

**FOR IMMEDIATE RELEASE**  
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Contact: Nick Butler  
Tel/Fax 44 (0) 1892 667314  
nickbutler@practicalmediaservices.com

## **Use a mouse to plan your runs and walks!**

Runners and walkers have now got an ideal method of measuring exactly how far they cover on training runs or planned walks.

**AccuRoute 2** from Critical Path Software allows anyone who runs or walks to measure the length of their routes to an accuracy of 99.9% by simply tracing around an on-screen map with the mouse. The combination of precision and simplicity gives runners a unique opportunity of monitoring fitness on a day-to-day basis and gauging split and pace times with confidence. By measuring routes in advance, runners can markedly reduce the risk of injury and ensure that they are in peak condition for their planned event, be it the London Marathon or a local fun run.

Easy to load and run **AccuRoute 2** has full on-screen instructions which means that it can be in use very quickly. Walkers can use **AccuRoute 2** to assess the gradient of any path before starting out – especially good for new routes, if young children are taking part or where exhaustion could be a safety concern.

**AccuRoute 2** is also perfect for sportsmen and women who include running as part of their training programme or anyone following a fitness regime for their health.

Dr Tony Brinklow, creator of **AccuRoute 2** said "Serious runners recognise the importance of knowing the exact length of their training runs, and many have found that AccuRoute brings surprises. Whatever the terrain – dead straight city streets, meandering cross country and woodland trails or mountain foothills – **AccuRoute 2** provides exceptional motivation, especially on those early morning runs when it seems to be far easier to stay in bed".

### **ENDS:**

*Note to Editors: A free trial version of AccuRoute 2 is available from [www.accuroute.co.uk](http://www.accuroute.co.uk) with an AccuRoute 2 CD costing £17.*

*A corporate version is also available, ideal for sports clubs, leisure centres, education authorities, hotels with leisure facilities and companies that wish to offer added benefits to staff. The cost of the corporate version is dependent of the amount of users.*

*For more information or to arrange an interview with Dr Tony Brinklow, please contact Nick Butler at Practical Media Services.*

**practicalmediaservices.com**

68 Rochester Way, Crowborough, East Sussex TN6 2DU. UK : Tel 44(0) 1892 667314 : [info@practicalmediaservices.com](mailto:info@practicalmediaservices.com) : [practicalmediaservices.com](http://practicalmediaservices.com)  
Company registered in UK No 4395270 : VAT Reg No 794 0801 17 : Registered under The Data Protection Act 1998 No PZ6997244 : Reg Office 95 High St, Uckfield TN22 1RJ