



The Marathon: Environmental and Public Health Aspects

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Message from the Guest Editors

Dear Colleagues,

Every year, the New York, London, Berlin, and Paris marathons each attract around 30,000 to 50,000 adult runners of all levels. The increasing popularity of road running is typified by the emergence of recreational marathon runners who complete the 42.195 km event in a time of between 2 hr 40 min and 4 hr 40 min. The marathon's potentially negative impact on cardiac status and the occurrence of sudden cardiac deaths during this type of event have prompted much debate. An increasing number of recreational marathon runners are now using data from HR and speed monitors in an attempt to pace their effort. There are currently no guidelines on how to use these variables to optimize performance. Most of these runners are recreational athletes. Even if more and more studies show that self-paced exercise can achieve the best performance, many runners train alone and hope to progress by monitoring their heart rate and/or running speed.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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