RUNNING

Already walking? Why not try running!

From sprints to marathons: there's so much variety available to you!

Running can get you anywhere. If you feel like it, you can jump over rocks, zigzag between trees or run on the sidewalk. In addition to being a sport that requires very little equipment, it is one of the most complete means of travel. It calls on all of your muscles, especially your heart!

4,989 km

This is the longest recognized running event in the world, which is the distance from the Atlantic to Pacific coast in Canada.

FRIENDLY ADVICE

Before you go out, think about examining your shoes! Soles do wear out!

It's strongly recommended to have shoes that fit you properly to avoid injury. And make sure your laces are tied up !

You can run almost everywhere. Be sure to check that the chosen path is not reserved exclusively for another mean of transport and keep your eyes open on shared paths.

HISTORICALLY SPEAKING

490 BC

A soldier named Philippides runs **42 kms** to the city of Marathon to announce the Greeks' victory over the Persians!

1908

The 42-km distance for **marathons** is officialized at the London Olympics.

1980

Canadian **Terry Fox**, leg amputee due to cancer, takes on the challenge of running across the country from east to west coast.

44.72 km/h

LET'S TALK ABOUT NATURE

This is the speed record achieved by Usain Bolt in 2008. Just quick enough to outrun a polar bear!

Société canadienne du cancer

guepe