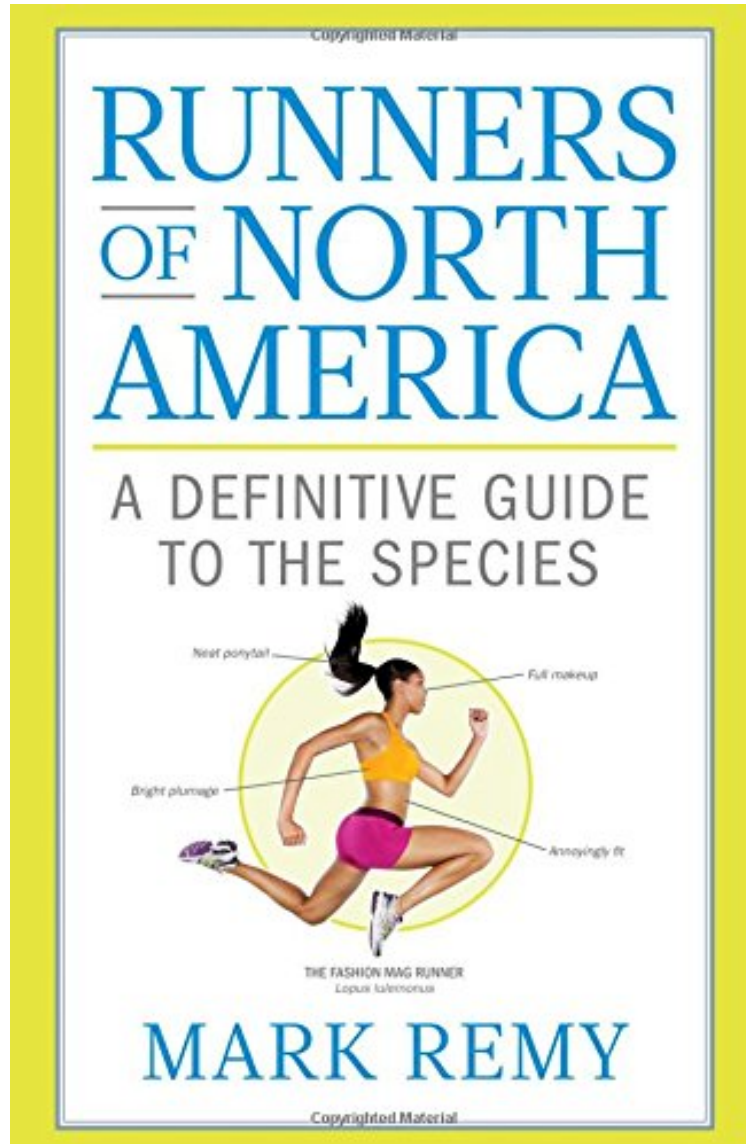


(Free pdf) Runners of North America: A Definitive Guide to the Species

Runners of North America: A Definitive Guide to the Species

Mark Remy

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Mark Remy : Runners of North America: A Definitive Guide to the Species before purchasing it in order to gage whether or not it would be worth my time, and all praised Runners of North America: A Definitive Guide to the Species:

