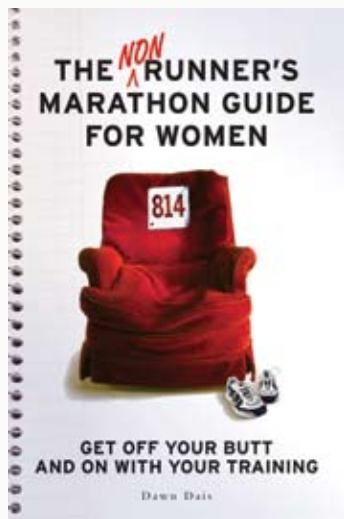


BOOK REVIEW



The Nonrunner's Marathon Guide for Women: Get off Your Butt and on with Your Training by Dawn Dais (Seal; \$15)

“How does one go from being a couch potato to finishing a marathon?” Dawn Dais answers this question in her new book, *The Nonrunner's Marathon Guide for Women*. If you're not a runner or you hate running but have always reluctantly been enticed by the idea of a marathon, this is the book for you. Not only does Dais break it all down—the training, the gear, the lifestyle, the eating—but she peppers it with humor and the reality of her own experience (she began her own training “with my butt firmly attached to my recliner”) through notes and journal entries. As Dawn says, “You need someone whose lack of real running talent or inclination will make you feel great about your own mediocre skills. And I am just that someone to make you feel like a star.” Aw, just the running guide we've been waiting for.

—Christian Nardi

Poll Results

Do you listen to music when you are outside?

31%
Yes, music!

69%
No, just nature or chat with friends



Fits like your favorite pair of jeans.



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