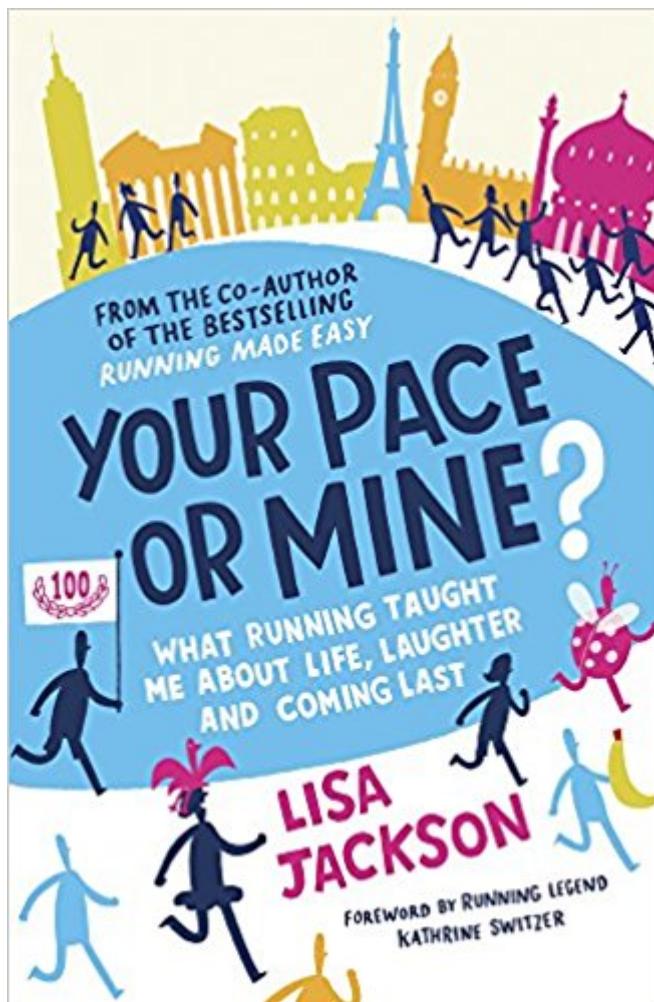


The book was found

Your Pace Or Mine?: What Running Taught Me About Life, Laughter And Coming Last



Synopsis

Lisa Jackson is a surprising cheerleader for the joys of running. Formerly a committed fitness-phobe, she became a marathon runner at 31, and ran her first 56-mile ultramarathon at 41. And unlike many runners, Lisa's not afraid to finish last—^{in fact, she's} done so in 20 of the 90-plus marathons she's completed so far. But this isn't just Lisa's story, it's also that of the extraordinary people she's met along the way—^{tutu-clad} fun-runners, octogenarians, 250-mile ultrarunners—^{whose tales of loss and laughter are sure} to inspire you just as much as they've inspired her. This book is for anyone who longs to experience the sense of connection and achievement that running has to offer, whether you're a nervous novice or a seasoned marathoner dreaming of doing an ultra.

Book Information

Paperback: 320 pages

Publisher: Summersdale (June 1, 2017)

Language: English

ISBN-10: 1849538271

ISBN-13: 978-1849538275

Product Dimensions: 5 x 1 x 7.8 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 9 customer reviews

Best Sellers Rank: #46,206 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #168 in Books > Biographies & Memoirs > Sports & Outdoors #206 in Books > Sports & Outdoors > Individual Sports

Customer Reviews

'An inspiring book, especially for anyone who's thinking about running for the first time'. Red Magazine online 'Her book reminds us running isn't only for the fast' Sport Magazine 'This isn't just a book, it's a community between the leaves. A community that spans the marathon cities, taking me on a roller-coaster tour.' Run Mummy Run Blog 'The heartiest recommendation I can give for this glorious book is that having read it, I wanted immediately to go for a run, and to laugh while doing so. An absolute tonic - and a very funny read.' -- Paul Tonkinson, comedian and Runner's World UK columnist 'A terrific insight into the strange and strangely beautiful mind of a runner. We've all been there... although most of us have kept our clothes on!' -- Phil Hewitt, author of Keep on Running 'A glorious celebration of life on two feet and all we can learn from it. I defy anyone to

