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Making fitness fun at home and on the road; Blazing new running trails for city travelers

ASPEN, CO - April 17, 2006 - Whether you're a casual jogger or a serious marathoner, finding a new running route in a city is a daunting task. So much so, that many folks forego the fitness routine while on vacation or business travel. But a new book, *Fun on Foot in America's Cities*, maps out 50 urban running routes that make fitness-on-the-go easy and fun.

Written by husband and wife, Warwick and Nola Ford, *Fun on Foot* tosses aside any excuses for not knowing where to run when visiting a new city. This book not only maps out detailed routes, but it analyses running, jogging and walking conditions in 14 major U.S. cities. There are more than 60 maps and 125 photographs.

Fun on Foot rates its routes by comfort, safety, area attractions, convenience to downtown locations and places to grab a bite to eat or pint to drink after a good run.

The authors also consider weather conditions, describe mass transit systems and give brief history lessons to put runners at ease in unfamiliar cities. "When new to an area or traveling, especially in a city, most people don't find it easy to head out on foot," said Warwick, a seasoned traveler. "I have experienced those feelings many times. But all anyone needs is the right information up front and this book puts that information in your hands. When equipped with this book, on-foot exercise can be fun!"

Places where *Fun on Foot* takes you include:

- Harvard Square in Boston
- Hollywood Sign in Los Angeles
- Golden Gate Bridge in San Francisco
- Grand Rounds in Minneapolis
- National monuments in Washington D.C.
- Brooklyn Bridge in New York
- Wrigleyville in Chicago

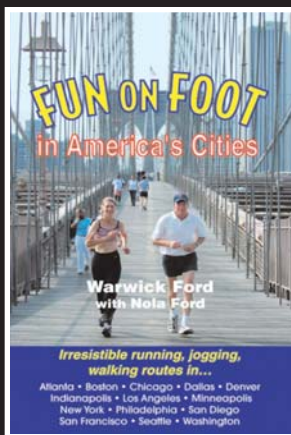
"It's a fitness plan so simple it's stunning. So simple, in fact, it's disguised as a guide book," said Linda L. Richards, editor of *January Magazine*. "*Fun on Foot* resonated with me instantly ... [it's] a guide book, but it's also much more."

One-page route summaries and other runners' ideas can be found at the Fun on Foot web site, www.funonfoot.com.

About the Authors: Warwick and Nola Ford are Australian-raised Canadian-American travel junkies. As a Massachusetts-based executive of a California company, Warwick traveled the U.S. extensively. One of his greatest challenges while traveling on business or pleasure was finding the motivation to work out, given the lack of the right comfort zone outdoors in strange cities. That led to his latest project and book, *Fun on Foot* - enjoyable walking and jogging routes in America's major cities. Warwick and Nola hit the pavement, researching and documenting the best routes in 14 major cities.

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Available from

www.funonfoot.com

www.amazon.com

and all major book dealers