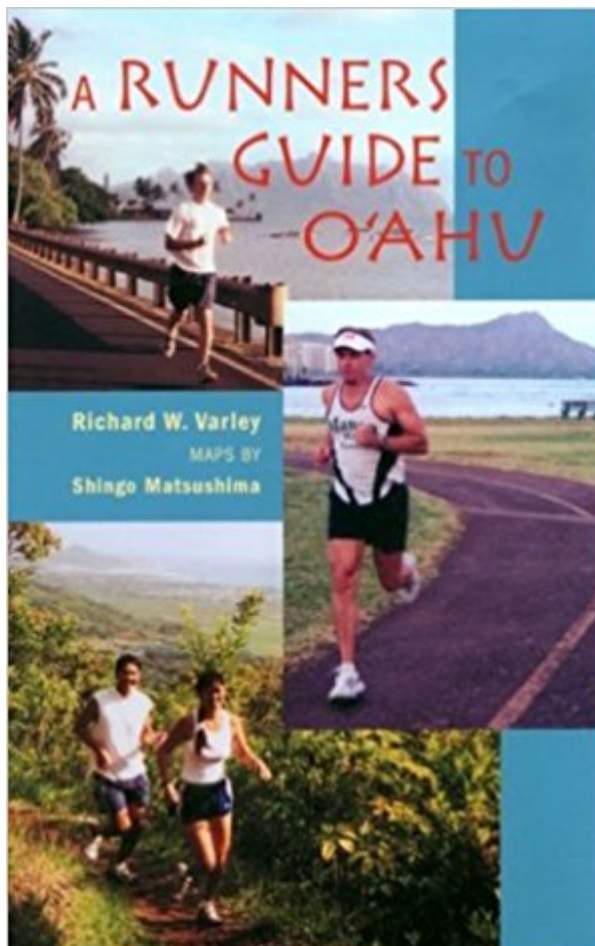


The book was found

A Runners Guide To O'ahu



Synopsis

Tested and compiled by runners for runners, A Runners Guide to Oahu provides maps and course details for thirty-six road and trail runs, each chosen for its accessibility and amenities.

Book Information

Series: A Latitude 20 Book

Paperback: 168 pages

Publisher: University of Hawaii Press (January 31, 2004)

Language: English

ISBN-10: 0824827937

ISBN-13: 978-0824827939

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8.2 ounces

Average Customer Review: 4.5 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,471,451 in Books (See Top 100 in Books) #52 in Books > Travel > United States > Hawaii > Oahu #2042 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #2245 in Books > Sports & Outdoors > Hiking & Camping > Instructional

Customer Reviews

Richard W. Varley, a runner since high school, is founder and president of the Manoa Road Runners and running coach and program coordinator for Team Jet Hawaii Running and Triathlon Club. He is director of internships and career development at the College of Business Administration, University of Hawai'i.

A great book to have for any runner living on Oahu and visitors alike.

This is a great guide written by someone that runs these areas regularly. I love that it provides such detailed information. I can hardly wait until I can try some of these routes myself.

Easy to understand and there are various running/walking courses on Oahu which never knew before. Great information and maps.

I just got my copy of this book last week, and I definitely like it. There are running options all over the Island, and good directions for how to get there. The book also makes sure to include things like

water fountain and restroom access for each run. If you are new to the Island and not sure where to go, this would be a great resource. My complaints are that the maps for each run are a little difficult to follow, and that there aren't more trail runs mentioned (although the author DOES go over the Tantalus trail system). Thanks!

This book is great for those who have never been to Oahu or have lived there for awhile. I thought I knew most of the good running routes on the island until I picked up this book. I usually let my friends borrow it when they visit as it gives them a chance to have a different (non-touristy) experience of the island. Great book!

Rick Varley knows O'ahu. He has been running and coaching runners on the island for over twenty years. The book also contains excellent, easy-to-read maps by Shingo Matushima, one of Hawaii's top graphic designers. If you are planning any runs on O'ahu, this book is a must.

But the Hawaii Kai loops are all ONE MILE OFF! While training for a long distance race, I thought I should confirm milage and to my surprise they were all off this was also doubled checked by Google Maps. The book is a good source for parking, restrooms, and water fountains. But that is a HUGE MISTAKE!

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

DK Eyewitness Top 10 Travel Guide: Honolulu & O'ahu: Honolulu & O'ahu A Runners Guide to O'ahu Strength Training For Runners : The Best Forms of Weight Training for Runners DK Eyewitness Top 10 Travel Guide: Honolulu & O'ahu (EYEWITNESS TOP 10 TRAVEL GUIDES) Top 10 Honolulu & O'Ah. (DK Eyewitness Top 10 Travel Guide) DK Eyewitness Top 10 Travel Guide: Honolulu & O'ahu The O'ahu Snorkelers and Shore Divers Guide Popout-Popout O'Ah/Honolulu (Popout Map) Map of O'ahu: The Gathering Place (Reference Maps of the Islands of Hawai'i) Folded Map: O'ahu, Honolulu (Rand McNally Streets Of...) Moon O'ahu: Including Honolulu & Waikiki (Moon Handbooks) Moon Handbooks O'Ah: Honolulu, Waikiki, and Beyond (Moon Oahu) O'ahu's Hidden History: Tours into the Past River Runners' Guide To Utah and Adjacent Areas (Revised and Updated) World Whitewater: A Global Guide for River Runners The Youth and Teen Running Encyclopedia: A Complete Guide for Middle and Long Distance Runners Ages 6 to 18 Young Runners at the Top: A Training, Racing, and Lifestyle Guide for Competitors and Coaches Born to Run: The hidden tribe, the ultra-runners, and the greatest race the world has never seen Training Young Distance Runners-3rd Edition Runner's World Training Journal: A Daily

Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)