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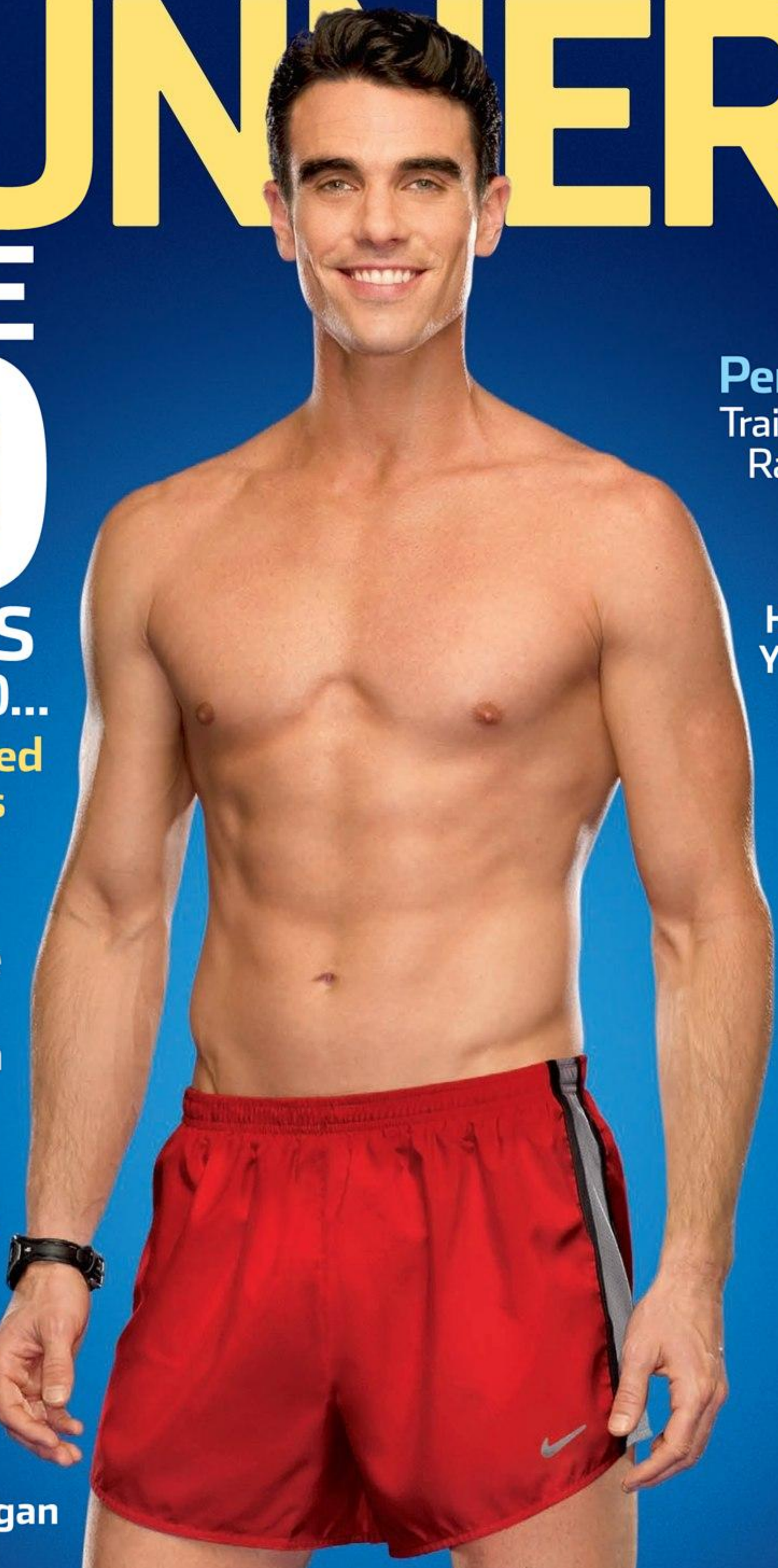

