

One of the best indicators of running ability is heart rate. See what Steve Watson, director of the Abu Dhabi Striders running club, has to say on our website www.abudhabiweek.ae/city-latest/sport

Looking to give your heart rate a boost and help out a great cause at the same time? Go along to the Aloft Runs for Children @ ADNEC event happening from 7am to 7pm on Friday 17th September and help raise money for Starwood's Road to Awareness charity campaign to improve education for eight million children in 11 African countries. Find out more at www.abudhabiweek.ae/city-latest/news

Also, anyone is welcome to join in with the French speaking family group that runs along the Corniche every Wednesday at 7pm. For more information, contact Eric Jeanne at raideuraboudabi@live.fr