



iPeaked: A Reluctant Runner's World

Thomas Swasey

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Ipeaked: A Reluctant Runner's World is about my 30+ years and over 30,000 miles of running. It's not your typical runner's book since my passion is more about quality of life than running. I am truly a reluctant runner who embraces and enjoys the benefits of the world of running rather than the act. So if you're starting to run or are a seasoned runner or bicyclist: meet my guardian angels, race and train with me, share my life with family and friends, and learn a few things about running (run walk method, paying forward, training schedule, how not to run a marathon and more), cross training (biking and swimming), first triathlon, beginning road biking, and runner gift suggestions. I have mastered the balance of being competitive while adhering to a 'don't hurt yourself' training regimen. It seems to have worked since I'm still at college weight, my butt hasn't fallen off yet, and most of my family and friends are still talking to me.

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Emily Meredith:

Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they performing activity like watching television, likely to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could possibly be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the guide untitled iPeaked: A Reluctant Runner's World can be very good book to read. May be it can be best activity to you.

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