



Runners of North America: A Definitive Guide to the Species

Mark Remy

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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.

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