

Let's go running!

Running for Pleasure

JQR SPECIAL

It is pleasant!

RUNNING

Many people seem to have realized recently that running is a really enjoyable sport. In fact there were 303,450 applications for the 2013 Tokyo Marathon! The chances of winning a place in the event were 1 in 10.3, the lowest ever. Running appears to be an easy sport, because all you have to do is run. But there is a lot to learn, and it's harder than you might think. You need knowledge and gear that suits you in order to run comfortably and enjoyably. We've put together some basic information to help you get to that point. For anyone who wants to try for the first time, or give their running a boost: Now is the time to get out in the warm spring weather and have a go!

Photography/Tomoya Takai Text/JQR Editorial Staff