

PHILADELPHIA

Running and Walking

A guide for athletes and fitness seekers

By Warwick Ford and Nola Ford

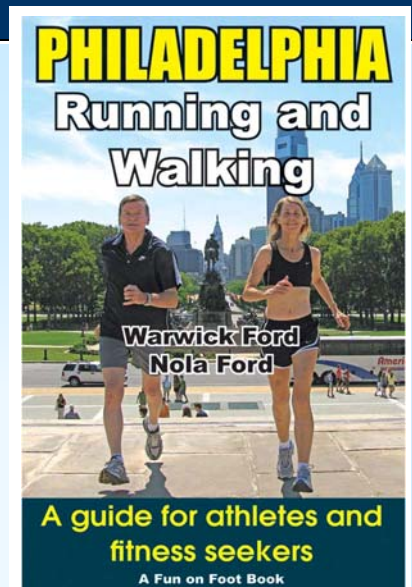
Good local knowledge helps competitive athletes find more stimulating training routes, helps recreational joggers or walkers motivate themselves to exercise more, and helps visitors or newcomers get outdoors quickly and confidently in a new place.

This book satisfies that local knowledge need for any runner or walker who lives in or visits Philadelphia:

It recommends the most stimulating and comfortable routes to run or walk, with maps, mileages, directions, and commentary

It lists competitive and community running and walking events

It links readers with the major local running clubs



“An excellent resource for recreational joggers to professional runners looking for a place to run in Philadelphia” ...John Crews, Male Winner, 2009 Philadelphia Marathon

“A must for anyone who wants to get the most out of Philly. Run and fun echo from each page. Irresistible!” ...Jutta Merilainen, Female Winner, 2009 Philadelphia Marathon

“Invaluable to anyone visiting or moving to the Philadelphia area or to any runners bored with their old routes. Diners need Zagat. Runners need this guide!”

...Bob Schwelm, Bryn Mawr, PA, 2009 No. 1 World Ranking for Marathon Age 50+

ABOUT THE AUTHORS

Warwick Ford and Nola Ford, a husband-and-wife team, are runners, explorers, and writers. Their prior works in this Fun on Foot series include *Fun on Foot in New York*, *Fun on Foot in New England*, and *Fun on Foot in America's Cities*.

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Philadelphia Running and Walking: A Guide for Athletes and Fitness Seekers

Review Comments and Testimonials

Part of the appeal of running is discovering new sights on vacations or in your hometown. Philadelphia Running and Walking provides a great starting point for your next run in the city. It is an excellent resource for recreational joggers to professional runners looking for a place to run in Philadelphia.

John Crews, Male Winner, 2009 Philadelphia Marathon

A must for anyone who wants to get the most out of Philly. Run and fun echo from each page. Irresistible!

Jutta Merilainen, Female Winner, 2009 Philadelphia Marathon

Whether you've been running for 20 years or you're just now starting, this book is an excellent compilation of running/walking routes so you can fully enjoy the beautiful and historic scenery and racing venues Philadelphia has to offer!

Kristin Price, Female Winner, 2007 Philadelphia Marathon

This book is invaluable to anyone visiting or moving to the Philadelphia area, or to any runners bored with their old routes and looking for something new. Diners need Zagat. Runners need this guide!

Bob Schwelm, two-time Olympics Trials marathon qualifier and 2009 number one world ranking for 50+ in marathon; owner of the Bryn Mawr Running Co.

This book presents a super way to see the wonderful historical sites of Philadelphia and the surrounding area – it will make your runs very interesting!

Marcus O'Sullivan, Coach of Villanova University Running and three-time 1500m World Champion

“Philadelphia Running and Walking” is a great source of information on local running places and routes. The pictures give nice views of the routes and show runners what to expect. The club listings and race guide are also valuable tools and will help acquaint visiting runners with the Philadelphia running scene.

Ira Meyers, DPM, Winner of the 1986 Philadelphia Marathon and Race Director, Frostbite 5 Mile

This book is a wonderful resource and does an excellent job of turning a simple run into an experience by providing specific information about transport options and post-run food/drink. As a Philadelphia resident, I am very familiar with many of the routes and I was surprised at how much local history I did not know!

Todd Euston, Manayunk Running Club half-marathoner and running+food+beer enthusiast

“Philadelphia Running and Walking: A Guide for Athletes and Fitness Seekers” is a guide for Philadelphians who want to see their city up close and personal through exercise. Outlining foot routes through the city that maximize training or fitness, points of interest, running clubs of the area, and annual races, “Philadelphia Running and Walking” is a choice pick for the walking enthusiast in the city of brotherly love.

Midwest Book Review http://www.midwestbookreview.com/sbw/jun_10.htm#Health/Medicine

The guidebook is easy to use, friendly, and informative. ... The authors want to encourage everyone who is able to walk and run, and they hope that their book will provide 'inspiration and practical help.' The abundance of information and support in these pages indicates their success."

US Review of Books <http://www.theusreview.com/reviews/Philly-Ford.html>

About the Authors

Warwick Ford and Nola Ford are Australian-raised Canadian-Americans with a passion for running, skiing, and other outdoor activities. This husband-and-wife team has lived in the U.S.A. since 1996, in Massachusetts, New York, California, and Colorado, with their home base varying with the seasons. They run regularly in on-foot races throughout the nation, with Warwick running distances up to the marathon and Nola up to the half-marathon. They love exploring new territory on foot. Their main mission currently is to help others keep fit by documenting the results of their on-foot explorations, along with other local information that runners and walkers need. They have authored three prior Fun on Foot books: “Fun on Foot in New York,” “Fun on Foot in New England,” and “Fun on Foot in America’s Cities,” the latter covering 14 major cities. Warwick’s educational qualifications include a doctorate from the University of Toronto, Canada.

Table of Contents

Preface	v
Key to Map Symbols	vii
1. Introduction	1
2. Run/Walk More—Live Better	3
Motivation	4
Where to Go?	5
Running, Walking, and Losing Weight	7
Are these Routes Safe?	8
3. Starting at the Heart	9
Center City Schuylkill Banks Loop	11
Historic District and the Jersey Side	17
Other Routes	23
4. Fairmount Park	25
Schuylkill River Trail to Manayunk	27
Fairmount Park Schuylkill River Loop	34
Wissahickon Valley and Chestnut Hill	38
Other Routes	44
5. Pennypack Park	45
Pennypack Creek Trail	46
Other Routes	49
6. Valley Forge Region	51
Joseph Plumb Martin Trail	53
Manayunk to Conshohocken	57
Conshohocken to Valley Forge	61
Audubon Loop	65
Other Routes	68
7. Annual Running Events	69
Philadelphia Marathon	70
ING Rock ‘n’ Roll Philadelphia Half Marathon	72
Blue Cross Broad Street Run	73
Other Regional Events	75
Marathons in the Broader Region	84

8. Running Clubs	85
9. Conclusion	91
Index	93
About the Authors	96