

# News

FOR IMMEDIATE RELEASE

## Accidental Runner Discovers the Power of Poo.

**Folsom, CA, September 1, 2011** - Author Jennifer Luitwieler shares her insightful and often hilarious journey of accidentally running to stop the dog from poeing under her sewing table. What starts as a way to deal with the dog, ends up providing the space to confront some deep issues: from endlessly comparing myself to others, to competing with myself to be stronger, faster, and to pursue endlessly my own reasons and goals.

*Run With Me, An Accidental Runner and the Power of Poo* is about finding the unapologetic courage to confront who we are as humans. As women. As men. As parents. As spouses. As divorcees. As managers and employees. As people. And who we are, as a whole, are people created by a loving God to do good things. We are strong, capable, confident, intelligent, creative and amazing. Discovering the courage is the first step towards realizing the life we're all seeking.

Jennifer states, *"I did not set out to become a runner. I didn't set out to become anything. I began running to house train a dog I don't even like. The dog isn't trained, but I am. For a while, I ran AWAY; away from dog poo, from lack of purpose, from mourning a life I wanted but didn't try very hard to create. And then the shift came and I ran toward. Toward all the things that I had valued in my life but had overlooked. I wanted a career as a writer. I wanted to say yes every day to my husband. I wanted to be an alert and present mother. I wanted a rich experience with God. And so I ran toward those things.*

*My story, like everyone's, is a series of missteps and divinely inspired decisions. We stumble our way through, seeking meaning and connections. Running as an activity gave me a sense of purpose. But*



### Media Contact

#### Jennifer Luitwieler

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### Title: ***Run With Me: An Accidental Runner and the Power of Poo***

Publisher: Civitas Press

ISBN: 978-0615524764

222 Pages

\$15.99 - Soft Cover

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*more, it was a vehicle for recovering and discovering. Running gave me permission to seek, space to listen, and an open heart to hear.”*

*Run With Me* is available online at Amazon.com, B&N.com and in bookstores.

### **About Jennifer Luitwieler**

Jennifer Luitwieler is an award winning author, a speaker and a woman who chooses to run with her dog. She is the wife of one hooligan, and mother of three school aged ruffians. She shares a house with two cats and The Dog. She lives in Tulsa, OK but will always love her hometown of Pittsburgh, PA. Her love for sports, especially the Steelers, knows no bounds. She regularly writes for regional and online publications and has contributed to *The Practice Of Love* (Civitas, 2011).

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# Endorsements

## RUN WITH ME: AN ACCIDENTAL RUNNER AND THE POWER OF POO

“Jennifer is funny, humble, and alarmingly real. If you’re itchy to really live life, *Run With Me* is the book for you. In it, you’ll make a fabulous new friend.” - Margot Starbuck, author of *The Girl in the Orange Dress: Searching For a Father Who Does Not Fail*

“*Run With Me* gives the reader helpful insights into the power of your personal coaching voice. Jennifer brings hope and encouragement as she details her ability to recognize her thinking and then refocus it to create new routines, or habits of the mind. And she makes you laugh in the process! Enjoyable and perceptive.” - Dr. Julie Bell, Founder and President of Mind of a Champion

“Part spiritual memoir, part autobiography, Jennifer’s book is about the discipline and experience of running, but even more, it is an up-close and personal story of a life of authenticity and vulnerability. Written in a style us grown-up girls can identify with, this book encourages the reader to do hard things. Jennifer’s invitation to run with her is the most compelling invite I’ve received in years.” - Kimberly Kirchmer Dinsdale, Professional Life Coach, Trainer and Facilitator

Only someone with wit and good humor could turn the story of her dog’s tendency to poop in her studio into an inspirational tale of personal discovery and growth. Jennifer Luitwieler’s tale a very stinky pile and a new pair of running shoes will help you look at your life with new eyes. Where are your unexpected places of growth? What challenge might open an entirely new world for you? You never can tell -- but it will be easier to spot it after you read *Run with Me: An Accidental Runner and the Power of Poo*.” - Rachele Mee-Chapman, Life Coach, Magpie Girl: Soulcare for misfits



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# Possible Interview Questions

FOR JENNIFER LUITWIELER, AUTHOR

1. Using the word poo in the title makes a statement? What IS the power of poo?
2. The Dog plays a major role in getting you running? How did you come to equate his needs with your own?
3. You write about your years spent in the church in both a positive and not so positive light. How were you able to manage the spotlight and still be a kid?
4. How long have you been running and what distances do you prefer?
5. The book is not intended to be a running manual, but if you could give advice to a newbie runner, what would it be?
6. You write about the church ladies in your head. How do you keep them at bay?
7. I'm not a runner. Tell me why I would be interested in your book.
8. What are you working on now?
9. Faith is an important part of your story. How would people who don't share your faith read your book?
10. Depression is integral to your story. Talk about your diagnosis and treatment? Any advice for sufferers?



