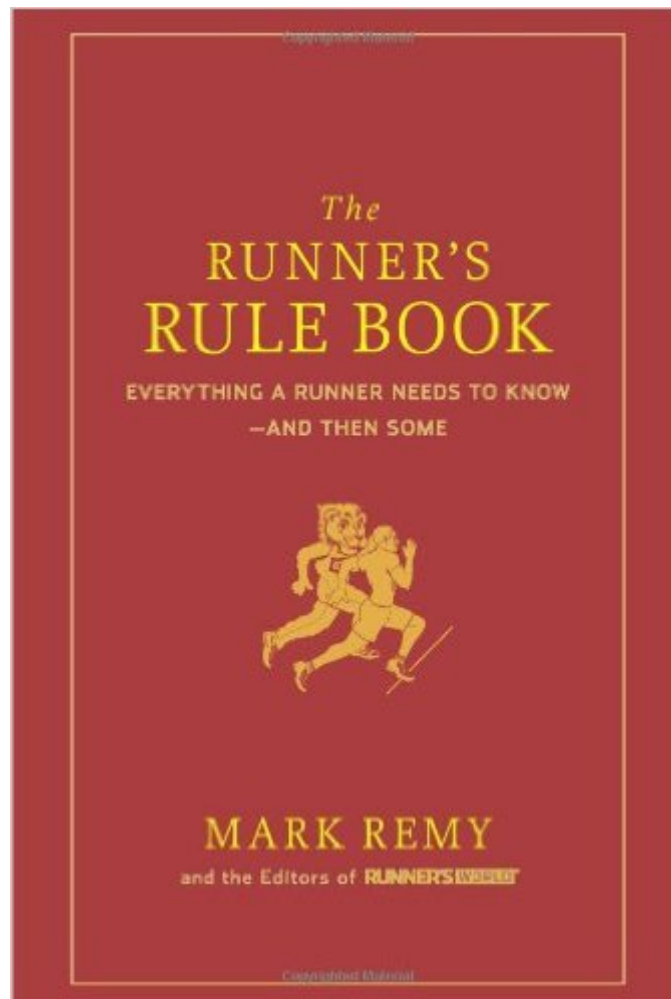


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# The Runner's Rule Book: Everything A Runner Needs To Know--And Then Some



## Synopsis

Every sport has rules. Running is no exception. If you're curious, just visit the Web site of USA Track & Field, the sport's governing body, where you'll find detailed dictates on everything from disqualification to bib-number placement to the caliber of the starter's pistol. But what about the everyday rules of running? The unspoken ones that pertain to the lingo, behavior, and etiquette that every seasoned runner seems to know and every newbie needs to learn? Veteran runner Mark Remy and the editors of Runner's World magazine provide answers to these very questions and many more in *The Runner's Rule Book*. Inside you'll find: Rule 1.18 LEARN, AND LOVE, THE FARMER'S BLOW Farmer's Blow \ fÃr-m?rz blo \ n: a process by which one clears a nostril of mucus by pinching shut the opposing nostril and exhaling forcefully [syn: Snot Rocket] Rule 2.32 DO WHATEVER IT TAKES TO FINISH AHEAD OF A COSTUMED RUNNER Because being outkicked by Elmo is too much to bear. Rule 3.1 CALL THEM RUNNING SHOES They aren't sneakers, or tennis shoes, or kicks, or trainers (sorry, Brits). They are running shoes. So call them that. ...and many, many more. With 100+ rules that cover the basics of running, racing, track etiquette, and apparel and gear, including hilarious running commentary on running culture, *The Runner's Rule Book* will be the reference guide you'll turn to again and again for answers to your burning running questions.

## Book Information

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## Customer Reviews

This is a great little stocking stuffer for the marathoner/half-marathoner on your shopping list.

Anyone else will have no interest in it, but the distance-running guys and gals will get a chuckle out

of this friendly little volume. There's little, if any, actual practical advice but there are immediately-identifiable "rules" and observations we die hards appreciate. It's almost like a collection of sidebars from your favorite running magazine. They kind of stuff you might clip out and post on your fridge, stick in your running journal, or tuck into a card to a running pal. The author comes across as a completely affable, good natured and nice guy...the exact kind of person you'd want for a running partner or running alongside you in a race. On the plus side, it never hurts to get a few reminders about safety and courtesy from someone who's been there, too.

This book is full of humorous commentary as well as very practical information about running. I laughed out loud and nodded my head in agreement many times while reading it. I know I'll definitely pull it off my shelf again when I'm looking for information or need a good laugh. It's a great gift idea for runners, whether they're just getting started or have been running for years.

I bought this book for myself last Christmas, and enjoyed it so much that I bought it for two of my running friends as well. I have always enjoyed Mark Remy's daily column on RWOL, so figured his books would have the same balance of useful information with a dash of sarcasm & humor (sarcastic humor, one might say) - and I was right! The book is just plain funny - I found myself chuckling (yes, I chuckle) at certain things and nodding my head in agreement . . . unfortunately, some of those costumed runners are FAST! If you are a runner or know a runner, it's an entertaining collection of "rules" that you will find yourself reading and thinking, "hey, that happened to me" or, "I do that!" It's not meant to be a technical book for runners - just a humorous, breezy book, for the runner with a sense of humor.

I received this book last year for Christmas and I laughed a lot when I read it the first time and again when I reread it just last week. While it does offer some very good practical advice for the newcomer, it really isn't a "do this/do that" training manual. I look at it more as a lighthearted look at something some of us runner types might take too seriously on occasion. Not every book on running needs to include pages of Jack Daniel's running formulas. Getting this as a stocking stuffer for someone who runs is a great idea and it lets them know you actually looked for something that they could relate to and enjoy.

When I began running, I found Mark Remy's daily column on the Runner's World website. I was treated almost daily to the wit and wisdom and laughter that he provides to us via the web. I was

ecstatic when I found out that he had a book! I bought it as soon as I found it and keep it on my "favorites" shelf in my personal library, which contains 7 bookshelves full of books. Mark Remy is a must for any runner's library, beginner or "old salt".

The Runner's Rule Book is a great book for runners of all abilities. The book is witty, comical, insightful and has some great tips. I read this book after I started running, and continue to read it a couple of times a year. Its a quick read, but a great one. I would definitely recommend this book to all runners (non-runners may not get all of the references, but would probably still enjoy it.)

I read this book before I became a runner (my husband was already a runner) and I nearly died laughing. I may not have gotten all the references, but Mark Remy has a way with words. I eventually became a runner and started following Mark's articles on the Runner's World website. I then re-read the Runner's Rule Book and honestly laughed for days. So much more of it made sense to me and it was even funnier than the first time I read it. Mark is a very witty writer and doesn't take himself too seriously, which is what makes him so relatable to so many of us runners, beginners or otherwise. His tongue-in-cheek, at times self-deprecating, way of writing has drawn so many of us into his world and we have become faithful followers of the Remy Race-Face.

Checked this out at the library, and liked it enough to go get my own copy. Lot's of fun. I believe runners of all abilities and skill would enjoy this book.

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