



Philadelphia Running and Walking: A Guide for Athletes and Fitness Seekers (Fun on Foot Books)

Warwick Ford, Nola Ford

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This title is for anyone who lives in or visits Philadelphia, likes running or walking, or wants to get outdoors on foot more. For the committed athlete, it points the way to new and interesting training routes and events. For the less committed jogger or walker, it provides the motivation and know-how to get outdoors more and improve fitness. It describes the most enjoyable and interesting on-foot routes in the Philadelphia region, complete with detailed commentary and maps showing the features of most importance to runners and walkers, including mileages, restrooms, points of interest, and public transit. This guide was written by a husband-and-wife team, both runners, based on their personal explorations of all routes discussed, with the collaboration of several local runners. With forty-five illustrations, this title brings the Philadelphia running and walking scene to life.

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