

The Abusive Runner's Log

Hunter A. Wallace

This is a work of fiction. All the characters, locations, organizations, and events portrayed in this runner's log are either products of the bookmaker's imagination or are used fictitiously. Or both.

Any and all resemblance to Reality is purely coincidental.

• • •

In other words, it's just words. It's not real. Get a grip.

The Abusive Runner's Log

| Spiral: The Highest One Writing | Arc: IVS |

| Series: Ø | Entry: Ø |

| Genre(s): Satire, Running |

| Revision Date: February 23, 2022 |

A product of The Hillside Commons



Copyright © 2022 by Hunter A. Wallace

All rights reserved.

THCBN: 420-1-234-56789-5

| www.thehillsidecommons.com |

Howdy

Welcome to what is surely neither the greatest nor the worst purchase you have ever transacted. Considering how you are now the proud owner of a copy of this book, a pamphlet called *The Abusive Runner's Log*, I think I can safely make the following two assumptions about you:

1. You are a runner
2. You have a fantastic relationship with the parentals

See, I once coached a cross country team; for several years, my life more or less consisted of inspiring teenage boys who desperately wanted to be anywhere else into putting their best efforts forward so they could reach their full potentials and best their best race times. Through the experience, I learned the following two things:

1. Humans run faster when they're being screamed at
2. I don't mean cheered for, I mean screamed at

When one is hyperventilating and mentally telling oneself to *stop fuckin' running already*, one often needs to be verbally berated to be ripped from the thought hole and brought back into reality so one can pay full attention to running again. You saw the guy on the cover, right? That's a lil' buddy named Footsie The Running Shoe; throughout this runner's log, which has enough blank tables for you to keep track of your mileage **for the next year**, Footsie and all his various emotions are going to keep you company and make sure you don't fall off the horse. Now that the curse has been passed on, I wish you nothing but the best of luck in your journeys. Also, always remember: *run fast and don't look back*.

The Many Emotions of Foolsie	
Excited	Sauced
Surprised	Angry
Belligerent	Happy
Sad	Tremendous
Can You Identify Them All? • Draw Them In!	

Date Distance Time Course Name Notes

Totals:

Average:



Hi there! I'm Footsie The Running Shoe, welcome to your first week! I'll be here to keep you company over the course of this journey. I don't know how long you've been running, but look, it's still the beginning. Take it easy, don't go too crazy.