

CONTENTS

| | |
|---|------------|
| Introduction | 5 |
| Run Index | 6 |
| Run Location Map. | 8 |
| Where to go for a good run | 10 |
| Preparations | 12 |
| What to wear | 12 |
| What to take | 13 |
| When to go | 14 |
| Things to watch out for | 14 |
| Maps | 15 |
| Run distances and times | 15 |
| Going further | 15 |
| The Runs | 16 |
| Brisbane | 16 |
| Sydney | 36 |
| Canberra | 74 |
| Melbourne | 92 |
| Hobart | 134 |
| Adelaide | 152 |
| Perth | 170 |
| The Author | 191 |
| Acknowledgements | 191 |
| Other books by the publisher | 192 |