



# RUN THE WORLD

## Marathon Tours and Travel

Oct. 2011



The Reykjavik Marathon in Iceland is one of the travel destinations across the world of MTT.

Your heart is racing. Your feet ache. You want to rest but your determination keeps you going. You have worked to hard to stop. Each step becomes harder to take, but each one gives you a greater feeling of satisfaction. If you have ever run a marathon you know exactly what this feels like. Months of training all boil down to one day, 26.2 miles.

A new place, new people, new things to learn. Everything looks different, sounds unfamiliar and intrigues you. Packing, daydreaming of what might happen, planning sightseeing all sound fun to you. The excitement of travel entices you.

Have you ever wanted to combine your love of running with the excitement of travel? At Marathon Tours and Travel we do just that. We help marathon runners set up accommodations and travel plans for those looking to run in marathons across America or across seas. We allow racers to take their love of running to new places by helping them with the details of their travel plans.

Marathon Tours and Travel has been dedicated to making memorable travel experiences for runners since 1979. Our agency offers individual travel accommodations as well as group packages to runners and their companions. We are committed to helping marathon runners expand their adventures at home and across the globe. MTT is the first travel agency dedicated to specializing in travel services for runners.

When traveling with MTT runners

are privy to exclusive benefits. These benefits include late entry into the Virgin London Marathon as well as late entry into many others. As a well-respected travel agency we can offer runners great deals on airfare and hotel accommodations.

Our company has been recognized by Conde Nast Traveler magazine as being one of the top travel specialists. We are committed to helping marathon runners marry their dreams of travel with their love of running. With 30 years of experience our staff can offer you a unique and comfortable travel experience.

MTT offers travel plans across America and across the world. Our

travels reach all seven continents, giving athletes an opportunity to run a marathon on each continent and become part of the coveted Seven Continent Club. Many have completed this honorable feat, and their efforts have made them eligible for many benefits and deals through MTT. Not only do these runners receive a medal and a huge sense of accomplishment, they also get a member profile on our website with access to special areas of the site.

At MTT we are passionate about what we do. The love of travel and running are what created us as well as what drives us. We work hard each day to ensure that our efforts create the best experience possible for our clients. If you want to lengthen your stride to reach across new lands, let Marathon Tours and Travel help you achieve all your travel and running goals.

Check out Marathon Tours and Travel and come run with us!



# THINGS TO LOOK FORWARD TO

## Boston Marathon

Oct. 2011



The city of Boston is the home of the world's oldest marathon.

The Boston Marathon is the world's oldest marathon. For many runners it is their top goal to compete with thousands of others on the streets of Boston. The 116th Boston Marathon will be held April 16, 2012. The marathon is managed by the Boston Athletics Association and is the oldest running marathon in the world.

Marathon Tours and Travel is the official travel agency of the Boston Marathon. We offer great deals on hotels that are just minutes from the race. Our goal is convenience for racers on race day. MTT is located in Boston and the Boston Marathon is our home race. We invite all those interested in running or spectating to check out our agency and book your travel plans with a respected, professional organization such as our own. Many runners work hard to make it one of the world's most prestigious races. The last thing and competitor wants to

worry about is their travel plans and accommodations. Let us take care of the details. At MTT we are passionate about what we do. We understand the commitment that running a marathon is and we are here to help make your experience an easy and pleasurable one.

In order to compete in the Boston Marathon runners must first qualify for the race. This involves running a marathon previous to the Boston one and getting a qualifying time. These times are dependent on age and gender. You can find your qualifying time on the Boston Athletic Association's website. Once qualified runners are eligible to compete in the Boston race and achieve one of the greatest accomplishments in the racing world. The marathon is one of the most viewed sporting events in the Boston area. People line the running path from start to finish, cheering on friends, family and strangers.



Thousands of marathon runners fill the streets of Boston during the race.

Many Boston schools come out to watch the runners push their limits. There is no other energy quite like the one coming from the crowds at the Boston marathon. From the first step to the last stride runners are surrounded by support and an infectious energy from the crowd.

