



ON THE RUN

Running Across the Globe

Editors: gestalten & Nick Butter
 Features: Full color, hardcover, stitch bound, 256 pages, 21 x 26 cm, 8 1/4 x 10 1/4 inches
 Price: € 39.90 (D) £ 35 \$ 60 (US)
 ISBN: 978-3-89955-864-7



RELEASE: FEBRUARY 2021

NEW



SAMPLE COVER

On your marks, get set, go! Embracing the enduring appeal of running for sport, fitness, and fun.

Offering insight on route planning, training guides, and demystifying the science of the body, *On the Run* has been composed to educate and inspire runners of all experience levels. More than a health trend, running fosters community: learn about races and clubs throughout the world and discover how runners from different backgrounds, of different ages, and with different abilities are championing the sport.

WHAT TO EXPECT

- An introduction to exciting runs across the world, both organised events and runs you can do any time
- Inclusive content, inspiring all levels, from beginners to ultra-marathon runners
- Practical information regarding training, equipment, and physiology
- Profiles of runners setting the pace in their own ways

NICK BUTTER

Nick Butter is a British long-distance runner, adventurer, and motivational speaker. In 2019 he became the first person ever to run a marathon in every country in the world, doing so in just 23 months.



Reclaiming the Streets With Júnior Negão and Gisele Nascimento

Few people would recommend running through the favelas of Rio de Janeiro after dark, but Ghetto Run Crew is here to change that.



Cops can get by when black-clad youths run through the Rio favelas after dark. All the more reason then for Júnior Negão and his crew to occupy the streets. "We are not a club, we are a cultural resistance," announces Negão, who founded Ghetto Run Crew in Rio de Janeiro after a late-night run with his wife, Gisele Nascimento, in 2013. Today, many of the crew's runs kick off at midnight. "Running at night was a way of engaging with other cultures and activities that only really happened after dark, such as samba, skateboarding, and graffiti," Negão explains. The crew suffered a lot of repression at first, principally because the police felt it was not acceptable to go running in the favelas at night. With persistence and determination, however, they have managed to create an environment. "Negão never imagined himself as a runner. "When you live at the top of mountains, or hills, in the places where the favelas are, running is a normal part of life... but I decided to use it as a tool for social empowerment." Favela residents are looked down upon by the rest of society and face a constant struggle to survive, women have it particularly tough. "My mother, my wife, so many others, who despite being top life winners, are still undervalued," says Negão. "The idea with Ghetto Run was to bring these women together and through running, provide them with the means to strengthen themselves as individuals." Running became a gateway to confidence, the kind of confidence that transcends sport. "You can overcome any challenge in any area of your life," explains Nascimento as she talks about what she's learned from running. "Whether as a professional, as a mother, or as a daughter, learn to be a better human being. And that does not depend on anyone else. It depends only on you." Independence is the lifeblood of Brazil's creative communities, but it is a freedom that many worry is under threat as President Jair Bolsonaro's attempt to shake the country according to Conservative values. On the day of his inauguration in January 2019, Bolsonaro dissolved Brazil's Ministry of Culture, and twice later announced that public funding for the arts would be limited to government-subsidized projects. As Nascimento explains: "We live in a society that



There are aid stations and checkpoints along the way, but the race operates on a principle of "semi-autonomy," with runners expected to take responsibility for their own wellbeing and safety between these stations.



Caption Lorem At laborum et que pe dolorem ad vivit. Dis susand. Agnis a ma in illius aut es commo consed que ferspidit, usam volorum in hilit acunt quas lat. Aped quam, corsequam fugam quo in cur moditaur aut eseqe es fugi, odi dio.



BAGAN TEMPLE MARATHON

Run 42 kilometers (26.2 miles), see over 2,000 temples along the way. From high-living hoards of local kids, to letting your mind wander off into history, it's easy to forget you're in a race. The Bagan Temple marathon takes you through, past and around some of Myanmar's most sacred monuments.

Rarely in a race, or indeed in life, will you start your day in a building over 1,000 years old. Built during the reign of King Htilominth, in the early 13th century, the temple that takes this marathon's name is both the start and finish line for the Bagan Temple Marathon. This historic structure sets the tone for a run of beauty, history and culture, taking place in a breathtaking, and relatively little-visited, landscape. Bagan, in central Myanmar, is a UNESCO World Heritage Site—an ancient city sited on a verdant plain that is cut through by the Ayeyarwady River. 3,355 recorded monuments—mostly temples and stupas—remain and are evidence of the glory of the Bagan kingdom, at its height between the eleventh and the thirteenth centuries. Buddhist theories, carvings, and sculptures can all still be seen in these highly decorative structures. As you begin your run, you