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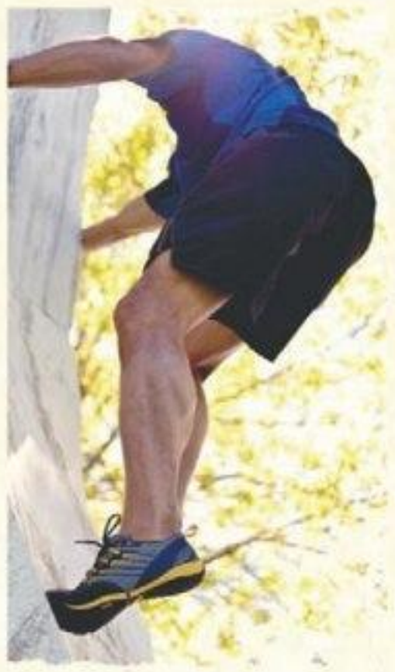

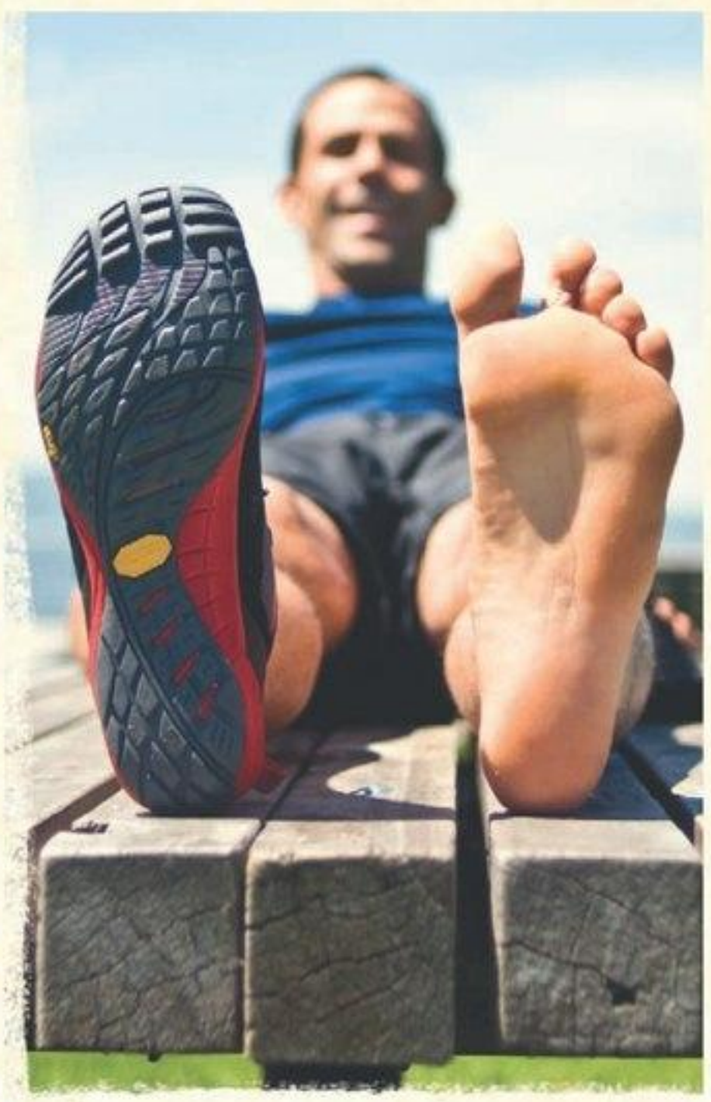

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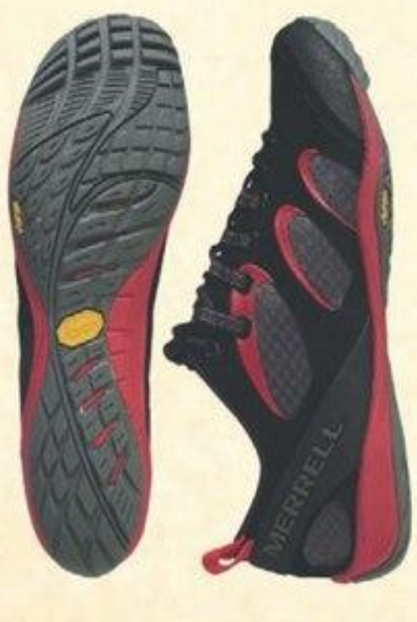

