



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

Mark Remy

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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.

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

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Author : Mark Remy

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Gus Sanchez says

Meh. Not even sure why I read this, considering I'm as much as runner as Paris Hilton is a Rhodes Scholar. Amusing at times, but I'm still wondering why I read this. I'm harboring some idiotic fantasy about running a marathon someday; this book kind of threw cold water at that fantasy.

Carianne Carleo-Evangelist says

A wonderful piece of fluff. Among the gems: "For Pete's sake, stand still at red lights". Most of all, a reminder not to take yourself too seriously, this is supposed to be fun. It's slightly dated, was written at a time when a tweet was something you had to call a "tweet" and phones on runs weren't as common. Wonder if he's still anti phone. But holds up well

Aurora says

Kinda dad-joke.

Kirk Gipson says

Great short little read mixing humor and real tips for being a runner and participating in races. Don't expect too much substance...this one takes about an hour to devour.

Johnno says

Listened to this book while running. It answers some of the running questions I'm sure we all have thought about, but were not always keen on discussing. It strikes a good balance: it has just the right level of silliness and bad jokes. Often I find myself somewhat annoyed by commentary in books and I believe this book has stayed on the correct side - although I can see where others come from when they disagree. Overall a short and fun read (or listen), so I would suggest any runner just to try it out.

A says

Quick tongue and cheek list of rules to help new runners. I was put off a bit by the continuous mentioning of Runner's World and excessively using 'he' in examples.

Josh Morgan says

This was a fun read with a few good laughs, but nothing life changing. I was familiar with Remy's style from RW articles, which is what made me pick the book up in the first place. He's a lighthearted writer with a firm grasp on his audience. Great for poolside reading, or if you're just getting into running.

Dave says

Funny, very easy to read and makes me remember how much I love running

Anastasia Sidorova says

Nice and short book on running rules. Not the serious manual how to run faster, but just fun and humorous! Most rules are just common sense, however some new runner could find it very helpful.

Janet says

Fun little book about
Runners and running with fun
Little tips to help.

Trish Colacicco says

Damn that was funny.

Stewart says

Tries too hard to be funny and is at best mildly amusing.

Beth Adams-brooking says

Anyone who is a runner, or even just thought about becoming a runner, should give this book a read!

Rupinder Sayal says

A hilarious book on running, filled with tips, advice, and a lot of common-sensical things runners should and

shouldn't do. This book is a breeze to read, and very fun and funny.

Daniel Solera says

Mark Remy is the executive editor of *Runner's World* magazine, which means he definitely knows his stuff. However, if you're searching for a comprehensive manual on running, The Runner's Rule Book is not that. Instead, it is a fun and funny series of "rules" that come with running as a noun (or as he technically notes, a gerund), as a lifestyle.

I read this book in under an hour. Each rule takes up one or two pages and is often no longer than two paragraphs. Some range from serious (Rule 1.14: Run Against Traffic, Rule 2.40: Respect the Rules of the Track, Rule 3.13: When in Doubt, Wear Gloves and a Hat) to hilariously absurd (Rule 1.32: Beware Ghost Trains, Rule 2.29: Pretend You're British, Rule 1.66: Dogs Are Harmless, Except When They Aren't). Regardless of how seriously Remy takes himself, each rule has a purpose.

Again, a hardcore runner might not learn much from this fun read, but they shouldn't expect to, despite the misleading "Everything" in the title. It's a great gift for runners both avid and casual (which is incidentally how I received this book) that is sure to draw out laughs.
