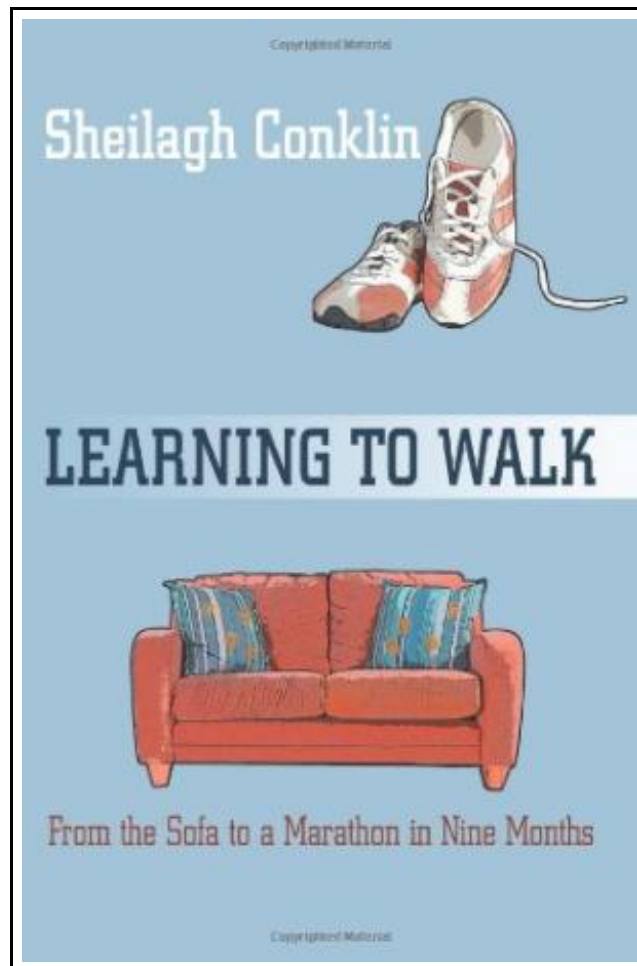


Learning to Walk: From the Sofa to a Marathon in Nine Months (Paperback)



Filesize: 3.81 MB

Reviews

I just started off reading this article ebook. It is actually written in basic words and not confusing. I am just very happy to let you know that this is the best ebook I actually have read through inside my individual daily life and can be the finest ebook for possibly.
(Dayne Johns)

LEARNING TO WALK: FROM THE SOFA TO A MARATHON IN NINE MONTHS (PAPERBACK)



iUniverse, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Sheilagh admits to being a Ding-Dong-loving, forty-five-year-old mom, 50 pounds overweight, with no significant athletic experience. But she agreed to join the Children s Tumor Foundation Marathon Team, vowing to complete the Portland Marathon on October 1, 2006, while raising funds to help end neurofibromatosis or NF, an often devastating genetic disorder. Like pregnancy, she had nine months to prepare for the marathon. Nine months to transform from a middle-aged, chubby, sedentary woman to a participant in an activity usually reserved for the elite athlete. The first trimester: an unwitting conception followed by big plans, but no outward signs of progress. The second trimester: significant changes, crazy discoveries, and the realization that she had no business doing a marathon or ever wearing a thong. The third trimester: discomfort, victories, and coming to terms with the inevitable. Labor: a grueling day-long push to finish the Portland Marathon. Quirky, humorous, and brutally honest, Learning To Walk takes unpredictable side trips, yet, at the same time, stays focused on a singular experience and goal-finishing the Portland Marathon. Everything that crossed Sheilagh s path is explored and nothing is off limits.



Read Learning to Walk: From the Sofa to a Marathon in Nine Months (Paperback) Online



Download PDF Learning to Walk: From the Sofa to a Marathon in Nine Months (Paperback)

You May Also Like



Tangerine, a Child s Letters from Morocco: Being the Impressions of a Little English Girl, During a Short Visit to the Chief Coast Town of Morocco, Contained in Her Letters Written at the

Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Tangerine, a Child s Letters From Morocco: Being the Impressions of a Little English Girl, During...

[Read Document »](#)



All New Kindle Fire HD Complete Guide for Seniors: How to Get the Most Out of Your Kindle Devices with Simple Step-By Step Instructions in 30 Minutes. (Paperback)

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for a kindle fire HD guide that could help you get the most...

[Read Document »](#)



Passive Income: Escape the 9 to 5, Build Passive Income and Live Location Free (Paperback)

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Start earning Passive Income and Live a Life worth Living. Location freedom isn t for the...

[Read Document »](#)



Legitimate Work from Home Jobs: The Secret Guide to Make Money Online from Home (Work from Home Ideas, Tips) (Paperback)

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Now mind you, some people do not view it as such. They simply get up every day, go...

[Read Document »](#)



Soccer Is a Thinking Game: A Simple Approach to Coaching Youth Soccer (Ages 5-12) (Paperback)

iUniverse, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I wish that this book had been published several years ago when I was assistant coaching my...

[Read Document »](#)