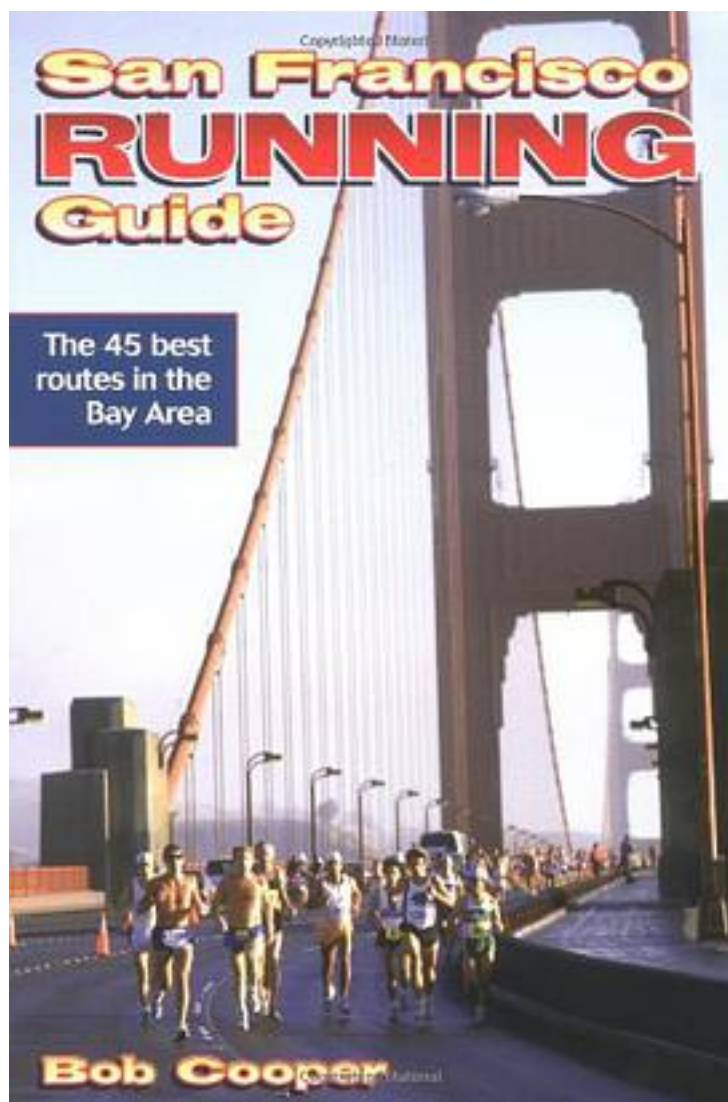


San Francisco Running Guide



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" With nearly a million acres of beautiful parklands, countless breathtaking mountain and canyon trails, spectacular cityscapes around every corner, and hundreds of miles of gorgeous coastline, the toughest part of running in San Francisco may be deciding on a route to explore first. "San Francisco Running Guide" was written to help make the difficult decision of where to run in the Bay Area an easy one. The book introduces local and visiting runners alike to 35 of the best running routes, plus it gives complete course information about the top 10 races-from 5Ks to marathons-held annually in the Bay Area. For each running route included, the book provides: - an explanation of why it was selected;- a detailed map showing roads and trails to follow on the route;- an icon key that shows route distance, scenery, terrain, hill ratings, and available facilities; - access information that tells how to get to the starting point;- course information that describes every step of the run; and- "Foot Notes"" that provide additional information to make the run more enjoyable. Author Bob Cooper-a former "Running Times" executive editor, a competitive runner, and a longtime Bay Area resident-scouted each route himself so runners don't have to waste their own time exploring unsuitable or less-than-enjoyable routes. Visitors running the routes will get to experience the unique beauty of San Francisco and the Bay Area firsthand, while resident runners will discover routes they never knew existed."

作者介绍:

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