

FOR IMMEDIATE RELEASE

## **New England Summer Shape Up One Step at a Time**

*The authors of the award-winning Fun on Foot series show us where to run, jog and walk in New England*

Good intentions to get out and exercise are too often met with a matching lame excuse: "No time! Nowhere good to go! No fun!"

Now, couch potatoes in New England have one less excuse in their arsenal. Warwick and Nola Ford's *Fun on Foot in New England*, the follow-up to the award-winning *Fun on Foot in America's Cities*, arms walkers and runners alike with powerful, insider information that includes scenic attractions, safe routes, and even restaurants and pubs to relax in at the end of the route.

*Fun on Foot in New England* covers routes of varying distances in Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont. Over 40 cities and towns are covered in detail, including all of the Greater Boston region.

Beyond the fascinating local information (historical tidbits, where to get good eats, and various points of interest), the Fords have focused their attention on routes that are comfortable, offer historical attractions or natural beauty, are convenient to public transit and have a fun destination.

Written for serious runners and walkers alike, *Fun on Foot in New England* inspires all to get out on foot, get fit, see the best of New England and - most importantly - have fun!

### ***The reviews are in! America loves the Fun on Foot series:***

*"It's a fitness plan so simple it's stunning. So simple, in fact, it's disguised as a guide book. Fun on Foot resonated with me instantly...In a very real way, Fun on Foot is a guide book, but it's also much more."*

- January Magazine

*"Highly recommended for all public libraries in [states CA, CO, DC, GA, IL, IN, MA, MN, NY, PA, TX & WA] and for large public libraries throughout the rest of the country."*

- Library Journal

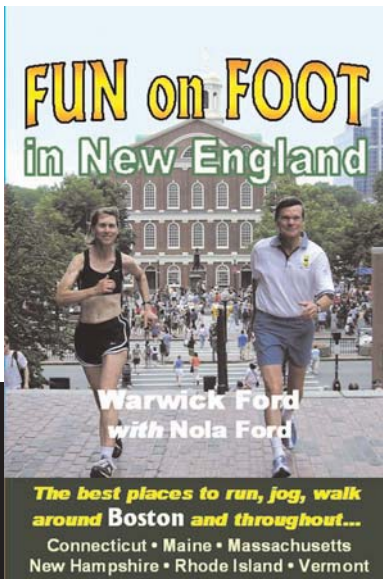
*"The ultimate guide to the 'unseen' America via foot travel. Very highly recommended to all American vacationers, especially those in tune with nature."*

- The Midwest Book Review

### **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 award-winning *Fun on Foot in America's Cities* book.

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 England**

by Warwick Ford  
with Nola Ford

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