



## So, you think you know how to run?



Thousands of people participate in running events every year, from great gorilla fun runs to time trials and 5ks to marathons. Dubbed as the one of the best forms of physical exercise, a great stress reliever and, a hassle free, low cost sport, running sounds to good to be true. But do you really know how to get started and make the best of this super sport?

The brand new Rough Guide to Running promises to propel you ahead of the pack with a power brew of reliable guidance and inspirational tips. From the basics such as technique and preparation to expert tips, the best advice on training, diet, kit and where to find out about everything from your local running club to international marathons, this book is the ultimate guide to running for novices and experts alike.

Still not convinced? Then see if you can keep up with Lloyd on a training session in London. He can give you expert pointers on the best preparation, exercises, routes and events.

### Forget London and NY, the real marathons have gone global!

**North Pole** – The world's coolest marathon is run entirely on the frozen Arctic Ocean every April.

**Great Wall of China** – This tough course includes 3,700 steps.

**Safaricom Marathon** – Held in a wildlife reserve in Kenya, you may find yourself racing giraffes or wildebeests.

**Easter Island** – More than 2,000 miles from any mainland, this recently inaugurated event is the world's most remote marathon.

**Le Marathon des Châteaux du Medoc** – This passes through 59 vineyards in the Medoc region of France. Billed as the world's slowest marathon; aid stations offer red or white wine as well as water!

**Athens** – Be part of marathon history and run, more or less, the route that Phidippides ran when he carried news of the Athenian victory in 490 BC.

**Marathon de Monaco et des Riviera** – The only marathon on the circuit to go through three different countries, France, Italy and Monaco.

### About the Author:

Lloyd Bradley has written books on numerous subjects from Reggae to Karate, Gary Glitter to men's health. He has also worked alongside Harry Enfield writing for Lenny Henry and has been a regular contributor to The Guardian, Q Magazine, The Independent and NME. Currently writing for MOJO, he was previously consultant editor for Runner's World Magazine in the UK.

### Notes for Editors:

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