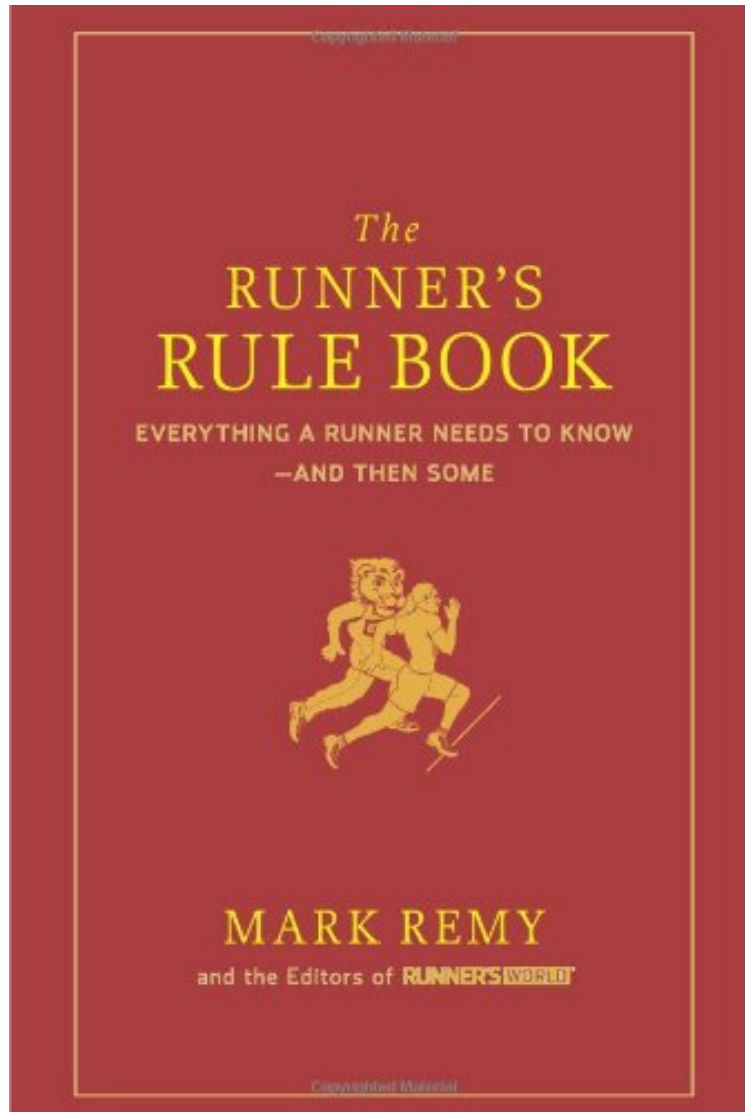


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The Runner's Rule Book: Everything a Runner Needs to Know--And Then Some

Mark Remy, Editors of Runner's World
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Mark Remy, Editors of Runner's World : The Runner's Rule Book: Everything a Runner Needs to Know--And Then Some before purchasing it in order to gage whether or not it would be worth my time, and all praised The Runner's Rule Book: Everything a Runner Needs to Know--And Then Some:

2 of 2 people found the following review helpful. The Runner's Rule Book: Everything a Runner Needs to Know--And Then SomeBy rSquareThis book has useful information, and is very entertaining to read. I am currently out of the

game, recovering from an injury, and I get very upset about not being able to run. This book cheered me up on an especially rough day - it may have over 150 pages, but doesn't go super in depth, so you can read it in one sitting. There is some very basic information in here that may seem obvious, but there is also some very good information that I didn't even know I needed - like how to properly blow a snot rocket, which I have never been good at and am always afraid I'll hit another runner when I have to do it in a race. There are things like how to signal a warning to other runners, or how to properly thank a driver for being nice, and then there things like, do whatever you can beat someone wearing a costume, or call them running shoes, because that's what they are. It's a little bit useful, and a little bit funny, and I'm sure I will read it again on another bad day to cheer myself up. 0 of 0 people found the following review helpful. It's a passable bathroom reader. By David Wellman I bought this as a gift, but sped read through it before wrapping it up. It's not as humorous or irreverent as I thought it would be (based on the page about socks, which is 100% completely true). There is *some* snark however, most of the content is played straight and presented as useful advice. Most experienced runners won't learn anything new, but for a runner that has "everything" but this book, you could do worse. 0 of 0 people found the following review helpful. Five Stars By Leigh Masters was a gift for our grandson and he LOVES it

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 \ fär-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.

About the Author Mark Remy lives, runs, and writes in eastern Pennsylvania, where he is the executive editor of RunnersWorld.com. He has run 21 marathons, including 6 Bostons, with a personal best time of 2:46. (Note: He ran that 2:46 in 1999; see Rule 1.51, page 54.)