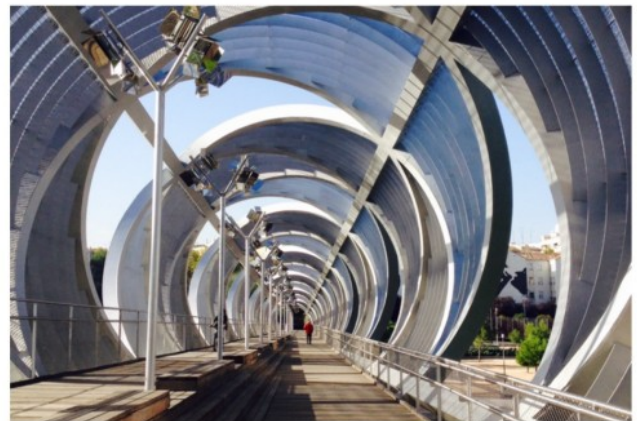


Running in Madrid: November 2014

If the word 'running' 'exercise' or the idea of general movement makes you want to crawl under a rock, it's probably best you look away now. But before you do... I want to make it clear that I am no running expert, I was always picked last for sport's teams (sob), so why not hear me out.. ☐



Beautiful photography taken by Lauren Haynes on her run along

Madrid Rio.

I have recently discovered the world of running (scorn all you like) but I can honestly say, without shame, that I am hooked. I always used to convince myself that I wasn't a runner, and that I did my daily exercise running up and down the metro every day, barging and weaving my way past the incessantly slow Spaniards who did a great job of ignoring my tomato face.

One day, however, my perspective changed. I was walking past *Lots of Colours* (a great shop by the way on Calle Fuencarral that is actually affordable) and I saw some running shoes on offer in the window for 29 euros (this explains why they absolutely destroyed my feet, but that's another story). They were taunting me, testing me. I had to buy them to make them shut up!

So anyway, I bought the shoes. Next step: use them. It's harder than it seems, trust me. On a whim one day, I went out for my first clumsy run, feeling silly and self-conscious, but after at least 15 minutes I found myself running alongside Templo de Debod, near Plaza de España (for those of you who have yet to visit it, at night time it is lit up in a particularly majestic way), and suddenly I almost forgot that I was doing exercise and was simply enjoying the view. Madrid is a great place to run, once you have managed to escape the main streets, and there is the added benefit that you are unlikely to bump into anyone you know.

If I still have your attention so far, you might want to consider some of the great running opportunities there are in Madrid, because believe it or not there are races almost every weekend! The atmosphere is always alive and buzzing, even at 9.30 on a Sunday morning, and if you sign up you get a free t shirt and some food at the end the race (there I knew I could convince you).



Getting ready to start, check out the lycra ;)



Taken at X Carrera Popular Distrito de Retiro, 26th October.

So here is what November in Madrid has in store for you:

1. **4a Carrera Popular, Corre por el Niño:**

Distance: 4 and 10 kilometres (A little bizarre, but a great one to get started!)

When: Sunday 9th November, 9:30 am

Where: Retiro Park

Cost: 10€ (which goes to El Hospital Infantil Universitario Niño Jesús)

[Website](#)

2. **XXXI Medio Maratón de Villaverde:**

Distance: 21.097 kilometres (a half marathon)

When: Sunday 16th November, 9:30 am

Where: Metro Ciudad de Los Ángeles, line 3.

Exit: C/Unanimidad (Auditorio El Espinillo)

Cost: 12.60€

[Website](#)

3. **Derbi de Las Africiones:**

Distance: 10 kilometres

When: Sunday 16th November, 9:00 am

Where: Santiago Bernabéu Stadium, line 10

Cost: 12€

[Website](#)

4. IV Carrera de los Emprendedores:

Distance: 5 & 10 kilometres

When: Sunday 23rd November, 9:00 am

Where: Retiro Park

Cost: 8€ (possibility of discount if you sign up before 26th October)

[Website](#)

5. XXXV Trofeo Jose Cano:

Distance: It varies from 2-10 kilometres

When: Sunday 23rd November, 9:00 am

Where: The nearest metro stops are: Las Musas, San Blas or Alsacia

Cost: free for the first 300 who sign up otherwise 16€

[Website](#)

So I wanted to give a little summary of how I got into running, just to prove to readers that I am no athlete, and it can be a great way to keep fit (and for free!) If you know of any more running activities please feel free to share them!



After the X Carrera Popular Distrito de Retiro, 10 kilometre – happy running!

If you are really into running and you want to stay up-to-date with the latest running events in Madrid and beyond, please check out my blog: www.goguiiri.com where you can also read my running diary.