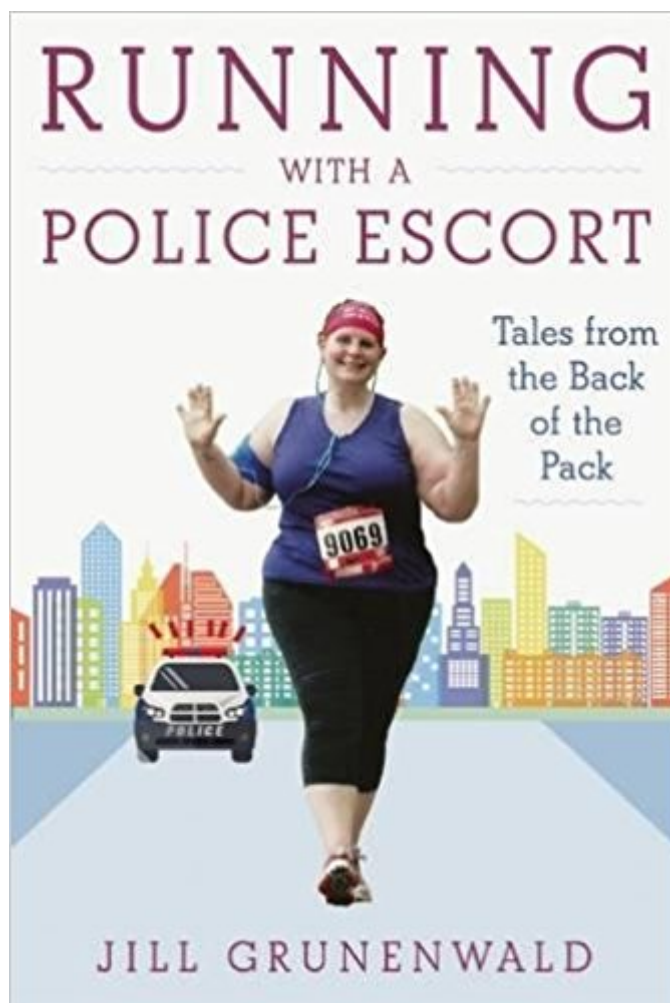


The book was found

Running With A Police Escort: Tales From The Back Of The Pack



Synopsis

In the fall of 2012, quirky and cat-loving Cleveland librarian Jill Grunenwald got an alarming email from her younger sister: her sister was very concerned with Jill's weight and her overall mental and physical health. Having always struggled with her weight, Jill was currently hitting the scales at more than three hundred pounds. Right then, Jill looked in the mirror and decided that she needed to make a life-style change, pronto. She enrolled in Weight Watchers and did something else that she, the girl who avoided gym class like the plague in high school, never thought she'd do; Jill started running. And believe it or not, it wasn't that bad. Actually, it was kind of fun. Three months later, Jill did the previously unthinkable and ran her very first 5k at the Cleveland Metropolitan Zoo. Battling the infamous hills of the course, Jill conquered her fears and finished, but in dead last. Yep, the police were reopening the streets behind her. But Jill didn't let that get her down, because when you run for your health and happiness, your only real competition is yourself. Six years and more than one hundred pounds lost later, Jill is still running and racing regularly, and she is a proud member of the back of the pack in every race that she has entered. In *Running with a Police Escort*, Jill chronicles her racing adventures, proving that being a slow runner takes just as much guts and heart as being an Olympic champion. At turns heartbreaking and hilarious, *Running with a Police Escort* is for every runner who has never won a race but still loves the sport. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports; books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Book Information

Hardcover: 252 pages

Publisher: Skyhorse Publishing (January 3, 2017)

Language: English

ISBN-10: 1510712798

ISBN-13: 978-1510712799

Product Dimensions: 6.2 x 0.9 x 9.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 14 customer reviews

Best Sellers Rank: #344,611 in Books (See Top 100 in Books) #122 in [Books > Biographies & Memoirs > Regional U.S. > Midwest](#) #311 in [Books > Biographies & Memoirs > Professionals & Academics > Law Enforcement](#) #575 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#)

Customer Reviews

Every new runner worries that she will finish last in her first race. Jill Grunenwald has actually done it and is here to report that last place isn't nearly as bad as it seems (unless they've already boxed up the bananas). Read Jill's fun and feisty memoir for the inspiration, for the laughs, and for the truth about what it's like at the back of the pack. She may not be fast (yet), but she's a blast, and she'll motivate you to run, too.

