

Running in Florida: A Practical Guide for Runners in the Sunshine State



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Reviews

Extremely helpful to any or all category of individuals. It really is rally fascinating through studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.
(Lawrence Keeling)

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Pineapple Press. Paperback / softback. Book Condition: new. BRAND NEW, Running in Florida: A Practical Guide for Runners in the Sunshine State, Mauricio Herreros, Whether you long to go for a leisurely jog through solitary nature trails or dash through action-packed urban roads, you'll find everything you need to get your feet moving in this complete guide to the best running in the state of Florida. Author and lifetime running enthusiast Mauricio Herreros has located the 150 top places to run in Florida, and offers them here with complete directions, mileage of a run and extended variations, where to find facilities and parking, whether there are fees, the condition of the terrain, and even safety tips and descriptions of the scenery. You will also find the 150 most remarkable and popular races, including location and surrounding events. Names and addresses of running clubs and other useful resources are offered for each locality. With a general references list for runners, a pace chart, and over fifty black-and-white photos, nothing is left unexplored in this handy guide. So get your running shoes on, top off that water bottle, and grab a copy of Running in Florida. Whether you're a novice or a veteran trail blazer, you're sure to find the right run for you.



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