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STANDING HER GROUND
Shalane Flanagan in Portland, Oregon.
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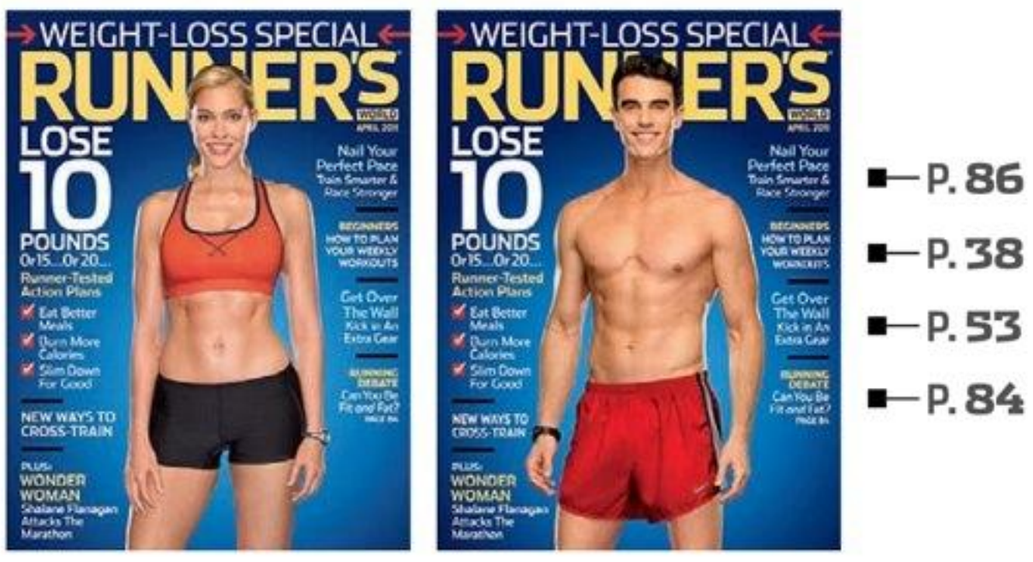

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For **CANDACE KROSLAK,** 32, the extra mileage she added to her marathon training has provided more than a physical payoff. "When I reach a new distance, my focus becomes clearer," she says. **BRENDAN HULBERT,** 28, who is training for his first triathlon, says the multisport event suits his personality. "I love testing my limits."

PHOTOGRAPHED exclusively for RUNNER'S WORLD by **CHARLIE LANGELLA** in Los Angeles

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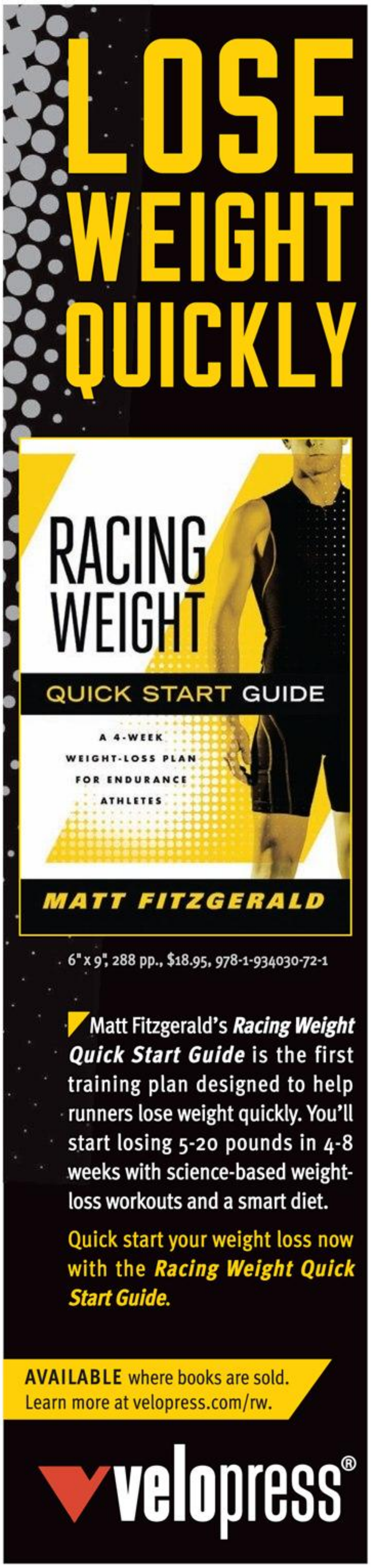

