



## An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age

By John Bingham

VeloPress. Paperback. Book Condition: new. BRAND NEW, An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age, John Bingham, Known by fans as "The Penguin" for his back-of-the-pack speed, John Bingham is the unlikely hero of the modern running boom. In his book "An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age", the best-selling author and magazine columnist recalls his childhood dreams of athletic glory, sedentary years of unhealthy excess, and a life-changing transformation from couch potato to "adult-onset athlete." Overweight, uninspired, and saddled with a pack-and-a-half-a-day smoking habit, Bingham found himself firmly wedged into a middle-age slump. Then two frightening trips to the emergency department and a conversation with a happy piano tuner led him to discover running - and changed his life for the better. In turns inspiring, poignant, hilarious, and heartbreak, "An Accidental Athlete" is a warm and engaging book for the everyday athlete. Bingham tells stories of the joys of running - the pride of the finisher's medal, a bureau-busting t-shirt collection, and intense back-of-the-pack strategising. "An Accidental Athlete" is about one man's discovery that middle age was not the finish line after all, but only the beginning.

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