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Fitness Events to Take You Around the World

by Fiona Harper



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Running events have become the new black as newbie and experienced runners travel the globe in search of the runners high.

I laced up my running shoes to check out how get fit and travel the world at the same time.

Run for chocolate at Cadbury Marathon

Any run that is sponsored by a chocolate manufacturer gets my vote. The Cadbury Marathon is actually a whole festival of running events from the deliciously-named 1km Caramello Mini Marathon through to the 42km Cadbury Marathon. All races start and finish at the Cadbury Chocolate Factory in Hobart and competitors get to sample Cadbury's finest products Do you really need any more reason to run?

Where: Hobart, Australia
When: January
Why: One word: chocolate. Yum!
Who: cadburymarathon.com.au
Image: Facebook

Run past the Louvre and Eiffel Tower at the Paris Marathon

Probably the most iconic running route on the planet thanks to a route that passes some of Paris' most well-known landmarks. Starting on the Champs Elysee, the cobbled streets of Paris become awash with lycra-clad lads and ladies, as well as spectators and entertainers who cheer on runners. Bypassing The Louvre and the Eiffel Tower, runners eventually cross the finish line in the shadow of the Arc de Triomphe.

Where: Paris, France
When: April
Why: It's Paris! What better excuse do you need?
Who: www.schneiderelectricparismarathon.com/us/
Image: Facebook

Run to the Pacific Ocean in the City to Surf Sydney

The Harbour City knows how to turn on the charm with about 80,000 runners signing up each year for the 14km trot from the Sydney CBD to Bondi Beach. It's the one day of the year that Sydney's notoriously traffic-clogged streets are bereft of vehicles, which is reason enough to lace up your joggers. Need another reason? Cold beers and a party atmosphere await at Bondi pubs where the beachfront goes nuts!

Where: Sydney, Australia
When: August
Why: Fancy dress is encouraged!
Who: city2surf.com.au
Image: Facebook

Run for wine at Marathon Du Medoc

Not the only marathon event to offer wine at nutrition stops along the course, but this is most certainly the most famous. Marathon du Medoc has 23 drinking posts stationed across the marathon course with volunteers on hand to hand out samples while encouraging runners to carry on to the next 'refreshment stop'. Don't expect to beat your PB, this little trot is all about taking your time.

Where: Bordeaux, France
When: September
Why: marathons are meant to be fun - wine stations are a reminder not to take the running part too seriously
Who: marathondumedoc.com
Image: Facebook

Run for glory in the New York Marathon

The Big Kahuna of marathon events - the New York Marathon - is over-subscribed every year. In 2014, 50,530 crossed the finish line, also marking the one-millionth finisher since the event began in 1970. You can enter a ballot to try and secure a place.

Where: New York, USA
When: November
Why: Serious bragging rights are assured for every finisher
Who: tcsnycmarathon.org
Image: Facebook

Run For Happiness with the Color Run

The almost cult-like phenomenon that is the Color Run is a 5km run held across Australia and other parts of the world celebrating healthiness, happiness and individuality. There are only two rules: wear white at the starting line and finish plastered in colour. Team up with your friends and create your own rainbow-hued fun.

Where: everywhere!
When: check the calendar
Why: get your colour on and run happy
Who: thecolorrun.com.au
Image: Facebook

Run to get dirty at Tough Mudder

This is not for those who don't like to get down and dirty. Tough Mudder events are notoriously filthy affairs. Team oriented challenges take participants through an 18-20km obstacle course designed to challenge the toughest competitors. Designed for those run on instinct, take risks, seek thrills or are 'generally awesome at life', Tough Mudders congregate in locations across the globe.

Where: Australian events - Sydney, Melbourne, Gold Coast
When: Year round
Why: Test physical strength and mental grit with beers at the end as a reward.
Who: toughmuddler.com
Image: Facebook

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