

Calling all runners!



If a jog around Arthur's Seat is already something you enjoy, or if you want a fitness goal to work towards before summer 2012, sign up now for The Edinburgh International Festival's *Speed of Light*.

Taking place each night between 9 August and 1 September 2012, [*Speed of Light*](#) is a fusion of sport and art put together by Glasgow-based public arts charity NVA, involving hundreds of runners following choreographed routes around Arthur's Seat in specially designed light suits, in what promises to be a stunning visual display.

The spectacular result will be seen by an audience from the summit of Arthur's Seat every night as part of the Edinburgh International Festival. It's one of four projects commissioned in Scotland to celebrate the 2012 Olympic Games.

Runners from all over the UK are being invited to take part. You should be fit enough to run 3-5km by summer next year, and NVA will provide training packages to make sure you're in peak condition for the event once you have registered. There will be specially organised training sessions in Edinburgh in the months leading up to the performances, and you can take part as many times as you want to.

For more information and to take part, visit www.speedoflight2012.org.uk

