



Running Harmony, Volume 1: 12 Life Lessons from a 12-Month Run Streak, and Other True Stories (Paperback)

By Ray Harmony

Revolution Harmony, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. WTF is Running Harmony, and who the hell is this Harmony guy anyway? Running Harmony is the art of running hard, sitting soft, and eating kind. It s also the name of Ray Harmony s running column in Vegan Health Fitness magazine. This book is the first volume in the series, and is a collection of all Ray s writing on running from 2015 to 2016. Ray Harmony is a British African based in Canada via the USA, and has been Vegan Straight Edge for over 10 years. He is a full-time musician and author, and a part-time runner, who recently completed a one-year 5K-a-day running streak. Ray is a Vibram ambassador and runs exclusively in FiveFingers. His favourite distance is 5K, with a current PR of 18:41. He also has a handful of running medals, but he doesn t like showing off so he keeps them hidden in the zipped pocket of his laptop bag, mainly as an occasional reminder to himself that sometimes he can run pretty fast. Ray Harmony has made music with Serj Tankian from System of a Down,...

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