



On the road with...

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Seize the road

Between long flights and full agendas, why would anyone want to abandon room service and HBO at the end of a long work day to run a few miles?

Personally, I do it for one simple reason: so I can eat more. Rick A. Lovett, Ph.D., coauthor of *Alberto Salazar's Guide to Racing*, agrees. Like many people, he has found that intense running is the only way to keep off the weight. When it comes to losing weight and staying in shape your body won't buy the excuse that you're on a business trip. Besides, room service and HBO will still be there when you get back.

Lacing up your running shoes will help you in other ways, too. Here are some compelling reasons that motivate a few savvy business travelers to work up a sweat:

Clear your head

"Running helps me think," states Ash Huzenlaub, chairman and CEO of Emergisoft Corporation. "Some of my best ideas come while running — and, so I don't forget them, I stop in mid-stride to send myself an e-mail via my Blackberry. If something great happens with the company, I celebrate with a run. If something not so great happens, I get out and run off the stress."

See the world at street level

"Running was the only way to see Moscow back in 1984," marathoner Julie Isphording (www.onyourfeetforlife.com) recalls. "Back then, most people weren't allowed off the tour buses. But, as a participant in the Good Will Games, we were allowed to run freely on our training runs. Then, on the day of the race, they closed down traffic as we ran through Moscow and the Red Square. That was spectacular!"

Ashriel Magee, from Boulder, Colo., remembers one particular run along the southern coast of France in a small town just outside of Nice. "I was running on the boardwalk-type walkway near the beach, enjoying a quiet, sunny morning when I came upon the locals selecting fresh fish from the fishermen. I felt like I had found a little piece of the culture that I wouldn't have known about otherwise."

Safety first

A few things to remember on your way out the door:

- Carry an ID you can wear on your neck, wrist, ankle or shoes. What if you get hurt on your run? How will people know who you are and what special medical needs you have, if all you have on you is a room key?
- Make sure someone knows where you're going. Tell the bellman or front desk clerk, or leave a note in your room.
- Bring your cell phone in case you need to call a cab or 911.
- Take a hotel business card with you if you're unfamiliar with the city — just in case you get lost.
- Tuck some cash in your shoe for water, food or a cab ride home.
- Read the small print on your map. Some maps provided by the concierge or the local chamber are not drawn to scale.
- Don't go alone, especially at night and in the early morning hours. Pair up with another runner from one of the local running clubs.
- Watch where you're going. Are cars driving on the right or left side of the road? Traffic patterns may be different from what you're accustomed.

A whole new way to network

While traveling on business to Hong Kong, Christine Hinz, from New York City, met up with the Hong Kong all-women's chapter of the Hash House Harriers (www.gthhh.com) — a worldwide social running organization with over

1,600 groups that often welcomes out-of-town visitors on their weekly runs. "On the run that I joined, I had the opportunity to experience some of the city's beautiful and lush walking trails located right in the middle of the city of Hong Kong. Best of all, after the run we went to dinner at a great Chinese restaurant not known to tourists, along with the opportunity to talk and hear more about these women's lives in this incredible city."

Get the lay of the land

"The best way to learn the layout of a new city is to go for a long run through the empty streets early Sunday morning," says Winton Rossiter, a London-based American entrepreneur. "You can run down the middle of the Champs Elysees without danger — though you might have to hurdle a few clubbers who didn't make it home."

When Jackie Sayet of Coral Gables, Fl., studied abroad in Florence, she took a run through the city center on her first morning in town. "The vendors were just opening up shop and receiving the day's produce and baked goods. I learned more about the city that day than I would have any other way."

Power up

"Sweating a little in the morning keeps my energy up much better than when I don't," says Rich Berne, vice president of sales for Hasbro. "By running first thing in the morning I am less tempted to load up on an excessive breakfast and can do without caffeine. I definitely outperform any of my colleagues who embrace no exercise."

Exercise also eases travel-related aches and pains, claims Karen Kartes of Tacoma, Wash. "Running is a great way to loosen up your body and get your circulation humming after sitting in airports for hours, enduring long flights and riding in cabs or other public transportation," she says. "And if you are traveling for business, you are probably spending a lot of time sitting in meetings."

Good for health (and not just yours)

After running her first marathon, Donna Terrizzi, from Houston, said the only way she'd do it again was to help others. Since then, she's conquered a total of 78.6 miles (three more marathons) to raise money for the Leukemia & Lymphoma Society (www.leukemia-lymphoma.org). Their Team In Training club is the world's largest endurance sports training program. In addition to receiving coaching and training for the event, Terrizzi and her five friends got a free trip to the Orlando marathon because they each raised more than \$3,500. "It was so awesome to see so many people come together for such a good cause."

Where to run

So you're convinced. Now what? Here are some Web sites that offer more running resources:

- www.americanrunning.org: Click "programs and resources," then "Running Trails Network" for online running maps.
- www.runnersworld.com: Click "on the road" to find descriptions of where to run.
- www.runtheplanet.com: Find running courses all over the world; you can even pair up with a running companion.
- www.ava.org: In addition to organized walks and runs, the American Volkspport Association offers locally sponsored self-paced running courses in every state.
- www.towd.com or www.officialtravelinfo.com: The U.S. Convention & Visitor's Bureau provides information on parks and recreation facilities.
- www.active.com: Get lists of clubs and races for many sports, including running.
- www.rcca.org: Road Runners Club of America offers a list of events and links to more than 700 clubs in the USA.
- www.yellowpages.com: Search under "sporting goods" in your area for a running store, and ask the staff for their favorite running spots.

Reach a personal goal

Setting a goal, such as running a marathon by a certain age, will make getting out of the hotel for a run a much easier task to complete. "Running while traveling keeps your fitness program consistent and helps you reach amazing life goals!" says Chris Downie, from Cincinnati. Chris used this strategy to help him workout 700 days in a row. The resulting energy helped him cofound a company that was later acquired by eBay. He went on to start another company (www.sparkpeople.com) that helps people reach their goals.

Just because

"Why do you run?" I asked Paul Martin, author of *One Man's Leg* (www.onemansleg.com). He simply replied, "Because I can." After losing the lower half of his left leg in an automobile accident, he became a world champion triathlete and Paralympic competitor. Now, he shares his optimistic philosophy with audiences nationwide.

Jordanna Fraiberg also runs "just because." She recalls: "Once, while running along a dry river bed in Sadra in Gujarat, I noticed that several tribe members were running with me, on the other side of the river. It was such a crazy moment. They clearly had never seen anyone, let alone a white woman in shorts and a t-shirt, run with no purpose before."

Send Dr. Jo your feedback

Dr. Jo helps busy people stay healthy, sane and productive through her books, articles, media appearances, speaking engagements and Web site, www.drjo.com. She has written *Dining Lean*, *How to Stay Healthy & Fit on the Road* and *Dr. Jo's No Big Deal Diet*. Tell her what you think of her latest column by sending her an e-mail at travel@usatoday.com. Include your name, hometown and daytime phone number, and she may use your feedback in a future column.

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