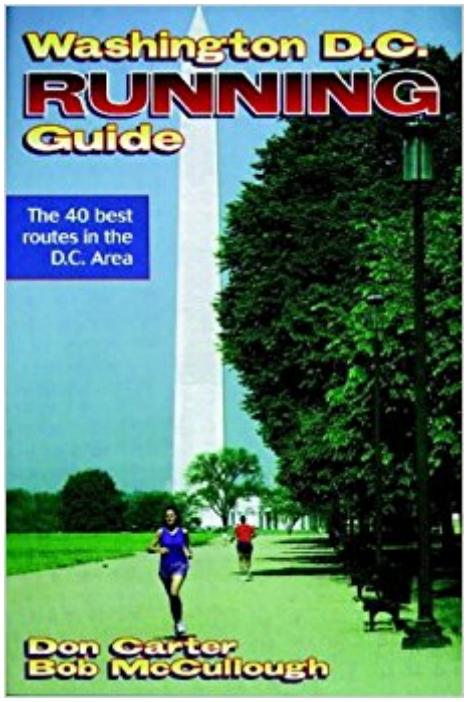
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Washington D.C. Running Guide (City Running Guide Series)



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Synopsis

This guide to running in America’s capital provides readers with detailed descriptions of the area’s top choices - the 35 best running routes and the 6 best races in and around the city. Inside information on both safe and challenging runs is included.

Book Information

Series: City Running Guide Series

Paperback: 136 pages

Publisher: Human Kinetics Publishers (December 1998)

Language: English

ISBN-10: 0880117265

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Product Dimensions: 9 x 6 x 0.4 inches

Shipping Weight: 8.2 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #3,161,207 in Books (See Top 100 in Books) #65 inÃ Â Books > Travel > United States > Washington, D.C. #3612 inÃ Â Books > Travel > United States > South > South Atlantic #3825 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

Customer Reviews

"The authors have done an outstanding job of compiling everyone’s favorite running routes, from downtown scenic monument runs to urban parks to quiet suburban bike trails." Kathy Freedman Publisher and Editor Washington Running Report "Besides providing the essential facts a runner wants to know about each course, Carter and McCullough add delightful details that made me really want to run them myself." Henley F. Gabeau Executive Director Road Runners Club of America "An excellent and definitive guide to running venues in the Washington metropolitan area. It is a valuable reference for both long-time runners and newcomers." Robert C. Platt President D.C. Road Runners Club

Don Carter has logged nearly 30,000 running miles in Washington, D.C., since moving to the area in 1980. He’s also competed in over 200 races, including 30 major marathons. A past president of the Montgomery County Road Runners Club, the largest running club in the Washington D.C. metro area, Carter has been an active promoter and organizer of running programs for the entire community. He has also written articles for his running club’s newsletter, The Rundown, and

for FootNotes. He currently resides in Alexandria, Virginia. Robert McCullough is a journalist and author who lives near Boston, Massachusetts. He is also the author of a sports interview collection entitled My Greatest Day in Baseball, and his writing has appeared in the Boston Globe, the Boston Phoenix, the Los Angeles Times, SPORT Magazine, and the New Age Journal. He has run four marathons, including Boston twice, both times as a bandit.

I recently moved to D.C. Being unfamiliar with the area, it helped me find some great running routes. A must have for anyone living in or around Washington D.C.

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