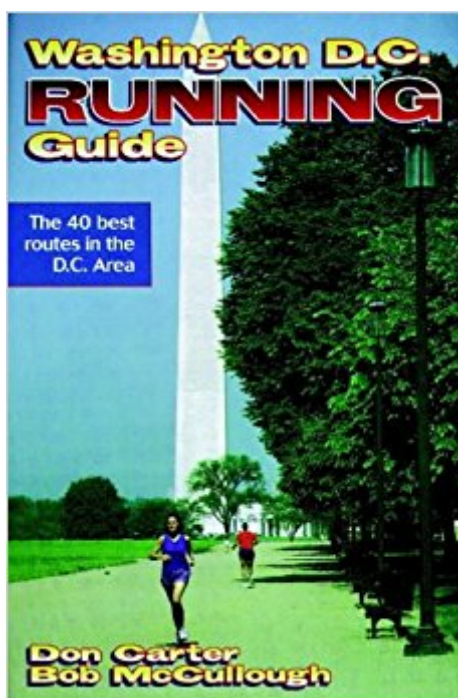


The book was found

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



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

ISBN-13: 978-0880117265

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 in [Books > Travel > United States > Washington, D.C.](#) #3612 in [Books > Travel > United States > South > South Atlantic](#) #3825 in [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.

[Download to continue reading...](#)

Washington D.C. Running Guide (City Running Guide Series) My Running Journal: Bubble Man Running, 6 x 9, 52 Week Running Log The Mortal Instruments, the Complete Collection(City of Bones/ City of Ashes/ City of Glass/ City of Fallen Angels/ City of Lost Souls/ City of Heavenly Fire) Pop-Up Washington DC Map by VanDam - City Street Map of Washington DC - Laminated folding pocket size city travel and transit map (Pop-Up Map), 2017 Edition Washington State Bed & Breakfast Cookbook: From the Warmth & Hospitality of 72 Washington State B&b's and Country Inns (Washington State Bed and Breakfast Cookbook) Cassandra Clare: The Mortal Instruments Series (5 books): City of Bones; City of Ashes; City of Glass; City of Fallen Angels, City of Lost Souls StreetSmart Washington DC Map by VanDam - Laminated pocket City Street Map of Washington DC with special National Mall detail and travel guide with ... sights, hotels and Metro map, 2017 Edition Streetwise Washington DC Map - Laminated City Center Street Map of Washington, DC Kids' Travel Guide - Washington, DC: The fun way to discover Washington, DC with special activities for kids, coloring pages, fun fact and more! (Kids' Travel Guide series) (Volume 18) The Washington Manual[®] Obstetrics and Gynecology Survival Guide (The Washington Manual[®] Survival Guide Series) The Washington Manual[®] Otolaryngology Survival Guide (The Washington Manual[®] Survival Guide Series) The Washington Manual of Allergy, Asthma, and Immunology Subspecialty Consult (The Washington Manual[®] Subspecialty Consult Series) The Washington Manual[®] Allergy, Asthma, and Immunology Subspecialty Consult (The Washington Manual[®] Subspecialty Consult Series) American Presidents Series: George Washington for Kids: A Children's Biography of George Washington The Washington Manual of Cardiology Subspecialty Consult (The Washington Manual[®] Subspecialty Consult Series) The Washington Manual Pulmonary Medicine Subspecialty Consult (The Washington Manual[®] Subspecialty Consult Series) RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging) The

Ultimate Beginners Running Guide: The Key To Running Inspired Softball Base Running Drills: easy guide to perfect your base running today! (Fastpitch Softball Drills) Marathon Training & Distance Running Tips: The Runner's Guide for Endurance Training and Racing, Beginner Running Programs and Advice

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)