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Your Pace or Mine?: What Running Taught Me About Life, Laughter and Coming Last

Lisa Jackson

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Your Pace or Mine?: What Running Taught Me About Life, Laughter and Coming Last Lisa Jackson Lisa Jackson is a surprising cheerleader for the joys of running. Formerly a committed fitness-phobe, she became a marathon runner at 31, and ran her first 56-mile ultramarathon at 41. And unlike many runners, Lisa's not afraid to finish last—in fact, she's done so in 20 of the 90-plus marathons she's completed so far. But this isn't just Lisa's story, it's also that of the extraordinary people she’s met along the way—tutu-clad fun-runners, octogenarians, 250-mile ultrarunners—whose tales of loss and laughter are sure to inspire you just as much as they've inspired her. This book is for anyone who longs to experience the sense of connection and achievement that running has to offer, whether you're a nervous novice or a seasoned marathoner dreaming of doing an ultra.

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