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RAVE RUN

LOCATION Harold Parker State Forest, Andover, Massachusetts
PHOTOGRAPH Josh Campbell
RUNNER Melissa Donais

→ **THE EXPERIENCE** Harold Parker State Forest, roughly 25 miles north of Boston, has a 1,000-foot boardwalk that cuts through the Mary French Reservation. The bouncy, wooden planks over the bog are so low, Donais says, "it almost feels like you're running on water." Storm-uprooted trees are a regular sight on the route.

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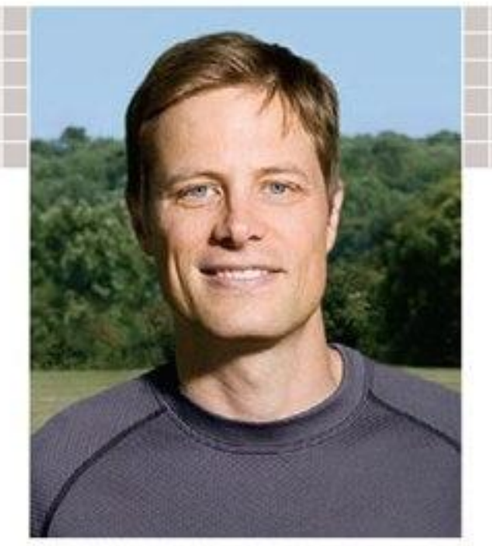

A Good, Long Run

IT WAS THERE A FEW WEEKS after she was born, in the garage of a backyard breeder in Michigan. She and her 12 siblings looked more

City. I'd waited long enough.

By the time I returned to Michigan, she was the only one left: black, the runt of the litter. I named her Trucha, Spanish for "trout." I'd gotten the idea years before while fly fishing in Argentina, and I hoped she'd be just like the Labs I'd seen sitting in rivers next to their angler ow

around the other dogs in Central Park. When a whippet or vizsla or some other speedy breed gave chase, Trucha found a higher gear, pumping her head like a race horse on the homestretch.

She got me running again, too. I had two marathons behind me, but my run-

body (she'd also had Lyme disease and a tumor removed) began to betray her. For

it would be to watch her like this.

At Christmas, we found out she had severe arthritis in her spine and was heading toward paralysis. For six weeks we did everything we could, but she got worse. We chose not to put her through another surgery, unsure for the first time how

years, until she needed surgery on both knees to repair torn ligaments. We logged more miles together than I could begin to count, and I never doubted that she could keep going, even when I couldn't.

Raising her gave me a preview of fatherhood — the round the clock responsibility, the learned selflessness, the unfathomable joy. And then she showed me old age. She went white in the face and cloudy in the eyes, and her beleaguered

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DAVID WILLEY
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5, on Long Island Sound

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reader," says
in *Bicycling*.

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BRUCE BARCOTT

Barcott, who profiled rising marathon star Shalane Flanagan ("The Killer Inside Her," page 76), says the elite runner is growing into her role as an icon of the sport. "Shalane is aware of the part she plays in the lives of younger runners," says Barcott, 44.

MICHAEL BYERS

Byers's illustrations reflect the comic Steve Friedman's Alaskan marathon ("All at Sea," page 92). "Exaggerati look helps get the point across to the Byers, 33, whose work has appeared

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GROUP THERAPY
Lisa Hallett with runners from army families.

SOLDIERING ON

I am a military spouse, and "Moving Comfort" (*Human Race*, February) made me tear up. There are so many reasons to run, and yet these women run to grieve for their fallen husbands. They are the epitome of strength and grace. I only wish I could let them know that while they run to grieve, I want to run for them—for all the widows showing their children what they are made of.

