

RUNNING LAWS

The following Laws have been developed over the years by many runners. Having completed the season I know that many of these will bring to you fond memories.

- (1) We have certain natural enemies or predators which act to control overpopulation of the earth by distance runners. These enemies include automobiles driven by old ladies, hot rods driven by teen-agers, and red-neck truck drivers.
- (2) No runner can escape the Law of the Double Whammy: that two cars passing each other on a narrow, lonely road will always intersect at a runner, resulting in angry screams, blowing horns, obscene gestures, and a car or runner or both being run off the road.
- (3) No runner can defy the Law of Gravity: that uphill is invariably at least 4 times as long as downhill.
- (4) A man named Albert Einstein discovered a natural law known as the Law of Relativity: that time during a tough workout passes twice as slowly as time during any other activity.
- (5) Shoestrings never come untied during repeat 440's when the runner can use a breather. Instead, shoestrings only come loose during a race, or when a runner is sprinting across a highway or railroad tracks.
- (6) Runners are accompanied by what is known as the "wayward wind". This changing wind direction permits a runner to run against the wind at all times.
- (7) Thunder and lightning are designed to disrupt cross country meets. These storms protect young runners from being exposed to high-powered competition.
- (8) Rain is a phenomena that happens when a runner is 7 miles into a 14 mile run. If not for runners, you wouldn't see so much green grass.
- (9) Pain is a phenomena that convinces runners to slow down and enjoy the beautiful scenery of the earth.
- (10) Potholes are the way of telling a runner "Don't run at night, Dunny!"