

I'd Run Faster
if THEY GAVE us
BACON Instead
of water



RUN LONG AND PROSPER



i LOVE Running...
JUST not while i'm doing it.

it's A
Runderful
LIFE

MIGHTY
SLOW
RUNNER

one BAD
MOTHER RUNNER

Running is my Happy place

LET'S Run a
5K
Then drink
like it was a

FORGET THE GLASS SLIPPERS,
this princess
WEARS RUNNING SHOES.

i know i Run Like A GIRL.
TRY to keep up.

iF FOUND ON GROUND
PLEASE DRAG across Finish Line.

i'm only doing THIS So i can
POST A PICTURE ON FACEBOOK.

MAY THE COURSE BE WITH YOU.

WHO MOVED THE
Finish Line?

Attention spectators:
yelling "you're almost there"
AT 2 miles is not Funny!



THIS SEEMS LIKE
A LOT of WORK
FOR a FREE
BANANA.

if you see ME collapse,
pause my GARMIN.

SLOW is THE new Fast.

i THOUGHT they SAID "RUM"

RACE Day Strategy:
Start OFF SLOW THEN BACK OFF.


I'm not in a Race,
I hear the
ice cream truck!

in my DREAMS
I AM A KENYAN.

TRAINING
FOR
THE
ZOMBIE
APOCALYPSE



THIS is my RACE pace.

chafing
the
Dream.

You had me
at CARB
LOADING.



You can thank me now for
making you look FASTER.

it's ALL ABOUT THE MEDAL!!!

Will Run FOR
BEER

Will Run FOR
Wine

Will Run FOR
Chocolate

Will Run FOR
COFFEE