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Philadelphia Running and Walking: New Book Makes Fitness Easy

Philadelphia Running and Walking pulls together everything that Philadelphia runners and walkers need to know, in one compact package you can carry along on foot. This information is needed by both residents and visitors wanting to take full advantage of Philadelphia's excellent outdoor environment. It helps competitive athletes find stimulating training routes, helps recreational joggers or walkers motivate themselves to exercise more, and helps visitors or newcomers get outdoors quickly and confidently.

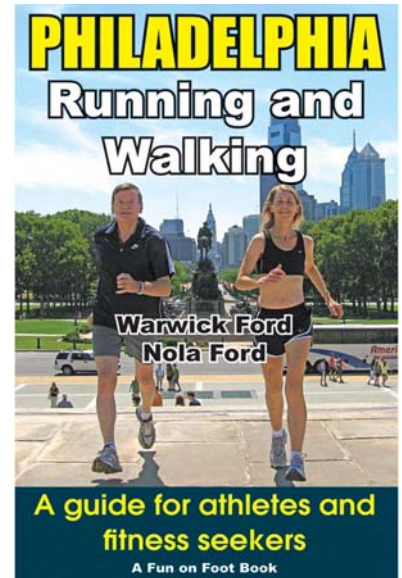
This book describes the best training and exercise routes - from the Delaware River to Valley Forge; from Pennypack Park to FDR Park. It includes commentary, directions, photographs, and maps with mileages, restrooms, public transit, and other features important to runners. It also describes the major annual on-foot events - races, fun runs, and walks - and introduces the region's major running clubs.

"Part of the appeal of running is discovering new sights on vacations or in your hometown," said John Crews, Male Winner of the 2009 Philadelphia Marathon. "*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."

The authors, husband-and-wife team Warwick and Nola Ford, both runners, explored and handpicked all the routes themselves. This book follows up their popular 2009 New York guide *Fun on Foot in New York* and their 2007 Boston region guide *Fun on Foot in New England*.

One of the Fords' objectives is to help make running and walking enjoyable, to minimize stress and help readers get outdoors more. Where possible, routes are designed to take in historic sights and also have a good eating and drinking establishment at the end. Jutta Merilainen, Female Winner of the 2009 Philadelphia Marathon, said this about *Philadelphia Running and Walking*: "A must for anyone who wants to get the most out of Philly. Run and fun echo from each page. Irresistible!"

Several prominent local runners support this new guide. "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," said Bob Schwelm, two-time Olympics Trials marathon qualifier and 2009 number one world marathon ranking for age 50+. "Diners need Zagat. Runners need this guide!"



PHILADELPHIA RUNNING AND WALKING: A GUIDE FOR ATHLETES AND FITNESS SEEKERS

By Warwick Ford and Nola Ford; Publisher Wyltan Books www.funonfoot.com

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