



ON THE RUN

Only in town for a few days? Make the most of your precious travel time by combining a sightseeing tour with your exercise routine.

FOR BUSINESS and short-stay travellers, cramming in a detailed sightseeing tour of a city is difficult. With an increase of tourists keen to stay active on holiday (burning off those late-night meals and a cocktail or two), there's little to be desired hitting the hotel gym. Do a quick Google search and you'll discover the 'running tourism' concept has taken off around the globe, whereby tourists schedule in a jogging tour of the city, allowing them to do bit of sightseeing without compromising their exercise routine.

Michael Gazaleh of City Running Tours (www.cityrunningtours.com), which operates tailored individual or group running tours in ten states across the US, started the company after taking someone on a running tour. "A gentleman from Australia was planning his trip to New York City. In his research he came across my gym and made contact to see if one of the trainers could take him on a run. It worked out that none of the trainers were runners so they asked me," he explains. "I asked him if he wanted to just go for a run or to see the city. Being his first trip, he wanted to explore the sites. I was able to show him my version of the city, doing something we both enjoy."

Gazaleh adds that the running tourism concept is ideal because it allows people

with a common health objective to discover a city while working up a sweat. "They are business travellers, people on holiday, runners training for an upcoming race and beginner runners," explains Gazaleh. "They are on a set schedule and looking to fit a run in a small window of time." Marathon runner Hope Sloly founded London-based City Jogging Tours (www.cityjoggingtours.co.uk) after spotting a gap in the market. She offers regular group tours as well as customised tours to make scheduling easier for clients. "We pick the client up at their hotel or residence and end either back at their hotel or at a destination of their choice. Clients are able to keep their exercise schedule while seeing the sights, all in one go," she says.

Indeed, so popular is the concept that even hotels are tapping into the trend. Running "concierges" can be found in Westin Hotels around the world, leading guests on jogging tours three mornings a week. And at nearly all of Hyatt's hotels, guests have complimentary use of GPS armbands to help them navigate a run around a city and back to their hotel. The best part? You don't need to be a marathon runner to take part — even going at a gentle pace, the sites are still breathtaking.

FOR THE ROAD

Essentials to make your on-foot tour easier and more comfortable.



Brooks 'PureCadence', \$219.95, and 'PureConnect' shoes, \$179.95, www.brooksrunning.com.au.

These lightweight shoes have extra support in the heel for comfortable running on bitumen.

Suunto Ambit GPS watch with Heart Rate, \$629.99, 1800 651 872.

Track your route so you never get lost and can find your way back to the hotel easily.



SPIbelt running belt, \$29.95, +61 7 3289 6560. Carry your phone, money, keys and passport without having to carry a backpack around.



Vapur 'Runway' water bottle, \$18.95, www.drinkvapur.com.au.

This bottle rolls up to a fraction of its size when empty — ideal when you're on the move.

Banana Boat Sport SPF 50+, \$16.49, 1800 810 310.

Sunscreen is essential for any outdoor training, no matter what time of day, so apply it all over even when it's overcast.