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# Talking Points

WITH JENNIFER LUITWIELER, AUTHOR

1. Competition is a part of life and healthy competition, I think, motivates us. But when we are motivated to be something we are not, forcing a chubby thigh into a too small skinny jean, we reject who we are; and who we are is pretty amazing. *Run With Me* describes how I shifted from endlessly comparing myself to others to competing with myself to be stronger, faster, and to pursue endlessly my own reasons and goals. This is liberating.
2. I thought I would only run alone. I thought the church wronged me. I thought I would never be able to reclaim my self as a writer. I thought I could never run a half marathon. Every single assumption has been wrong, or at least uninformed. And I've never been happier to be wrong. One of the ideas I like to present is that "you can do hard things." Harder things than running a few dumb miles. And I've seen it with my own eyes.
3. While the title of the book, the cover of the book and a major theme in the book is running, the book is not, in fact, really about running. Running is merely a vehicle for some basic lessons about acceptance, grace, community and our own inner strength.
4. The book explores very universal themes. I talk to women all the time, every day, who are experiencing at least one aspect of something I address in the book: loneliness, depression, what-now, fear of not fitting in, becoming a faded old sofa, or learning to give good gifts.
5. Running is it's own reward, and for that reason, I do write at length about it. The discipline, thought, pacing, and muscle work involved, coupled with the fact that it lends itself to independence, makes for a rewarding experience.



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6. A few different churches appear in this book and I write about how some seemed more accepting than others. In fact, this led to a literal committee of church ladies in my head. One group at the ready to tear me down, another group volleying back with encouragement and grace. We all have judgment thrown at us daily. What we do with the judgment is key.
7. Some of my early ideas of self were formed by the churches I grew up attending. Whereas the church had been, in my memory, a place of judgment, over time, it has come to be so much more than that.
8. So many women I talk to find themselves asking “what now” when the kids have grown to a point of managing their own hygiene and whatnot. The chapter *The Red Sofa* describes these phenomena from the running trails. A discarded sofa, though, has no power to be reclaimed. But women (and men) can move along, pursuing the next thing for them.
9. Community is vital to me. It is working together in like-mindedness. I have seen this in church but also in places like the running trail, when my running partner and I sometimes forgo our scheduled miles in order to hash something out. I’ve seen it online as other runners encourage one another to keep going, or to feel better, or to be well. It is organic and lovely and vital to my existence.



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# Possible Story Ideas

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## **Accidental Runner Discovers the Power of Poo**

In this inspiring and often hilarious memoir, we meet one woman's accidental foray into running. What began as a way to get the dog to stop poeing under her sewing table, became a wonderful discovery of the power of running to stretch, shape, heal and empower the human soul.

## **Confronting The Church Lady Dialogue**

The Church today is both being revitalized and criticized. Jennifer's been part of many different faith communities that have been both fantastically welcoming and painfully exclusionary. She writes about how she came to understand that The Church is made up of people. People who fail, people who judge, people who carry the weight of their own burdens on their faces, in their words, on their backs. Understanding grace makes functioning in the church a heck of a lot easier.

## **Learning To Do Hard Things**

Jennifer has learned that she can do hard things. This important truth makes itself known in so many daily ways. From moving thousands of miles from the only home she'd ever known, to learning to support women in childbirth, to work the demanding job of stay at home mom, to reentering the work world after over a decade. In doing her own hard things, Jennifer's eyes began to take in the hard things other women around her were doing on a daily basis. Hard things much more challenging than what Jennifer has ever done.



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# About Jennifer Luitwieler

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Jennifer Luitwieler is an award winning author, a speaker and a woman who chooses to run with her dog. She is also a woman who refuses to make up her mind. She wants to do it all: run, write, and read. She wants to try everything that sounds remotely interesting. Her work as a doula, a writer and a mom has always been about showing others their own strength and ability.

She loves to run alone and with friends. She can rock the running skirt and also the high heels. She likes to play and laugh but also finds meaning and value in quiet conversation with close friends, which she collects like shells on the shore. Jennifer never wanted to be a runner, or a pet-owner. Rising at 5:30 am to run in the dark is now her definition of how to start a day.

Her favorite things to do are breakout, impromptu, kitchen dance parties with her three children, and squeezing their fingers as they fall asleep. She also has a certain fondness for the father of those children, her husband of 16 years. She regularly writes for regional and online publications. Jennifer lives in Tulsa, OK but her heart will always love her hometown Pittsburgh, PA (city of bridges and champions).



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