read this without wanting to grab their trainers, dress up as a fairy, and find a friend to laugh away a run with.' -- Elizabeth Hufton, Editor of Women's Running UK 'Lisa Jackson has been there and got the running T-shirt, having experienced running highs and lows from every viewpoint. This book takes you on a running rollercoaster of Lisa's experiences and shows you why it's worth the journey.' -- Liz Yelling, two-time British Olympian and former training partner to Paula Radcliffe 'A wonderfully written, inspirational and philosophical book, not just about running but also about life and the many challenges it can throw at us. Heartbreakingly sad in some chapters, hilarious in others, it's a great read. Lisa's amazing multiple marathon achievements and the life lessons she has gained make for compelling reading.' -- Christina Macdonald, Launch Editor of Women's Running UK and author of *Run Yourself Fit* 'Jackson reads like a barefoot romp in the park on a rainy day: refreshing, quirky, deeply insightful, and not afraid to get her feet dirty!' -- Lorraine Moller, Olympic medallist and Boston Marathon winner 'Lisa's book shows how amazing all of us who run really are: how running can take us to so many places inside ourselves - and around the world. And she really does want everyone to go out and experience some of those runs first hand.' -- Ultrarunner Pam Reed, veteran of over 100 marathons and eighty 100-milers 'The often hilarious tale of Lisa, an adorable fruitcake of a runner: she's not fast, but she's fun, and behind the interesting hats and colourful gear is a girl of great determination and grit, who turns up marathon after marathon, and gets them done with a smile!' -- Traviss Willcox, Guinness World Record Holder and Chairman of the 100 Marathon Club 'Lisa's book is a great read! It's not only inspirational but gives practical advice to aspiring marathoners and ultramarathoners.' -- Jeff Galloway, US Olympian, designer of the Run Walk Run Method 'Love it! Whether you are a seasoned racer or nervous newbie you can't help but be inspired by Lisa. Her warm and honest storytelling will have you laughing and gasping in equal measure - and then you'll go out and put your running shoes on, which is what Lisa would want!' -- Danielle Sellwood, co-founder of Sportsister.com 'A truly inspirational read for runners of all levels. I cried, I laughed out loud, and then I couldn't wait to go for a run.' -- Sally Brown, journalist 'Lisa's approach to life, marathon running and writing about marathon running is so joyful and infectious, it's impossible to resist. This book will inspire you to run 100 marathons and keep laughing every step of the way.' -- Rhalou Allerhand, Runner's World UK Online News Editor

Lisa Jackson is the co-author of *Running Made Easy* and author of *Adore Yourself Slim*. A Contributing Editor to Women's Running, Lisa has also written for Men's Running, Zest, Sportsister.com and Triathlete's World. Kathrine Switzer is the author of *Running and*

Walking for Women Over 40 and the first woman who ran the Boston Maraton as a numbered entry, in 1967.

This is truly one of my favorite running books of all time! I found myself in the middle of a running slump and needed a pick me up when I found this book. Despite running 50 marathons myself, I wasn't sure I wanted to run anymore at all. Then I read Your Pace or Mine? and remembered all the reasons why I love the sport in the first place. Whether you're finishing on the podium or bringing up the back of the pack (as Lisa has done many times), you'll relate to her candid, humorous take on running. I found myself laughing out loud at multiple points throughout the book, and also tearing up as she talked about the loss of her mother and uncle. Let's face it - running isn't always fun, and when you've run 100 marathons, as Lisa has, you're bound to have some highs and lows. The miraculous part of this book is her ability to turn even the low points into high points and find humor and joy in every race. No matter how fast or slow or experienced or inexperienced a runner you might be, you can learn something about the sport (and how to enjoy it) from Your Pace or Mine.

As a busy mother of three under two I do not have the time to read. When I started reading this book I could not put it down. I read it from the time my kids went to bed until I had finished. It is full of laughter, great stories of many gifted athletes and at times I had tears running down my cheeks and thought my heart was actually breaking (tears started just writing this review). This book came to me at the perfect time. I was frustrated with my running. I had actually started a run one night, I was about two blocks away, turned around and came home. The next night I was gifted this book by another amazing leader, teacher and runner who just happens to know the author. After finishing the book that night, my next run couldn't have gone better and all thanks to Lisa Jackson. If it wasn't for you Lisa I would have given up something I have truly come to love, running! If you are looking for a book to help you win a marathon this isn't it. If you are looking for a read to change your life this is it!

