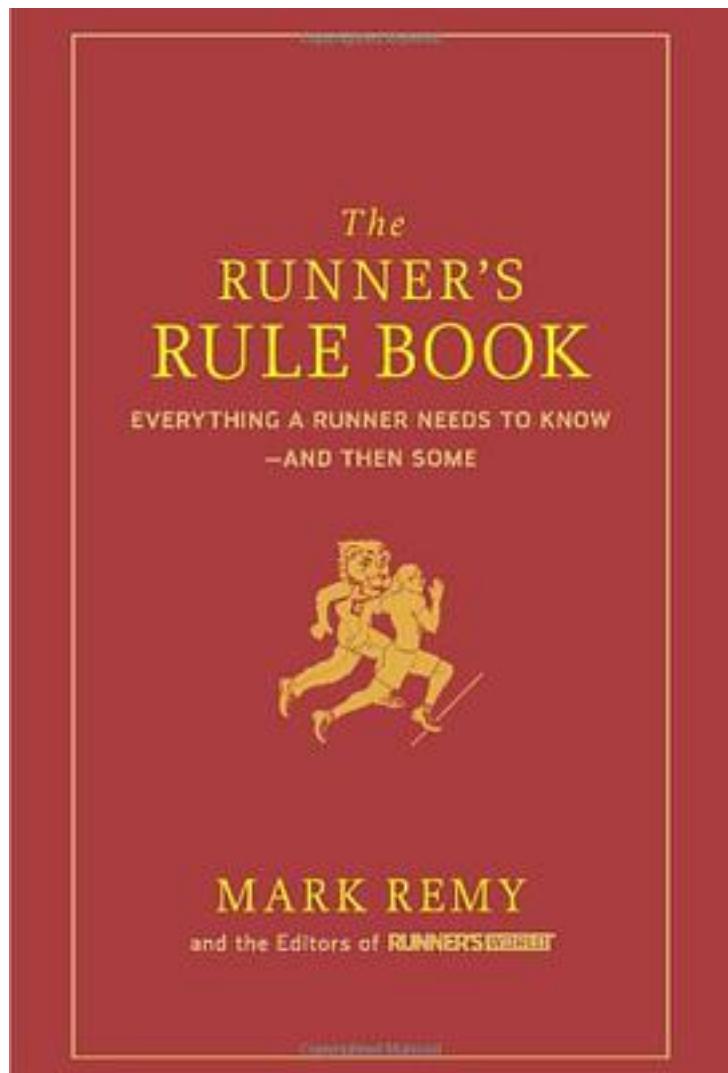


The Runner's Rule Book



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Every sport has rules and running is no exception. Anyone who's curious can visit web sites, to bone up on such topics as bib number placement, disqualification, and what calibre the starter's pistol must be. Those rules are good and necessary. But what about the real rules of running? The ones that address everyday, pedestrian concerns on the road, at the gym, or on the starting line? Very few runners agonize over the proper width of a painted finish line. ('No less than 5 centimetres' on a road course.) But what runner hasn't paused to ask himself: How can I tell if I'm a jogger or a runner? or Was that fellow runner being a jerk by not returning my friendly hello as we passed each other? or When is it acceptable to run shirtless, and when is it not? or What are the guidelines for clearing one's nose on the run? "The Runner's Rule Book" addresses these questions and many more in a clear, crisp manner that's entertaining while still being useful. Complete with illustrative cartoons, each of the 75 rules stands alone as its own very short chapter.

作者介绍:

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[The Runner's Rule Book](#) [下载链接1](#)

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