running and those who dare to run - especially those who have never run before. The title of my review is a nod to Cohen's humor but also to the sense of pure joy - spoiler alert! - he experiences upon finishing the NYC marathon. Runners and non-runners alike will enjoy this entertaining read and be inspired.

A writer for the Simpsons meets the New York City marathon.As a non-athlete, Joel Cohen decided to run and went from barely running a mile to completing the NYC marathon in approximately

26,000th place. His goal in writing this book was to write the book that he wished existed as he was training -- a training guide for non elites. Luckily the explosion of self publishing and the internet have ended that problem - but this was still a great read.I really enjoyed his humorous take on the training process, it was new light on fairly standard information. I also appreciated his honesty: sometimes decisions such as choosing which charity to run for depending on the fundraising commitment are just that. There doesn't need to be any sugar coating to it.Also appreciated his process of choosing a pace as he learned his abilities and discarded various as being too fast or too slow. Figuring out pace really is one of the hardest things. I disagreed with him on shirts though, love my race shirts.I swear I'm the only running reader who didn't care for either Born to Run by Christopher McDougall or Murakami's What I Think About... I think I like my running reads on the lighter side.

I started running about a year ago and have just completed my first half marathon. I am interested in participating in the New York Marathon at the end of next year if I can get a lottery slot to participate. I am sure I will finish several thousand places and more than an hour back from the winners but I will love it just the same. This book nicely encompasses what it means to run but never expect to win and is written by one of the Simpsons writers. I love his take on why people run and it is not to win races. I have recommended this book to several of my friends.

Great book Mr. Cohen. As a fellow amateur runner and very amateur comedian I thought this book was both great entertainment as well as pretty spot on as far as the "pain and gain" of running. Well done sir. If you wan't a quick easy ready, but one that you will really enjoy, check this one out. Preferably not while you are running. JP

As someone training for my first marathon, this book was hugely entertaining. I could relate to Joel's training experience in so many ways. If you've been running for a while you already know most of the terms Joel uses, but his humor is laugh out loud funny. I needed some humor to integrate into my grueling training schedule. I like that he included his training plan & his favorite books on running in the appendix as well.

I am curious about the how to begin running. But I got a wonderful surprise from this read. The author certainly put fun in the word run. Eh! Again enjoyable leisure read for both the elite and novice runners.

Very entertaining

Great book for runners no matter if you’re just getting started or have been doing it for year’s! I laughed out loud several times!

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