4 of 4 people found the following review helpful. If you are a runner and you like to laugh at the silliness of what you and ...By N. Paturzo 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. 1 of 1 people found the following review helpful. Dumb Runner, "an online destination for runners who enjoy ...By NathanWhen it comes to running, writing about running, and laughing at those who run, Mark Remy stands alone atop the podium. You may know his work as the author of Remy's World (online and in print) when he was part of the Runner's World staff, or his most recent project, Dumb Runner, "an online destination for runners who enjoy laughter and pie."What you may not know about him, is that he is also an anthropologist - studying the characteristics of runners for over 20 years. With 26 marathons under his belt (and presumably other races too), he is a bit of an expert. He has funneled all of his observations into one complete guide in his latest book, Runners of North America: A Definitive Guide to the Species. Whether you started running last week, have been at it the majority of your life, or just know people who run, everyone will find truth and familiarity from this definitive guide to runners. If you're looking for a plot summary, you won't find one. In Runners of North America: A Definitive Guide to the Species, Remy has documented The North American Runner in staggering detail. "With this comprehensive guide to the 23 subspecies of runners... [he] presents the tools to observe and communicate with runners in their natural habitat."Runners are weird, interesting, and sometimes a bit contrarian when compared to other humans. They eat odd things, and do odd things to their bodies in hopes of running faster for completely arbitrary reasons. However, "the DNA of a normal human being and a runner is nearly 98% identical," Remy says. Which is a helpful reminder that they are (mostly) like everyone else. And while you may be quick to dismiss this as a silly book intended to make Remy "a pile of money," his intentions are pure - "...to help you attain a better understanding of, and a deeper appreciation for, these creatures called runners - how they interact with one another (and with their environment); what they eat; how they communicate; and more."And he has done just that. Personally, I found it deeply satisfying that someone was able to finally put language to what I had been observing for all these years - These creatures I have known and been one of since the summer of 1993. While you may find the book in the satire or humor section of our local book store (let's be honest,), I couldn't find anything that wasn't 100% accurate. Runners of North America: A Definitive Guide to the Species, is a brilliantly entertaining read. Like his other books, you can leave it on your coffee table, (or in the bathroom), skim a few sections now and again, and come back to it over and over again. I thought it would be most helpful to share how I've used this book/guide to better understand myself as a runner. While not a self assessment per se (unlike the one I use in my day job), it can help you identify some personality quirks, and be able to relate to (or laugh at) other runners you encounter. Humans, especially runners, are incredibly complex beings. The 23-sub-species is a great start, but I found myself drifting between a few as I tried to self-identify in the 145 pages of this field guide. I could almost trace my own journey through the various stages of runner evolution. For example, when I first started running (The Newbie, *Lopus novus*), I was definitely, "marked by his tentative gait, his tentative demeanour, and his tentative way of asking tentative questions." As time went on, I evolved into a more confident runner with experience, taking on more challenges. Before my first marathon, I could see myself as a Bucket Lister (*Lopus yolo*), never thinking running long distances would become a lifestyle. Shortly after my student loans were paid off, I may have evolved again into The Gear Addict (*Lopus productus*). I have a closet dedicated to running gear (and old baseball cards), and while 45% of my disposable income doesn't necessarily go towards running gear, probably more of it does than should. Today, I like to think I have evolved into a Serious Runner (*Lopus fastholus*) as I continue to flirt with my own Boston Qualifier. Unfortunately, I may be transforming into The Dad Runner (*Lopus paternus*). While my "habitat" does NOT include the suburbs, I do retain a "stubborn competitiveness - a vestige of their days as a Fitness Runner or Serious Runner." "The sport bean plantations of Central and South America, which produce 90 percent of the world's sport beans, are tremendous consumers of resources. One pound of sport beans takes as much as 28 gallons of water to produce, much of which is used for irrigation." Beyond the Text - Artwork and Illustrations If you're going to purchase this book, don't buy the digital version. The illustrations, charts, diagrams and other tools included are best enjoyed as Gutenberg intended - on paper! You'll find yourself wanted to reference this manual often, and having to look it up on a Kindle or iPad is just annoying. The marathon facial expression chart is probably my favorite. What I find most remarkable about this book, is the extreme level of creativity and thought that has been put into it. There are footnotes throughout the whole thing that add a certain level of depth to the experience - almost like you're part of an inside joke. 1 of 1 people found the following review helpful. This book will help readers better understand the difference between humans and runners and how ...By Topocat My husband has been contending that runners are an entirely different species than humans for over 20 years. Now thanks to Professor Remy's exhaustive field research, my long suffering husband has definitive proof that he lives not with a what he once took to be a human female of below average girth who kept bakers hours (and grew edgier the more she slept in), but actually a sleep deprived, gel-consuming, sufferer of taper tantrums: Serious Runner. This book will help readers better understand the differences between humans and runners and how they can peaceably co-exist despite them. Runners and Humans alike will feel a greater sense of affirmation and validation having studied Remy's work. Recommended for all.

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.

"For the past couple decades, Mark Remy has fashioned himself as a runner anthropologist of sorts. He's become known for his satirical look at running with an uncanny ability to point out the silliness amid the seriousness of running. In his new book, Remy has crafted the sport's first true work of humor, a 148-page hardcover pageturner chockfull of dry wit and ridiculousness about running, runners and the silly habits we all engage in on a regular basis. His tongue-in-cheek descriptions of 23 types of runners are downright hilarious--and mostly true! (For example: "Barefoot Runners may have tough feet, but their feelings are surprisingly tender" and "The Mom Runner may call you 'girlfriend,' even if you are not, in fact, their girlfriend.") This is probably the best gift book for runners ever written." --Competitor magazine "Whether you started running last week, have been at it the majority of your life, or just know people who run, everyone will find truth and familiarity from this definitive guide to runners." --MinneapolisRunning.com "Let's face it. We're not normal people. Even our closest friends and family members don't always understand what we do, why we do it, and how to relate to us. Thankfully, Mark Remy has put together a comprehensive guide for humans to better understand and relate to our subspecies. Remy draws upon his vast experience as a runner (26 marathons) and his witty and sardonic sense of humor to deliver some honest-to-goodness belly laughs and guffaws at our expense. In his new book, Remy reminds us that we're all a bit wacky and pokes some fun at the sport we love." --Jason Saltmarsh, SaltmarshRunning.com

About the Author Mark Remy is a writer and runner based in Portland, OR, where he lives with his wife, two children, dog, and cat. He spent more than 7 years at Runner's World, the world's leading running publication, before leaving in 2014 to become a writer at large. He is the author of RunnersWorld.com's popular Remy's World column and author of *The Runner's Rule Book*, *The Runner's Field Manual*, and *C is for Chafing*.