After my "running high" year of 2014, I sustained a few injuries (feet, knee, ankle...) and had basically lost my running "mojo". I got back into the swing of things in 2016, but was not having fun with running and was dreading every miserable mile. It has been reading this book that has helped me rediscover the joy in running and has made me look forward to my next 4am wake-up call for another training run. If you're a "back of the pack" runner, or a "rush to the finish" runner. If you're a "newbie", or a seasoned veteran. This book is for you. It will remind you to laugh about, learn from,

and love running. Lisa is the "real deal". I had the great fortune of meeting her during the 2014 Marathon des Alpes-Martimes (from Nice to Cannes, France). In the pouring sideways and upside down rain, Lisa kept my spirits up and my pace on track for the entire course. She shared stories of her multiple marathon experiences - the good, the bad, the funny - and helped me finally see that the pace we run is not what is important. Look around you at your next race - you never know who you'll "run" into!

I loved Lisa Jackson's story about my hometown race ÅfÃ¢Â ªÅ ¨Å ª the Boston Marathon ÅfÃ¢Â ªÅ ¨Å ª which she ran draped in a Union Jack flag and with a cardboard teapot on her head. (At least until the teapot got too soggy in the rain.) It speaks volumes about the confidence she has gained from running, as well as the spirit of fun and adventure that she brings to every race. She really captures the sense of camaraderie and shared purpose that make marathons so much more than simply the finish time. The fact that she is not the least bit ashamed to admit that she has finished last in 17 of the 90 marathons she has run is very encouraging. I don't know if I'm more impressed by her honesty or by the fact that she has completed so many races!

Although I'm familiar with many of the stories included in this heartfelt book, I found myself alternating between laughter and tears when reading it. Lisa is a very dear friend of mine and I've had the good fortune to share many running adventures with her; she inspired me to run my first marathon and to complete two ultras.) Lisa continually inspires me to embrace the joy of running. I have gifted this wonderful book to both new and seasoned runners who have loved it.

I loved reading 'Your pace or mine?' because it is such a joyful and inspirational read. I read it slowly, step by step, and like Lisa does her marathons, savoured every moment of it. There is something delightful on every page that will keep you smiling, maybe with a few tears, until the very end. A perfect warm weather read!

Lisa's book is a great motivator - she is a back of the pack ordinary runner just like so many of us. Her stories of her travels and experiences give you new perspective on the WHY of running marathons - about the journey! This isn't a HOW TO book on running but a WHY TO... or why not to! Fun read, couldn't put it down.

I just read Lisa's book and I loved it. It had everything - humour, heart, inspiration and such good

stories from everyday heroes. This is a book about dreaming big and overcoming adversity -with many humorous anecdotes thrown in.

[Download to continue reading...](#)

Your Pace or Mine?: What Running Taught Me About Life, Laughter and Coming Last The Billionaire's Obsession: The Complete Collection Boxed Set (Mine For Tonight, Mine For Now, Mine Forever, Mine Completely) (The Billionaire's Obsession series Book 1) My Running Journal: Bubble Man Running, 6 x 9, 52 Week Running Log Scale: The Universal Laws of Growth, Innovation, Sustainability, and the Pace of Life, in Organisms, Cities, Economies, and Companies Obsession Mine (Tormentor Mine Book 2) Switching Teams: What Coming Out Later in Life Taught Me About Love, Conquering Fear and Accepting Change The Art of the Classic Sports Car: Pace and Grace Finding Ourselves in Venice, Florence, Rome, & Barcelona: Aging adventurers discover the power of place while exploring fascinating cities at their own relaxing pace. Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations Softball Base Running Drills: easy guide to perfect your base running today! (Fastpitch Softball Drills) How I Learned to Snap: A Small Town Coming-Out and Coming-of-Age Story Marathon Training & Distance Running Tips: The Runner's Guide for Endurance Training and Racing, Beginner Running Programs and Advice How I Learned to Snap: A Small-Town Coming-Of-Age & Coming-Out Story Company's Coming for Christmas (Company's Coming Special Occasion) RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging) The Campaign Manager: Running and Winning Local Elections (Campaign Manager: Running & Winning Local Elections) Last Man Out: The Story of the Springhill Mine Disaster The Ultimate Beginners Running Guide: The Key To Running Inspired Chi Running: A Training Program for Effortless, Injury-Free Running Running: A Love Story: How an overweight radio DJ got hooked on running marathons

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)