By visiting our website you can make hotel reservations for marathon day. We can ensure the best prices in wonderful accommodations for you and your racing fans. Let MTT handle the details of your Boston stay while you enjoy the city and the marathon. Come live the marathon dream with Marathon Tours and Travel.



Crowds line the course cheering and displaying posters for loved ones throughout the city of Boston to show support for the marathon runners.

# TIPS FOR RUNNERS

## Training

Oct. 2011

There are many important factors to training for a marathon. Runners should make sure to take care of their bodies for such a rigorous race. Training for such an event involves a lot of time and commitment, but the end result is wealth worth the sweat and hard work.

One of the most overlooked aspects of training for a marathon and yet one of the most important is rest. Allowing your body to rest is key in helping you improve. In order for your body to regenerate and build muscle it need adequate rest periods to do so. Runners often times feel the need to push themselves beyond their limits because the task in front of them seems so daunting. However one of the best things a runner can do for their body is let it recuperate. So remember to schedule in rest days each week while doing your training regimen.

In order to be able to push yourself on race day to finish all 26.2 miles it is important to incorporate long runs into your workouts. Long runs usually consist of more than 18 miles. These runs are usually done a slower pace than you would run for a shorter distance. These runs help build up your stamina. They also help with your mental endurance. One of the biggest parts of running a marathon is having the mental fortitude to do so. Remember, you already committed to this great task, you have more mental strength than you realize.

To keep your body healthy and loose it is extremely important to stretch before and after your workouts. Each stretch should be held for approximately 20 seconds with emphasis on the muscle groups in the legs and lower back. Stretching makes sure your muscles



A healthy diet is one of the most important aspects of a runner's training routine.

are warm before a run and release lactic acid built up after a run. Many runners often overlook the importance of stretching but it can make you or break you on race day so be sure to treat your body right.

Perhaps one of the best things you can do for your body is feed it right. You can't run your best race after eating fast food for months. A runner's body needs a lot of fruits, vegetables and protein for muscle recovery. A good diet includes high protein meals after runs. Your body will utilize the protein to build muscle. Before long runs and before race day be sure to have a lot of carbohydrates the night before. Do not eat a big meal right before a race, but the night before should include lots of carbs for sustained energy on race day. Make sure all your snacks are healthy, treats such as fruits and vegetables. A healthy diet will make a noticeable difference in your running.

The most important tip a runner can take is to hydrate! Drink water. A runner needs to be well hydrated, especially before a big race such as a marathon. Drink even when you're not thirsty. Your body will thank you later.



Stretching is a vital part of any workout.

**BOSTON MARATHON**

**DUBLIN MARATHON**

**VIRGIN LONDON  
MARATHON**

**ROME MARATHON**

**PARIS MARATHON**

**BERLIN MARATHON**

**GREAT WALL  
MARATHON**

**HONOLULU  
MARATHON**

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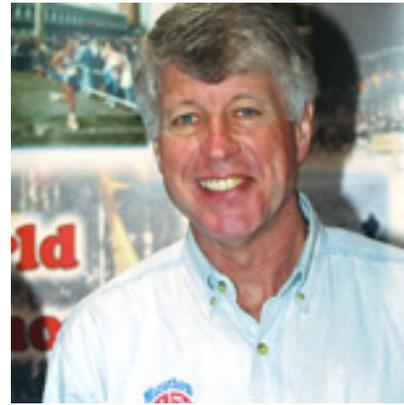
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# THOM GILLIGAN

Thom Gilligan is the President and Founder of Marathon Tours and Travel. Thom is very involved with his company and he even personally brings groups to marathon destinations. Thom has run in 62 marathons all over the world and has a passion for running, travel and his career. His knowledge of travel and running and his determination for success has made MTT a forerunner in travel services for marathon runners. For Thom, life is a marathon not a sprint.



Thom Gilligan is the founder of marathon Tours and Travel.



PLACE  
STAMP  
HERE

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