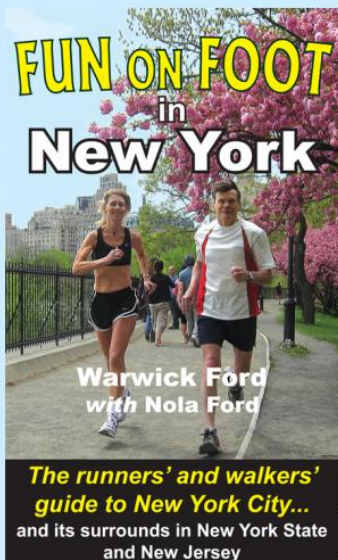




FUN ON FOOT in **New York**

Warwick Ford
with Nola Ford

***The runners' and walkers'
guide to New York City...***
and its surrounds in New York State
and New Jersey



FUN ON FOOT in New York

By on-foot enthusiasts **Warwick Ford** and **Nola Ford**

**The runners' and walkers' guide to
New York City ...
and its surrounds in New York State and New
Jersey**

"Fun on Foot is terrific!" Bill Rodgers, 4-time winner of the NYC Marathon

This book describes and maps the most enjoyable and interesting on-foot routes in the city, its surrounds, and other nearby centers. Over 90 maps are included plus introductions to over 70 top local running clubs.

Beyond the 5 NYC boroughs, coverage extends to Westchester, Nassau, and Suffolk counties in New York and Hudson and Bergen counties in New Jersey. Top routes in other major NY and NJ cities are also covered.

An essential reference for New York locals seeking variation in day-to-day outdoor routines and a must for runners visiting or moving to New York.

Available now at your favorite
bookstore or...

www.funonfoot.com

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Email: info@funonfoot.com

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- Major New York running stores

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- Tel: 646 929 3411 Fax: 800 968 8644

Fun on Foot in New York – Media Coverage **Following its May 1, 2009 Release**

TV

WNBC-TV: (June-July 09 continuous) NBC New York Nonstop

http://www.nbcnewyork.com/health/diet_fitness/Fun_on_Foot_New_York.html

WNBC-TV: (05/29/09) NBC New York Nightly News with Chuck Scarborough

<http://funonfoot.fileburst.com/WNBCNews-052509.wmv>

RADIO

WWRL-AM: (05/02/09) All Things New York

WVOX-AM: (05/11/09) Public Affairs

WHUD-FM: (05/19/09) Good Morning Hudson Valley

WNYC NPR: (06/01/09) The Brian Lehrer Show

<http://www.wnyc.org/shows/bl/episodes/2009/06/01/segments/133124>

WFUV NPR: (06/06/09) Cityscape

<http://funonfoot.fileburst.com/WFUV-060609.mp3>

WFAN-AM CBS: (06/07/09) Bob Salter Show

WCBS Newsradio 880: (06/15/09) Health & Well Being Report

<http://multimedia.wcbs880.com/m/audio/22579006/full-interview-with-warwick-ford-about-running-and-walking-in-ny.htm>

CBS/AOL: (06/24/09) The Good Life with Jesse Dylan

WHCR-FM: (07/15/09) City Lights

PRINT

New York Newsday (May 30, 2009)

BLOGS

RoadToNewYork.blogspot.com (05/10/09)

<http://roadtonewyork.blogspot.com/2009/05/book-review-fun-on-foot-in-new-york.html>

Booktrib. (06/11/09)

<http://www.booktrib.com/blog/2009/06/11/start-training-for-the-marathon-with-fun-on-foot-in-new-york-by-warwick-nola-ford>

Fun on Foot in New York – Review Comments

Fun on Foot is terrific!

Bill Rodgers, 4-time winner of the New York City Marathon

Fun on Foot in New York is a vigorous, rousing, and expansive springboard for runners seeking foot-friendly routes in New York City and its surrounds!

Lisa Ondieki, New York City Marathon Winner and record holder for nine years

Very well done! A great resource for runners who live in metro New York or who travel to the area.

Mike Barnow, 30-year veteran coach of elite distance runners, Westchester County, NY

Wow! Not only does it give an accurate description of what our club considers its home, but it provides all relevant contact information. With this book seasoned runners, beginners, nature lovers, anyone can grab it and go. There truly is something for everyone.

Gerard Ruiz, President, Alley Pond Striders, Queens NY

I just finished reading the chapter on The Bronx and found it to be wonderfully detailed; in fact there are sections I've not run before but will now consider trying. Well done!

Ken Rolston, Coach of Van Cortlandt Track Club, The Bronx NY

Fun on Foot is the book we runners have long been waiting for!

Fred Haslett, President, Long Island Road Runners Club

It is a wonderful resource for New Yorkers and outsiders alike. Enlightening and dead-on accurate.

Alex Gonzales, New York runner for 10 years and 7-time marathon finisher

This is a really wonderful book! It's a great tool because there are tons of trails in New York City.

