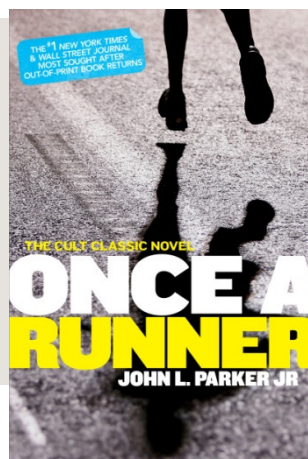


Title	Once a Runner
Author	John L. Parker Jr
ISBN	9781741963106
Imprint	Pier 9
Binding	Paperback with flaps
Extent	256 pages
Dimensions	210 x 140mm
RRP	\$27.95
Release Date	August 2008



Description

'... the best piece of running fiction around. Beg, borrow or buy a copy, and you'll never need another motivator.'
Dave Langlis, Runner's World

'There is a remarkable parallel between the pacing of this novel and a well run race.'
Ed Ayres, Running Times

Quenton Cassidy, a college runner, gave up everything and moved to a cabin in the woods where he subjected himself to a brutal training regimen in his quest to become a world champion miler. Under the rigorous coaching of Bruce Denton, a former Olympic gold medallist, Quenton planned to compete against the best miler in the world.

Within Quenton's journey of unflinching determination to win, John L. Parker Jr captures, in this work of fiction, the very essence of what it means to be a competitive runner, and it has gone on to become the most beloved novel about the sport ever published.

Sales Points

- A cult classic and *New York Times* #1 bestseller, *Once a Runner* is one of the greatest self-published success stories every told. To date, John L. Parker Jr has single-handedly sold over 100,000 copies
- The last print run sold out in 2004 and used copies in good condition now go for upwards of \$US500 online
- *Once a Runner* was *The Wall Street Journal's* #1 Most In-Demand Out-of-Print book in 2007

Author Profile

John L. Parker Jr has written for *Outside*, *Runner's World*, *Running Times* and numerous other publications in the United States. He was the South-Eastern Conference mile champion three times and the United States Track and Field Federation national champion in the steeplechase. Parker has been a practicing lawyer, a newspaper reporter and columnist, a speech writer for then Governor Bob Graham, an editor and a publisher. In 2007, *Again to Carthage*, the sequel to *Once a Runner*, sold out in the United States within a few weeks. Parker is now working on the prequel, *Cold Island Blues*. He lives in Gainesville, Florida, and Bar Harbor, Maine.