



Guided Running Tours

**Boston, Charleston, Chicago,
New York City, Philadelphia,
San Francisco, Washington DC...**

Running and jogging have grown immensely in popularity over the last half of the 20th century with many individuals realizing the health benefits as well as the challenge associated with training for a marathon. In fact, 2004 experienced an over 6% increase in marathon finishers. Many runners need to continue training or desire to enjoy the benefits of running while they are traveling, whether for business or pleasure, but often their options for doing so are limited to hotel treadmills or running alone in unfamiliar places.

City Running Tours is an organization which offers visitors the opportunity to run and sightsee simultaneously. The only company which gives runners a chance to get their miles in while learning about the history, urban myths and unofficial landmarks of the country's top tourist destinations while doing something they love.

Ideal for the business traveler who is tired of on the hotel treadmill, the marathon runner who is training for a race and is looking to continue or spice up their regular routine, or the recreational runner who wants to explore new and interesting routes, City Running Tours offers both set tours as well as customized runs to accommodate any athletic ability, style, training regimen or specific landmark.

City Running Tours was founded by Michael Gazaleh, DC when he recognized an opportunity to combine the health benefits of running with site-seeing in one of the nation's top tourist destinations and number one running city. A health, sports and exercise enthusiast his entire life and an avid runner for over 10 years, he wanted to bring his love of running and his passion for his native home to visitors. Since then NYC RUN has expanded in City Running Tours offering runs in New York, Chicago, Washington DC and San Diego, Charleston and Austin with other cities coming soon.

Since their inception in 2005, City Running Tours has led tours with individuals from all over the world. A socially responsible business, City Running Tours donates 5% of net proceeds to the St. Jude Children's Hospital.

Guidelines for Guides:

Our unique service is designed to accommodate the needs of tourist and a runner. Our clients let us know how far they want to run and what areas and sights they would like to see. Then we design a run based on that information. We meet them at their hotel before the run and return them there after. We provide water, run with a camera and give them a souvenir bag that includes a City Running Tours t-shirt,

CRT provides the guide with the all the information for the route, a water per runner, a digital camera (if necessary) and a souvenir bag before for each runner. We require you

to have a runners backpack to carry everything you need. A guide's main responsibility is as follows:

- Conducting runs as requested by tour participants
- Ensuring that the quality of the experience for a tour participant is consistent with the expectations and requirements of City Running Tours
- Providing souvenir bags to each tour participant based upon standard items prescribed by City Running Tours

Below is a list of guidelines for our guides to follow.

1. You will be provided with a City Running Tours T-shirt which we would appreciate your wearing as a "uniform".
2. We will inquire about your availability as far enough in advance as we can – it all depends of when notification of sign-up is received.
3. Please advised your manager of any block time – for instance, for vacation or business travels that a guide will not be available. That way your manager will not be awaiting your reply.
4. It would be appreciated if you could re-confirm availability and willingness to take tour ASAP. Once notified of a run there please respond whether you can do the run or not.
5. Please become familiar with the publicized routes and relative distances.
6. Note that the client has purchased a tour that should "run" on average of 2 hours, commencing from their leaving hotel or designated meeting location. This varies greatly depending on their point of origination, time of day and pace.
7. Routes are designed and measured from the meeting point and return to same. On occasion you may have to travel to the start of the run by mass transit.
8. You will be provided with a souvenir bag that you will give to the client at the conclusion of the run. This will include a t-shirt, energy bar or gel, product samples and information.
9. Your manager will give you the water for the client(s), if not you will be responsible to make the purchase. In this case, please keep your receipt and you will be reimbursed.
10. You are asked to take a picture of the client as a memento of their run – backdrops numerous!!!. Please forward this picture to the coordinator to be sent along to the client.
11. We will ask that you sign a document outlining the terms of arrangement between City Running Tours and yourself.

Compensation for Guides

For each run a running guide leads, City Running Tours will compensate him/her:

- \$25.00 per run up to 6 miles,
- \$30.00 for runs between 6 - 12 miles,
- \$35 for runs 13 - 18 miles
- \$40 for runs 19 miles and up.

A running guide will also receive \$5 extra per person over 1 they lead on a run.

A running guide will also receive a \$10 bonus if they lead more than 1 run in a day.

A running guide will receive a \$10 bonus for every 5 runs they lead in a month's time.

CRT will distribute payments at the beginning of each month for the previous months runs.