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Synopsis

If there's one thing that Mark Remy knows, it's running. After 25 marathons and a career of writing for and about runners in *Runner's World*, he is well equipped to dissect the running world and the odd creatures that make up its population. The North American Runner has evolved greatly over the years, adapting to changes in environment, including new threats, technologies, food sources, and fashion. These mysterious, brightly clad creatures live side by side with humans, but how many of us truly understand them? In *Runners of North America*, a comprehensive guide to the 23 subspecies of runners (ranging from The Newbie to The Gear Addict), humor writer Mark Remy presents the tools to observe and communicate with runners in their natural habitat. With chapters like "Diet and Nutrition" and "Mating Habits," *Runners of North America* examines and explains the lives of runners from every conceivable angle--while delivering plenty of laughs along the way.

Book Information

File Size: 8720 KB

Print Length: 160 pages

Publisher: Rodale (April 5, 2016)

Publication Date: April 5, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B013X9F1IK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #311,833 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #116

inÂ Books > Humor & Entertainment > Humor > Sports #228 inÂ Kindle Store > Kindle eBooks >

Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #245 inÂ Kindle Store >

Kindle eBooks > Nonfiction > Sports > Individual Sports > Running & Jogging

Customer Reviews

If you are a runner and you like to laugh at the silliness of what you and others do for fun, then you will love this book. I have enjoyed reading Mark Remy's columns in *Runner's World* for years, as well as his other humorous tomes. Running is serious business folks. NOT! Got the Kindle edition

for on the go reading, but I do like to touch and feel the pages, so am purchasing a hard copy too. I run for pie, too.

I really enjoyed this guide. As runners sometimes we can all be way too serious. Nice to look on the lighthearted side. Although Mr Remy must have missed one type of runner because I am none of the ones he described! OR maybe I am all of them? Would make a nice gift for someone who is a runner and needs to lighten up a bit.

I thought maybe I was a Dad Runner, but this book definitively and easily ID'd me as an "I'm Not a Real Runner Runner." That was helpful. As was the diagram of the internal anatomy of a runner. That was actually better than WebMD at diagnosing my ailments. But mostly this book is highly entertaining and fantastically imagined. I'd recommend it for anyone who runs, or knows a runner, or sees runners. Living where I do, I'll likely take the checklist to my front porch this summer, open a beer and check off each species as it runs/sprints/stumbles past.

Did you know that runners and humans share more than 98 percent of their DNA? I do now thanks to Runners of North America. Also included in this essential volume are: a handy runner-to-English translation guide, tips for finding and observing runners in their natural habitats, as well as detailed descriptions of the 23 known subspecies of runners. This book is a must-have for both runners and the humans who endeavor to understand them.

I have always very much enjoyed Mark Remy's combination of satirical writing style and running satire. This book: Runners of North America, is my favorite of the four he's written. It's written in a dry-humor format meant to read like a true study of the species of 'Runner,' as the species compares to and relates with 'Humans.' Having been a runner for a few years now, I've come into contact with many of the different sub-species described in this book, and I literally laughed out loud so hard and the descriptions that my non-running husband decided that he needed to read this one as well. The book is, in a word, hilarious. It's got everything you could want from a book boasting to be a Definitive Guide to the Species. It covers everything from what runners eat to how they communicate to how a 'Human' might approach relating to one. It reads like someone who really loves running and doesn't take themselves too seriously wanted to share in a laugh about some of our [runners] biggest quirks and oddities. You will enjoy this book if you (like me) are a runner and don't take yourself too seriously, or if you (like my husband) are a Human that interacts with

runners. Seriously though- buy it. You won't be disappointed. I'll definitely be picking this one up more than once for a good laugh after a long run while I'm drinking beer in an ice bath and waiting for my fancy-schmancy watch to blue-tooth sync to all 14 of my running apps.

Hilarious glimpse into the minds of runners. If you are a runner, or know a runner, this is a must have!

The author hit the nail on the head with his descriptions of the different kinds of runners. The book was amusing, but not laugh out loud funny like I'd been hoping for.

Very funny book from a very funny writer. Witty and insightful.

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