

SPRING

12

1 Rome Marathon 14
Italy, March

2 Barcelona Marathon 18
Spain, March

3 Kilimanjaro Marathon 20
Africa, March

4 Two Oceans Marathon ... 22
Cape Town, Africa, March/April

5 Paris Marathon 26
France, April

6 Zürich Marathon 28
Switzerland, April

7 North Pole Marathon 30
April

8 Vienna Marathon 34
Austria, April

9 Boston Marathon 36
United States of America, April

10 London Marathon 40
United Kingdom, April

SPECIAL Marathons and Health 44
Who can and who may run a marathon?

11 Big Sur Marathon 48
United States of America, April

12 Hamburg Marathon 52
Germany, April/May

SUMMER

56

13 Prague Marathon 58
Czech Republic, May

14 Great Wall Marathon 60
China, May

15 Rennsteig Marathon 62
Neuhaus am Rennweg, Germany, May

16 Stockholm Marathon 64
Sweden, May

SPECIAL Marathon training ... 68
Planning for success: training for the first marathon

17 San Francisco Marathon.. 74
United States of America, June

18 Big Five Marathon 76
Afrika, June

19 Rio de Janeiro Marathon 78
Brazil, July

20 Swissalpine Marathon 80
Davos, Switzerland, July

SPECIAL The fascination of marathons 84
Why 26.2 miles (42.195 km)?
Three reasons

21 Helsinki Marathon 88
Finland, August

- 22 Marathon du Médoc** 92
Pauillac, France, September
- 23 Jungfrau Marathon** 96
Interlaken, Switzerland,
September
- 24 Sydney Marathon** 100
Australia, September
- 25 Berlin Marathon** 102
Germany, September
- 26 Toronto Waterfront
Marathon** Canada, October 106
- 27 Chicago Marathon** 108
United States of America,
October
- 28 Munich Marathon** 112
Germany, October
- SPECIAL Marathon tourism** 116
The other way of discovering
the world
- 29 Palma de Majorca
Marathon** 120
Spain, October
- 30 Amsterdam Marathon** .. 124
Netherlands, October
- 31 Frankfurt Marathon** 126
Germany, October
- 32 Osaka Marathon** 130
Japan, October
- 33 Venice Marathon** 132
Italy, October
- 34 Polar Circle Marathon** .. 134
October
- 35 New York Marathon** 138
United States of America,

- November
- 36 Athens Marathon** 144
Greece, November
- 37 Nice-Cannes Marathon** 146
France, November
- 38 Singapore Marathon** 148
Singapore, December
- SPECIAL Marathon
equipment** 150
From shoes to scarves
- 39 Tahiti-Moorea
Marathon** 150
French Polynesia, February
- 40 Sahara Marathon** 156
Algeria, February
- 41 Tokyo Marathon** 158
Japan, February
- 42 Antalya Marathon** 160
Turkey, March
- Index** 162
- Acknowledgements** 164