




THE
UNBELIEVABLE
STORY
OF HOW I MET
YOUR
MOTHER

PRESTON RANDALL



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The Unbelievable Story of How I Met Your Mother

To Laura Rose Randall for showing me the true meaning of
unconditional love.

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The Unbelievable Story of How I Met Your Mother

Daniel Zurenski was a little overweight, but not too much—just enough so there wasn't a lot of loose fabric in any of the shirts he wore. Sure, he could go out and buy new clothes but after a few weeks of starving himself he'd lose ten to fifteen pounds and everything would fit fine again. And then one night he'd wolf down a whole loaf of bread and that would start a new round of binge eating until he regained it all. *Stop it!* he'd say to himself. *Don't. Throw it out.* He'd shove another handful of potato chips into his mouth and eat until the bag was empty. *You're such a pig.*

But today he was dressed for the race with brand new black Nike running shorts and blue and white Nike runners. He also wore the light blue racing singlet covered in advertising that came with the marathon race kit and he'd attached his number to the front with the safety pins provided. He'd never run a marathon before and his longest run had been a 5 km race one month earlier. He'd barely finished, wheezing and on rubbery legs, and for a week afterwards walked around stiff-legged and sore with tiny shuffling steps like a man twice his forty years.

The only reason he started jogging was because of his mother Sophie. Six months ago she was watching her favourite program on TV—The Dr. Oz Show. The good doctor snapped on a fresh pair of purple rubber gloves before unveiling a horrible greyish blob of desiccated flesh. As the camera zoomed in for a close up, Dr. Oz grabbed the mass and opened it up while the audience gagged and groaned.

"This is the heart of a forty-year-old man who was completely sedentary," said Dr. Oz. He pulled open a section which had been pre-cut to display the interior. "See how this opening is almost completely clogged up?" Dr. Oz poked a