

## Rules to Run By

1. Don't be a whiner. Nobody likes a whiner, not even other whiners.
2. Walking out the door is often the toughest part of a run.
3. Don't make running your life. Make it part of your life.
4. Keep promises, especially ones made to yourself.
5. The faster you are the less you should talk about your times.
6. Keep a quarter in your pocket. One day you'll need to call for a ride.
7. Don't compare yourself to other runners.
8. All runners are equal, some are just faster than others.
9. Keep in mind that the later in the day it gets, the more likely it is that you won't run.
10. For a change of pace, get driven out and then run back.
11. If it was easy, everybody would be a runner.
12. When standing in starting lines, remind yourself how fortunate you are to be there.
13. Getting out of shape is much easier than getting into shape.
14. A bad day of running still beats a good day at work.
15. Don't talk about your running injuries. People don't want to hear about your sore knee or black toe.
16. Don't always run alone.
17. Don't always run with people.
18. Approach running as if the quality of your life depended on it.
19. No matter how slow, your run is still faster than someone sitting on a couch.
20. Keep in mind that the harder you run during training, the luckier you'll get during racing.
21. Races aren't just for those who can run fast.
22. There are no shortcuts to running excellence.
23. The best runs sometimes come on days when you didn't feel like running.
24. There is nothing boring about running. There are, however, boring people who run.
25. Distance running is like cod liver oil. At first it makes you feel awful, then it makes you feel better.
26. Never throw away the instructions to your running watch.
27. Don't try to outrun dogs.
28. Don't wait for perfect weather. If you do, you won't run very often.
29. When tempted to stop being a runner, make a list of the reasons you started.
30. Without goals, training has no purpose.
31. Go for broke, but be prepared to be broken.
32. Spend more time running on the roads than sitting on the couch.
33. Make progress in your training, but progress at your own rate.
34. "Winning" means different things to different people.
35. Unless you make your living as a runner, don't take running too seriously.
36. Never tell a runner that he or she doesn't look good in tights.
37. Never confuse the Ben-Gay tube with the toothpaste tube.
38. Preventing running injuries is easier than curing them.
39. Running is simple. Don't make it complicated.
40. Running is always enjoyable. Sometimes, though, the joy doesn't come until the end of the run.