Jennifer Graham, author of *Honey, Do You Need a Ride?* *Confessions of a Fat Runner* What does a serious runner look like? Someone who follows a training plan, runs regardless of weather, travels to races, keeps track of her times, and would never call herself a jogger. Jill Grunenwald looks and runs like a serious runner.

Rachel Toor, author of *Personal Record: A Love Affair with Running* Running with a Police Escort is a manifesto for every out-of-shape middle school girl who came in last running the mile and decided from that point forward that she was just not meant to be a runner. In this hilarious and relatable tale of the journey from couch potato to half marathon, Jill Grunenwald will inspire you to lace up your running shoes, step out of your comfort zone and laugh your way all the way to the finish line.

Jill Angie, author of *Running With Curves and Not Your Average Half Marathon* Running with a Police Escort is for anyone who has ever struggled with any challenge, physical or mental. Her stories of racing at the back of the pack are relatable to any runner, but even if you've never considered running at all, you'll want to read this book.

Jill's love of Cleveland and her hilarious asides will keep you turning the pages to find out what happens in the next race.

Stephani Itibrout, PBS Digital Innovator and Cleveland Rite Aid Marathon Ambassador Jill Grunenwald is fantastic at conveying the heart of an authentic runner. She humorously voices the lessons, fears, joys, race-day blunders, and head games every runner can appreciate. Running with a Police Escort is a relatable reminder of how the passion and influence of the run can take root and shape life, allowing one to reach beyond

their wildest expectations. Jackie Dikos, columnist for Runner's World and author of the forthcoming *Finish Line Fueling*; No matter the challenge, readers witness her walking and finishing last with dignity. Readers can count on Grunenwald to be honest about herself and others, and sprinkled in the chapters are fun references to writers such as Joyce Carol Oates and Stephen King (she is a librarian, after all). This autobiography will appeal to and inspire those struggling to get healthy. - Publisher's Weekly "Whether she's writing about setting goals, finding the best sports bra (“Strap. That. Shit. Down…), or getting out of a running slump, self-proclaimed slow runner Grunenwald's chatty, confessional style will entertain readers and perhaps even inspire them to lace up, too… Readers will find that the author's unique perspective “from the back of the pack… challenges preconceived notions as it encourages stepping outside of one's comfort zones. - Booklist

Jill Grunenwald is the author of the blog *The Year of the Phoenix* and the host of the Kickstarter-funded podcast “Running with a Police Escort… Looking to change her lifestyle, she began running in 2012 and since has finished more than two dozen races. She lives and works in Cleveland, Ohio.

Loved the book. I am also a Cleveland girl, so I know the streets and neighborhoods, which made the book fun for me to read. I am also a pack of the pack person, so I appreciate Jill's funny, clever take on life as a slow runner (walker, in my case). Jill has a great "voice". She comes across as honest and earnest. Inspired by Jill, I walked/ran the SNOball 5k this morning and am looking hard at St. Malachi in March. Jill...Hope to see you at the back of the pack some day soon!

I'm a race walker, I walked a half marathon during my goal of doing one race a month (I got burned out after August). It's so nice to read a book by someone who runs about the same pace or slightly faster than you do. Most people classify themselves as a slow runner around 12 minute miles and my goal is to run a sub 15 minute mile. This book was super inspiring and encouraging.

I really enjoy her perspective and found the book very motivational. Overall just a really good book. Highly recommend this book

I really enjoyed the author's candid approach to writing and telling her story. I felt like I was reading

a book from someone that I could be friends with. It was informative about running at the back of the pack while still entertaining.

Fun read.

