



## 30 Things Only Runners Know

by [Emily Abbate](#)

It took me years of running to casually refer to myself as a “runner” (~chills~). Hundreds of mornings tying my laces and logging miles before the sun came up. A slew of races, from single miles to full marathons. When I started using the designation, it felt like a badge of honor to wear proudly as I talked to fellow pavement pounders of all paces about the things [only other runners would understand](#), from chafing and blisters to the importance of shorts length and sweat-wicking materials.

If that sounds familiar, see if you can relate with these 30 signs you too are a runner:

1. You've got [specific tights](#) for any weather condition. Those fleece-lined ones, though.
2. You have mastered the art of the race photo. Smile, wave, proceed.
3. You own Body Glide. Chafing is nobody's friend.
4. You've tried a slew of different [Bluetooth headphones](#). Cords are so 2016.
5. You've turned down after-work plans because you've got miles to tackle tomorrow. That 6:30 a.m. alarm waits for no one.
6. You plan your day around your run. Definitely *never* the other way around.
7. You're planning your [family vacation around your training schedule](#). Mickey Mouse is cool and everything, but the morning 10-miler happens first.
8. You [wear different shoes](#) for sprints versus [marathons](#). And refuse to compromise.
9. You know your favorite gel flavor. I'm big on vanilla bean and jet blackberry, myself.
10. You have a go-to running buddy. They also won't judge you if ...
11. [You've lost a toenail](#). Oh, the dreaded black toe.
12. You've forgotten non-athletic socks are a thing. Because, same.
13. You have a preferred post-run meal. Burgers and [beers](#), for everyone!
14. You have a favorite [insert here]. You also likely own it in 4–6 different colors.
15. Your laundry basket is constantly overflowing. Family-sized Tide #FTW.



- 
16. **You own something to display your race medals.** Extra points if it's not crookedly hung on the wall.
  17. **Your budget includes race fees.** Best \$35 you spent all month.
  18. **Your physical therapist knows you so well, you're on their Christmas card list.** Not to worry, it's a reciprocal thing.
  19. **Your running watch is a part of your everyday wardrobe.** It's a lewk.
  20. **You consider peanut butter a food group.** Even better when it's paired with a banana.
  21. **The sight of [port-a-potties](#) makes you anxious.** *Because when's the next time you'll be able to pee?*
  22. **You have a go-to [playlist/podcast](#) for miles.** Oh, Drake. How I love thee.
  23. **You're grumpy on rest days.** Like, Seven Dwarfs-worthy.
  24. **You know every water fountain and convenience store in your city/town.** [Hydration is a way of life.](#)
  25. **You know how to tape (and run on) a [blister](#).** Sexy, ain't it?
  26. **Snot rockets.** Air hankey. Need we say more?
  27. **There are multiple frozen water bottles in your freezer.** Your muscles need that post-stride TLC, after all.
  28. **You know how to convert kilometers to miles.** Or at least have Googled it one-too-many-times.
  29. **You have a favorite [pre-race meal](#).** Grilled chicken and pasta, #FTW.
  30. **You know what a "fartlek" is.** It makes you giggle, and it has absolutely nothing to do with ... you know.