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# You Know You Are A Runner



## Synopsis

The first book in the popular 'You know you are' series 'You Know Are A Runner' takes a humorous look at the obsessive nature of runners based on submissions from runners and their families. It is the first book in the 'You Know You Are' series with 40 illustrated captions that will resonate with runners of all ages and abilities. Other titles include: You Know You Are A Nurse... You Know You Are An Engineer... You Know You Are A Dog Lover... You Know You Are A Golfer... You Know You Are Getting Older... As well as: You Know You Are A Mother... You Know You Are A Triathlete... which are all planned for release soon. Purchase either the Kindle or paperback editions of this book and go in the draw to win a 'You know you are a Runner' t-shirt. Visit our website for further details.

## Book Information

Series: You Know You Are ...

Paperback: 88 pages

Publisher: Strictly Business Ltd; 1 edition (July 18, 2013)

Language: English

ISBN-10: 1909943002

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Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 34 customer reviews

Best Sellers Rank: #185,617 in Books (See Top 100 in Books) #64 in Books > Sports & Outdoors > Other Team Sports > Track & Field #304 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #1386 in Books > Sports & Outdoors > Individual Sports

## Customer Reviews

'You Know Are A Runner' has been 'created' by Richard McChesney, a runner from New Zealand with a great sense of humor, but an acute inability to draw anything more than a basic stick man. The real talent are the book illustrators - Brighty and Brock who have taken the quotes and captions and delivered exceptional illustrations that will help the reader to know whether he or she really is 'a runner'.

Not really what I was looking for, but I read through it and it was OK.

You Know You Are A Runner, presents a humorous look of those who go out and run. It's funny

even if you're not a runner, maybe even funnier. It hits home with those who are dedicated runners and put running ahead of most everything else in life. You know, the ones they can't close the casket lid on because both their legs won't straighten out at the same time. Sorry about that. Enjoy the quips in the book and don't take it personally, even if you see yourself in much of what is said. Have fun with the book and enjoy your next run.

amusing

Ordered as a gift, but when I browsed through the book I realized I would want to keep gift shopping ... laughs would be because the reader is supposed to laugh, not because any of the cartoon thoughts are just that superbly rendered. Bottomline: okay, but not "special"

This was a gift for my 17 year old cross country runner grandson. He opened it, read it over again four times, carried it around and then read it some more! He then said he is going to let his teammates read it! He chuckled and laughed out loud, saying "true, true." A perfect and inexpensive gift for any runner! Cannot wait to get him Volume 2 when published.

I'm no runner, but it didn't matter because I had not had a book tickle my funny bone like this for the longest time. Going immediately into my favorites stash. Excellent!

This book was a nice idea but the pages aren't filled. Seems a bit on the cheaper side. The publisher should have filled every page.

My boss says this is him to a T.

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How to Become a Fit and Healthy Lifelong Runner by Following The Innovative 7-Hour Workout Week  
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