Running with a Police Escort chronicles Cleveland librarian Jill Grunenwald's journey from being the girl who used to hate physical education classes to becoming a dedicated runner. She regularly finishes races right at the back of the pack - hence running with a police escort as organizers are closing the course behind her - but as she points out it's not about being fast or slow but about taking small steps to achieve your goals. I really enjoyed the author's candor and wit. Parts of the book were quite inspirational, and it was nice that she didn't focus on weight issues but it really was a book about running. However, it just turned into a series of race reports and as such became repetitive. I've learned an awful lot about Cleveland and its geography. The structure of the book wasn't always clear, which I think may be due to the fact that it is based on the author's podcast and blog content. Compiled into a complete book, it could have done with some more editing to avoid repetitions and establish a more accurate chronology. On the whole, an easy and enjoyable book, though, mainly due to the author's great personality. This should appeal to people who are looking to take up running for the first time or anybody who enjoys fitness blogs.

This book is being released tomorrow and when I started it I was 100% prepared to tell everyone to rush out and buy it, however, now that I'm finished I'm more likely to tell you to borrow it from a friend or the library. Jill Grunenwald is a 300 pound librarian that takes up running races. Many times she finds herself in the back of the packing (hence the title). I really appreciated her stories about middle and high school and her aversion to physical education classes. I enjoy her sense of humor and wit, in fact, I would totally be friends with her! What I did not enjoy, though, was her writing. Many times it's disjointed and goes from a story about the "present" to a movie plot to her childhood back to the present and all the while I'm like "where are we?" Also several times in her writing she uses multiple words that mean the same thing in a sentence, for example "I almost nearly ran..." Many of the chapters were disjointed and felt as though they were individual blog post written to stand alone. Good blog post, but repetitive when compiled with others. She'd write something and then two paragraphs later remind you of what she just told you about. It became tedious and repetitive to get through this book. Overall, I would recommend this book. It is a good read and inspiring. After reading it I'm not sure if I'm more inspired to go running or to visit the city of

Cleveland but it is inspiring all the same. If you like fitness blogs I definitely think this is one you would enjoy. Read Harder Challenge 2017: Read a book about sports Copy provided by the publisher through Edelweiss in exchange for an honest review.

This is a great book about Jill Grunenwald, a quirky, cat-loving librarian who is overweight. Having always struggled with her weight, Jill was currently hitting the scales at more than three hundred pounds. Right then, Jill looked in the mirror and decided that she needed to make a life-style change, pronto. She enrolled in Weight Watchers and did something else that she hadn't done; the girl who avoided gym class like the plague in high school never thought she could do; Jill started running. And believe it or not, it wasn't that bad. Actually, it was kind of fun. This book is for anyone who has ever struggled with their weight. This book is also motivating me to do something about the weight I need to lose.

[Download to continue reading...](#)

Running with a Police Escort: Tales from the Back of the Pack Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) My Running Journal: Bubble Man Running, 6 x 9, 52 Week Running Log US Navy Escort Carriers 1942-45 (New Vanguard) Barron's Police Sergeant Examination (Barron's How to Prepare for the Police Sergeant Examination) Master the Police Officer Exam, 17/e (Peterson's Master the Police Officer Exam) Police Oral Board Interview: Over 100 Police Interview Questions & Answers Police Oral Board Secrets: Tips on How to Become a Police Officer Police Corruption: Preventing Misconduct and Maintaining Integrity (Advances in Police Theory and Practice) RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging) The Ultimate Beginners Running Guide: The Key To Running Inspired Chi Running: A Training Program for Effortless, Injury-Free Running Running: A Love Story: How an overweight radio DJ got hooked on running marathons Softball Base Running Drills: easy guide to perfect your base running today! (Fastpitch Softball Drills) My Running Journal: Personal Training Athletic, 6 x 9, 52 Week Running Log My Running Journal: Pink Shoe, 6 x 9, 52 Week Running Log My Running Journal: Runners, 6 x 9, 52 Week Running Log Marathon Training & Distance Running Tips: The Runner's Guide for Endurance Training and Racing, Beginner Running Programs and Advice Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations Healthy Running Step by Step: Self-Guided Methods for Injury-Free Running: Training - Technique - Nutrition - Rehab

Contact Us

DMCA

Privacy

FAQ & Help