

NEWS RELEASE

For Immediate Release

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CAN BECOMING A BETTER RUNNER MAKE YOU A BETTER LOVER?

Runners love running, and they love reading about running, but most running/reading material focuses only on the how-to's of the sport: how to run a marathon or how to run a faster 5K. What is missing is the passion and dreams that spur runners to run in the first place.

HOHAs in Love, a novel by Laurence Graham, changes that by taking runners/readers inside a local running club and telling the story of runners' everyday lives. Madeline Bost, a New Jersey running columnist, calls HOHAs in Love "a wonderful novel about why we run, and more importantly, about why we run together."

HOHAs in Love is the story of a dreamer, the founder and coach of the Hoboken Harriers running club—or the HOHAs, as the club affectionately came to be known—of the club he founded, and of the runners who joined him with dreams of their own. In their quest for a cherished championship, Coach and his star-crossed HOHAs unexpectedly discover that the lessons of running reveal the secrets of love.

There is a lot to learn about running, and the lessons impact other parts of a runner's life. By becoming a better runner, we become a stronger person, and that strength helps us with all the other challenges of our life. In the novel, the HOHAs are challenged by their relationships with other people, by their fateful love affairs, and they find the secrets and wisdom they need to deal with these challenges in the very lessons they have learned from their running.

Laurence Graham is a corporate writer and a longtime runner who is grateful to have been able to run over 24,902 miles thus far, one Forrest Gump-like lap of the Earth. HOHAs in Love is his love song to the great art of running and his tribute to the many inspiring runners (fast and slow) that he has met along the way.

Contact the author for interviews or review copies. Visit www.hohasinlove.com (Media Resources) for cover art, author pictures, a sample chapter, and web ads. HOHAs in Love retails for \$14.95 and can be purchased at Amazon and Barnes & Noble or through www.hohasinlove.com.

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