



RUNNER'S BOOKSHELF



The Nonrunner's Marathon Guide for Women: Get off Your Butt and on with Your Training

By Dawn Dais (Seal Press, \$15)

WHAT: Dais followed a "don't run unless chased" philosophy but took on a marathon as a tribute to her grandfather.

WHY: First-timers will appreciate Dais's humorous take on marathoning—as well as her insights on jog bras, carbs, and fund-raising.

CHOICE WORDS: "I wish I could be more like Oprah and say that there was a hunger burning inside me to test my limits and roar right past them. But the only hunger came about 20 minutes after I stopped running."