



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

*Mark Remy, The Editors of Runner's World*

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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*.

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.



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