

FOR IMMEDIATE RELEASE

CONTACT: Meryl L. Moss Media Relations, Inc.
meryl@mediamuscle.com/203-226-0199

FUN ON FOOT IN NEW YORK: THE RUNNERS' AND WALKERS' GUIDE TO NEW YORK CITY AND ITS SURROUNDS

By WARWICK FORD with NOLA FORD

What is fun, absolutely free, doesn't pollute the environment and can improve your health? Running! Imagine if your run took you past sweeping pathways lined with flowering trees, scenic coastal or river trails, handsome statues and charming architecture, and at the end waited a tasty brunch. Put away your excuses and take to the streets with the outdoor exercisers' guidebook that tells you how: **FUN ON FOOT IN NEW YORK**.

"You haven't really seen a place until you've seen it on foot," observes the author, Warwick Ford. This book is a runner's eye view of the greatest city in the world, and makes getting out to run, walk or jog fun and easy. Warwick Ford and his wife and running partner, Nola, have road tested every one of the 80-plus stunning trails that are illustrated and laid out in their new book. "We know from experience that exercise has to be easy and enjoyable if we are to regularly get out and do it," Ford says.

Warwick Ford, a frequent business traveler and outdoor runner for 15 years, always searched for the best trails as he traveled. He shares his favorite discoveries in **FUN ON FOOT IN NEW YORK** the third in a highly acclaimed series that includes **FUN ON FOOT IN AMERICA'S CITIES** and **FUN ON FOOT IN NEW ENGLAND**.

The new guide is as useful for New Yorkers as it is for tourists. The book feels the pulse of the city – it lists the most beautiful spots for a good run or fast walk, and provides the distance, attractions on the route and desirable destinations at the end of the trail for each entry.

FUN ON FOOT IN NEW YORK covers:

- The five boroughs – Manhattan, Staten Island, Queens, the Bronx and Brooklyn.
- The greater New York area – New Jersey, Long Island and Westchester County.
- The length of each route and how to connect routes for a longer workout.
- Attractions along the route
- How to access a trail via public transportation
- The location of restroom facilities
- Pubs and restaurants that welcome people in running clothes and provide an enjoyable destination at the end of the path
- A chart to figure out how many calories you'll burn
- Safety precautions

“There are gems in New York that you'd never encounter on an ordinary tourist route,” says Ford. This makes **FUN ON FOOT** ideal for the average American who wants to get in shape, nature lovers, and the competitive runner training for the next race.

Direct your feet to the healthy side of the street and join the Fords as they guide you to having **FUN ON FOOT IN NEW YORK**.

About the Authors

Warwick and Nola Ford are Australian-raised Canadian-Americans with a passion for running, skiing, and travel. As a Massachusetts-based executive of a California company, Warwick spent years as a road warrior, bunking down in different cities. One of the biggest challenges of that period was finding the motivation and the time to get out on foot enough to maintain fitness. That led to the Fun on Foot project. Now, Warwick and Nola spend their time researching and documenting premium, enjoyable on-foot routes in cities throughout the US and internationally.

**FUN ON FOOT IN NEW YORK: The Runners' and Walkers' Guide to New York City
and its Surrounds in New York State and New Jersey**

By Warwick Ford with Nola Ford

Wyltan Books

ISBN 978-0-9765244-2-7

ISBN-10: 0-9765244-2-2

\$16.95

April 20, 2009