



No Need for Speed: A Beginner's Guide to the Joy of Running

John Bingham

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"You don't have to run fast to be a real runner!"

John Bingham, "the patron saint of the back of the pack," commands "The Penguin Brigade"-- those thousands of dedicated runners who have learned that the greatest joy in their sport comes not from how fast they go or how thin they become, but from simply having the courage to take the first step.

Now Bingham shares the wisdom that took him from couch potato to columnist for *Runner's World* magazine. *No Need for Speed* explores both the why and the how of running for the rest of us. With information both practical (how to find the right running shoes for you, when to enter a race, what to eat before a run) and inspirational (focus on where you are instead of where you want to be, accepting the body you have, the beauty of being realistic about goals), Bingham extends a trusted hand and expert advice to beginners and veterans alike.

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