Matthew Maggiacomo, WNBC TV New York

A cool new book!

Brian Lehrer, WNYC NPR Radio New York

The book may be especially helpful for Long Islanders who want to spend a day walking or running in the city but with the exception of Central Park fear to tread in Manhattan.

New York Newsday

Fun on Foot in New York – List of Routes

- MH1: Central Park
- MH2: Central-Morningside Parks Corridor
- MH3: Upper Hudson River and the Cloisters
- MH4: Mid-Upper Hudson River
- MH5: Lower Hudson River
- MH6: Lower East River
- MH7: Upper East River
- MH8: Harlem Parks Corridor
- MH9: Roosevelt Island
- BR1: Brooklyn and Manhattan Bridges
- BR2: Brooklyn Bridge to Prospect Park
- BR3: Prospect Park
- BR4: Ocean Parkway to Coney Island
- BR5: Prospect Park to Bay Ridge
- BR6: Bay Ridge to Coney Island
- BR7: Canarsie to Sheepshead Bay
- BR8: Williamsburg Bridge
- BR9: Marine Park
- QN1: Queensboro-Triborough Bridges Loop
- QN2: Forest Park West
- QN3: Forest Park East
- QN4: Meadow Lake
- QN5: Flushing Meadows Corona Park
- QN6: Flushing Bay Promenade
- QN7: Kissena Park
- QN8: The Motor Parkway
- QN9: Alley Pond Park to Bayside
- QN10: Joe Michaels Mile
- QN11: Rockaway Beach Boardwalk
- QN12: Rockaway Park to Brooklyn
- BX1: Van Cortlandt Park
- BX2: Van Cortlandt Park to Botanical Garden
- BX3: New York Botanical Garden
- BX4: Bronx River-Mosholu Parkways Loop
- BX5: Jerome Park Reservoir
- BX6: Botanical Garden to Pelham Bay
- BX7: Pelham Bay Park
- BX8: Van Cortlandt to Yonkers
- SI1: The Ferry to Fort Wadsworth
- SI2: South and Midland Beaches
- SI3: Miller Field
- SI4: Great Kills Park
- SI5: Silver Lake Park
- SI6: Clove Lakes Park
- SI7: Staten Island Greenbelt
- SI8: Conference House Park
- HJ1: Liberty State Park
- HJ2: Newport to Liberty State Park
- HJ3: Hoboken to Newport
- HJ4: GW Bridge and Palisades State Park
- WC1: Yonkers to Dobbs Ferry
- WC2: Dobbs Ferry to Tarrytown
- WC3: Tarrytown to Rockwood Hall
- WC4: Rockefeller State Park Preserve
- WC5: Tarrytown Three-Trail Loop
- WC6: Bronxville to Scarsdale
- WC7: Hartsdale-White Plains-Valhalla
- WC8: Colonial Greenway
- WC9: Franklin D. Roosevelt State Park
- LI1: Eisenhower Park
- LI2: Seaford to Jones Beach
- LI3: Oyster Bay: West Shore
- LI4: Oyster Bay: Sagamore Hill
- LI5: Sunken Meadow State Park
- LI6: Sears Bellows County Park
- LI7: Sag Harbor
- LI8: Montauk Point
- UN1: Poughkeepsie-Highland
- UN2: Hyde Park
- UN3: Albany: Hudson River
- UN4: Albany: Washington Park
- UN5: Binghamton: Otsiningo Park
- UN6: Ithaca: Cascadilla Gorge
- UN7: Ithaca: Waterfront Trail
- UN8: Syracuse: Onondaga Lake Park
- UN9: Rochester: Genesee Riverway
- UN10: Buffalo: Delaware Park
- UN11: Buffalo: LaSalle Park
- NJ1: Morristown: Jockey Hollow
- NJ2: Princeton
- NJ3: Ocean Grove-Belmar-Sea Girt
- NJ4: Manasquan Reservoir
- NJ5: Atlantic City-Ventnor Boardwalk
- NJ6: Camden-Philadelphia

Fun on Foot in New York – About the Authors



Warwick Ford and Nola Ford are Australian-raised Canadian-Americans with a passion for running and other outdoor activities. They have lived in the U.S. since 1996, moving around but always spending time in the New York City region in the non-winter months. In 2009 they are living in New York's Upper West Side. In winter they migrate west to the Colorado Rockies.

They are both active runners, with Warwick training for the 2009 ING NYC Marathon and Nola a member of the Mercury Masters Running Team.

They are keen travelers and have always loved exploring unknown places, both urban and rural, on foot. In *Fun on Foot in New York* they are sharing the results of their explorations of the New York City region with others, with a view to helping both local residents and visitors get out on foot more and enjoy the region more.

Warwick's degrees include a Ph.D. from the University of Toronto. *Fun on Foot in New York* is the third title in a series along with *Fun on Foot in New England* and the award winning *Fun on Foot in America's Cities*.