

SAMPLE COVER

## ON THE RUN

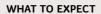
Running Across the Globe

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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.



- 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





## BAGAN TEMPLE











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.

ESCAPE FRONTLIST