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Dear Interviewer/Producer:

For many years, Kimi Puntillo never thought of herself as a runner—in fact, she *hated* running. But a personal “a-ha” moment led her to train and run the 1995 New York City Marathon, and her mind was instantly changed. With a new lease on life, a positive attitude, and being in top physical form, Puntillo was inspired to lace up her sneakers for runs of all distances—short and long—that took her to exotic locales in every corner of the globe and those right in her own backyard. Eventually she became the first woman in the Guinness World Book of Records to run a marathon on every continent! Now with more than 39 million Americans running for exercise (*American Sports Data*), the timing's perfect for her book **GREAT RACES, INCREDIBLE PLACES: 100+ Fantastic Runs Around the World** (a Bantam Trade Paperback Original to be published March 24, 2009), an inspiring how-to guide for first-time runners, experienced athletes, and adventure junkies alike.

Kimi Puntillo's personal travel and running experiences highlighted in **GREAT RACES, INCREDIBLE PLACES** is fascinating and motivating for anyone. In an interview, Puntillo can discuss:

- **Her favorite races from around the world.** “*What really keeps me lacing up my sneakers day after day is the promise of travel and adventure,*” Puntillo says. Combining running with travel led her to beautiful, unusual races across the world and introduced her to people—many now close friends—that she would have never met. Puntillo can share her favorite moments, such as the Mount Everest Marathon (she says it's like “*running in heaven*”) which included a three-week trek to the starting line at 17,500 feet.
- **How she trains for these extraordinary runs—and how, if she did it, you can too!** Puntillo can discuss how she trained physically for each of these races—many of which take place at extreme heights and temperatures—and offer advice to those interested in attempting the same feat. Whether it's running over the 60,000 steps of the Great Wall of China or climbing Mount Kilimanjaro in Africa, Puntillo started her training with a single step and can show others how to do the same.
- **The international language of running.** Even if she couldn't always communicate with the locals or was at a loss for the perfect word in whatever language, Puntillo says that the people she met while traveling were all runners or lovers of the sport—and as a result, there was an instant camaraderie and she was welcomed into others' homes and lives.

Kimi Puntillo challenged herself to run her first marathon in her mid-thirties and found such an array of interesting race courses, she's still running more than 10 years later. Her articles on running and travel have appeared in *The New York Times*, *The Wall Street Journal*, and National Public Radio, and she was recently profiled for Forbes.com. I look forward to speaking with you more about Puntillo's amazing accomplishment and her story which affirms the importance to look at every day as an opportunity for a new adventure.

Best,

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