



The Runner's Field Manual: A Tactical (and Practical) Survival Guide

Mark Remy, Editors of Runner's World

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Hot on the heels of last year's popular The Runner's Rule Book comes another indispensable guide from Mark Remy and his fellow Runner's World experts.

Whether you run in the city or on trails, in races or just for fun, you'll find The Runner's Field Manual loaded with practical advice and how-to instruction. As funny as it is useful, this volume covers everything from Dealing With Drivers to Toenail Maintenance, and explores in explicit detail . . .

COMMON THREATS

- Urban: The Blackberry-transfixed businessman
- Suburban: The bored, angry dog
- Trail: The mountain biker who has watched too many Mountain Dew commercials

SHOES & GEAR

- The Reef Knot: The only knot you need to know
- Barefoot Running: Crazy? Or just insane?
- The Trash Bag Poncho: Three steps to ultra-cheap rainwear

RACE DAY CHALLENGES

- Finding the Damn Thing: Not always so easy
- Navigating the Aid Station: Pinch the cup
- Finish Line Vomit: Hey, it happens

. . . and much, much more. Full of charts, illustrations, and more than a few laughs, The Runner's Field Manual is the perfect reference for anyone who loves to run-or wants to learn how.

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George Gomez:

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Kevin White:

Playing with family in a very park, coming to see the sea world or hanging out with buddies is thing that usually you could have done when you have spare time, and then why you don't try thing that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love The Runner's Field Manual: A Tactical (and Practical) Survival Guide, you may enjoy both. It is very good combination right, you still desire to miss it? What kind of hang type is it? Oh can occur its mind hangout folks. What? Still don't obtain it, oh come on its called reading friends.

Lewis Wade:

The Runner's Field Manual: A Tactical (and Practical) Survival Guide can be one of your beginner books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort to set every word into enjoyment arrangement in writing The Runner's Field Manual: A Tactical (and Practical) Survival Guide but doesn't forget the main stage, giving the reader the hottest and also based confirm resource info that maybe you can be among it. This great information can drawn you into brand new stage of crucial considering.

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