



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

*Mark Remy*

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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

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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