



# RUNNING ON TIME

Plan your journey in advance and you give yourself a sporting chance of arriving on time

In summer, if the sun doesn't zap you of energy, the traffic fumes will make breathing near impossible, while in winter the howling gales and torrential rain make it a thoroughly miserable pursuit — there's no doubt that, when it comes to running, the start of autumn is definitely the season of choice. Without extreme weather conditions to contend with, you can get on with the serious business of pounding the streets. The proof is in the number of high-profile running

events around at this time of year. The Great North Run, the Great South Run, the North versus South Nike 10k; it all happens in autumn.

Whether you're competing in an organised race or merely spectating, you'll know the value of arriving on time. You may find that you have to travel to parts of the country you've never visited before. So it pays to know a decent journey planner — like [www.transportdirect.info](http://www.transportdirect.info), for example. Whether you're travelling by road,

rail or bus, this free impartial travel planning website is the perfect way to plan a stress-free start to a race.

However detailed you need your travel information, the Transport Direct site is invaluable. If this is the first time you're doing a particular journey you can use the site to lead you carefully through every stage. Armed with your departure and destination address, you can use the site's 'door to door' planner to work out a variety of routes using different modes of transport.

Each route comes with clear step-by-step directions, so you can avoid wasting valuable energy taking wrong turns along the way.

The site is just as useful when you're doing a journey that you've done time and time again. However familiar a route is, you can't be expected to predict traffic jams, road works or leaves on the line. Transport Direct's 'Live travel' page takes all the guesswork out of getting there, keeping you up-to-date with the latest news on the roads and railways. Road incidents are detailed by location and level of severity, along with an exact time of when the information was updated, and you can also check the departure boards for all the major bus and rail stations across Great Britain.

Of course, all this information is great when you're planning your journey from the comfort of your own home, but what happens at the end of a race when you're cold, wet and hungry and all you want to do is get home as fast as possible?

If you have an internet-enabled phone, simply go to <http://mobile.transportdirect.info> and access all the information you need. This service provides train times and can source local taxi companies, so you can make a speedy getaway.

Leave all of your running around for the race and visit [www.transportdirect.info](http://www.transportdirect.info)