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**COUCH POTATO TURNED RELUCTANT MARATHON RUNNER AND AUTHOR
TOURS NATION, INSPIRES AMERICANS TO GO FROM
"RECLINER TO RACE DAY"**

-- Dawn Dais' eight-week tour motivates Americans to get off their butts and give back to their community --

Sacramento, Calif. – January 24, 2007 – Dawn Dais, author of the witty new book *The Nonrunner's Marathon Guide for Women: Get Off Your Butt and On with Your Training*, is embarking on a cross-country adventure to encourage Americans to get active, get focused, and give back to their communities. Kicking off the tour in her home town of Sacramento, California on February 24, Dais will host book signings and participate in local walking/running events in Portland, San Francisco, Chicago, Minneapolis, Los Angeles, San Antonio and New Orleans.

Chronicling her life-changing journey from junk food junkie to marathon maven, *The Nonrunner's Marathon Guide for Women* carries a simple message: if Dawn Dais can do it, anyone can. The universal lesson at the heart of her book – and her upcoming trek across America – is one of hope and aspiration.

In her wry, self-deprecating way, Dais explains how her spontaneous decision to strive for the seemingly impossible goal of completing a marathon had a profound impact on her entire life, ultimately giving her extraordinary self-confidence and a new-found awareness of the difference she can make to the world around her.

Finding unlikely humor in her painful journey to the finish line, Dais packs the book with hilarious anecdotes, insider tips, quizzes and essential checklists.

U.S. Olympian Jeff Galloway, author of the bestselling book *Marathon*, praised Dais' new book: "This is a funny guide that provides needed motivation for a journey that can change your life for the better."

Learn more about Dais' upcoming adventure at www.dreaminmotion.net or visit www.nonrunnersmarathontraining.com to learn more about her new book.

About the Author:

Dawn Dais has spent the better part of her life avoiding running, runners, and all things calorie-burning. When she is not taking on ridiculous physical challenges like finishing a marathon, she stays mostly stationary as a freelance writer and designer. Dais contributes to a number of local and national publications and has been featured on the well-known Quotable Cards series. Dais continues to run, albeit very slowly. She lives in Sacramento, California.

***The Nonrunner's Marathon Guide for Women:
Get Off Your Butt and On with Your Training***

By Dawn Dais

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