



The Gift of Running: a book for runners and future runners

P Mark Taylor

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Running is a gift, but not only for the gifted. Whether you run just for fun or want to become a more competitive runner, The Gift of Running is for you. In The Gift of Running, P. Mark Taylor shows runners how to get started and stay motivated. The book includes: advice on how to get started as a runner, tried & true methods of running faster and longer, how to prepare for a marathon, tips on staying healthy & happy, motivation to keep you running, an insider view of the running community, & training programs for a 5K, 10K, half marathon, & marathon. P. Mark Taylor is a runner & author of the blog at www.WiseRunning.com.

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