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friend suggests she go for a run to
distract her from the grief of her
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Second Wind so charming. Depressed after leaving her marriage and her fundamentalist church, the once sedentary Ostman takes up running as therapy.

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~Cami Ostman, Editor of Beyond
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Seven Continent. Ronna writes with an
honesty that is refreshing and
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style draws you in and keeps you
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Home - Ronna Russell

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Continents, shares tips on training for
different terrain. Going coastal Newbie
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starting with a marathon that runs along the shoreline: It tends to come with a flat course and, often, benign weather.

Different running terrains and how to train for them ...

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Second Wind tells how Ostman, a
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Continents. Every woman will enjoy reading about this back-of-the-packer's extraordinary journey.

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