

# RUNNING

WITH A

# POLICE ESCORT

Tales from  
the Back  
of the  
Pack



JILL GRUNENWALD

Jill Grunenwald

## Running with a Police Escort: Tales from the Back of the Pack



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In the fall of 2012, quirky and cat-loving Cleveland librarian Jill Grunenwald got an alarming email from her younger sister: her sister was extremely concerned with Jill's pounds and her overall mental and physical wellness. but in lifeless last. At turns heartbreaking and hilarious, Running with a Police Escort is for each and every runner who has never won a competition but still loves the activity. She enrolled in Weight Watchers and did another thing that she's; And contrary to popular belief, it wasn't Three months later, Jill did the previously unthinkable and ran her very first 5k at the Cleveland Metropolitan Zoo. Yep, the authorities were reopening the streets behind her. Jill started running. the girl who avoided gym class just like the plague in high school's; that bad. Actually, it was kind of fun. by no means thought she'd Battling the infamous hills of the training course, Jill conquered her fears and finished's; Having constantly struggled with her weight, Jill was currently striking the scales at more than three hundred pounds. d do; But Jill didn't In addition to books on well-known team sports, we also publish books for a wide selection of athletes and sports fans, including books on operating, cycling, horseback riding, swimming, tennis, fighting techniques, golf, camping, walking, aviation, boating, therefore much more. because when you run for your health and pleasure, your only competition is yourself. Six years and more than one hundred pounds lost later, Jill continues to be running and racing frequently, and she is a proud person in the trunk of the pack in every race that she's entered. In Operating with a Law enforcement Escort, Jill chronicles her racing adventures, proving that being a slow runner takes as much guts and heart to be an Olympic champion. Right then, Jill looked in the mirror and decided that she had a need to make a lifestyle switch, pronto. Skyhorse Publishing, along with our Sports Publishing imprint, is normally proud to create a broad range of books for visitors interested in sports activities's; books about baseball, pro football, college football, pro and university basketball, hockey, or soccer, we've a book about your sport or your team. t let that get her down's; Without every title we publish turns into a New York Situations bestseller or a nationwide bestseller, we are focused on publishing books on subjects that are sometimes overlooked by various other publishers and to authors whose function might not otherwise look for a home.



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It's so great to read a book by someone who runs a comparable pace or slightly quicker than you do. A must browse for all slow runners/walkers I'm a competition walker, I walked a fifty percent marathon during my goal to do one race per month (I acquired burned out after August). A lot of people classify themselves as a sluggish runner around 12 minute miles and my objective is to operate a sub 15 minute mile. This publication is down-to-earth and actual, and a great read for anyone - fats, skinny, runner or not really. Inspiration Jill is truly an inspiration to me.. What did I really like? Actually the moment I finished the last web page I turned back to page 1 and examine it again! She is funny, witty, critical, psychological. Malachi in March. I was sorry to see it end. Thank you, Jill. Not long ago i started running, going from hating it throughout my entire life to today having run 3 5ks and now training for a 10k. Loved the book. I am also a Cleveland girl, therefore i know the streets and neighborhoods, which made the book fun for me to learn. I am also a pack of the pack person, so I appreciate Jill's funny, smart undertake life as a sluggish runner (walker, in my own case). Jill includes a great "voice". I needed to keep reading! Inspired by Jill, I walked/ran the SNOball 5k today and am looking hard at St. I couldn't put this publication down. Jill. I am a newbie extra fat runner, and I so value the fact that I really am not really the only one!. Desire to see you at the back of the pack some time soon! Loved This Book As a runner who is just getting back to racing after cancers and treatment I found Jill's story extremely inspiring. It had been exatly the kind of story and guidance I required. Having previously been a front side to mid pack runner, finding myself at the back of the pack can be hard. I've experienced walking with a law enforcement escort (I wasn't actually able to RUN! Loved it! Jill writes just how I believe. Salty, truthful and funny.. This book was very inspiring and encouraging. But scanning this publication has made me realise that I don't have to be embarrassed and to become more mindful and established my own goals.), and because of Jill's sunny and sarcastic disposition I don't feel as bad about getting last. Thanks, Jill! Great book! Great book! Really resonates since I am there! Great book for those who run and the ones who don't. Many thanks for your candor and humor! I sensed like I was reading a book from someone that I could be friends with.. Love Love Like This Book I learned so much about myself from scanning this book! After reading Jill's publication I am prepared to at least give it a try. So funny and true! The author is hilarious and her story is so relatable! Inspiring. Great read for anybody interested, just getting started or struggling! It ended too soon! I want more and I'll go searching.. It was informative about running behind the pack while still amusing. Such a great read! Inspiring for all those folks usually at the trunk - an encouragement to simply keep working. I am confident Kill and I could be close friends and running buddies. I really liked the author's candid method of writing and telling her story. As a DFL once it creates my heart smile What did I dislike? That it ended. She comes across as honest and earnest. I have been heading back and forth on whether I feel qualified as well as ready for a fifty percent. That there surely is a book compiled by... for?. I have my first planned half marathon in April 2017.... runners like me. Runners who ha e had their police escorts.. runners who have come up on the last several water stops and then find the tables gone and the water all over the street (if you're likely to have a competition, leave the water until the training course closes)... runners who are not elite but who count anyway. I enjoyed her story As a back of the packer, I enjoyed her story.



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