—NANCY MELLO-MILLER, *Kapolei, Hawaii*

I, too, lost my husband tragically (in my case, in a car accident two years ago). Running gave me a sense of direction and control. It also gave me a reason to feel good about myself. I still run and I recently completed my first marathon. I hope this article on running to cope will help other victims of tragedy become survivors.

—JENNIFER KOSTELNIK, *Hallettsville, Texas*

"Moving Comfort" brings to light the underreported story of spouses who have lost loved ones in Iraq and Afghanistan and their coping mechanisms to heal from such losses. I hope others who have lost loved ones can, like Lisa Hallett, heal through the positive and healthy outlet of running.

— MAJ. FRANK REYES, *Ft. Leavenworth, Kansas*

RUN IT OFF

For contestants on *The Biggest Loser* ("From Loser to Runner," February), weight loss is just the start; they have to continue the healthy lifestyle. I had Lap-Band surgery three years ago, and I promised myself a new life. I just finished my first marathon, and I'm in the best shape of my life. I don't like that people think I only run to keep the weight off, because running has become so much more than that. I'm a runner now.

—JENNY JARVIS, *Greenville, Texas*

I love *The Biggest Loser's* approach that anyone can be successful. Yet including a marathon in the journey is not only dangerous but also disheartening to others trying to lose weight. Running a marathon isn't the ultimate sign of health and shouldn't be part of a weight-loss plan.

—EMILY MALONE, *via runnersworld.com*

YOU'RE (DOUGH)NUTS

Shame on RW for celebrating Raleigh, North Carolina's Krispy Kreme Chal-

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Off-road	16 %
Treadmill	12 %
Tracks (indoor or outdoor)	2 %
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HumanRace

NEWS, TRENDS, AND REGULAR RUNNERS DOING AMAZING THINGS

TEAM EFFORT Kevin Adcock (center) mentors Tre'quan and De'quan Jones.

Buddy System

A running program gives teens a shot at success

BY JENNY EVERETT

ABOUT HALFWAY through a quarter-mile loop around Hampton Park in Charleston, South Carolina, 13-year-old twins De'quan and Tre'quan Jones turn to their running partner, 43-year-old Kevin Adcock, and ask, "How much farther are we going today?"

Adcock, a decorated Navy pilot, Ironman triathlete, seventh-grade teacher, and former overweight kid, unapologetically replies, "At least two laps. Remember what I taught you. Find a spot up ahead—maybe that light post—and make that your goal. Once you get there, set a new goal."

Before their workouts with Adcock began last April, De' and Tre' were 25 pounds heavier, didn't own running shoes, and →

PHOTOGRAPH BY **BRYAN REGAN**

ASK MILES

He's been around the block a few

DEAR MILES,
In triathlons, it's "illegal" to draft anything on the course but road races are covered with scrapers and cops. Why are runners litterbugs?
—BILL K., *Long Beach, Calif.*

A race director asked me to lead a pace group. But I want to run a PR. Can I say no?

...or columns or to ask a question, visit **...om/askmiles,** or follow Miles on Twitter, ...s or click around to **twitter.com/askmiles.**

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57% OF POLL RESPONDENTS SAY THE HALF-MARATHON SHOULD BE CALLED PIKERMI, A T...

...OWN BETWEEN MARATHON AND ATHENS.

BACK STORY

The ultramarathoner ran 25 100-milers last year, breaking her own world record for the most 100-milers in a year

1] **Young at heart** *My record-set... 5 years old. I started [...] try to break it before I turn 60.*

2] **Working stiff** *I'm a [...] full-time [...] and I train after work and on [...]*

3] **Fast pace** *[...] minute [...] a minute. [...] a race [...] 4 hours and 30 [...]*

4] **Training partners** *[...] don't track my slow [...] running days, they are [...]*

5] **Perfect timing** *[...] it's a [...] 24 hours, I try to run [...] 24 hours.*

6] **Finish line** *[...] my husband, friends and [...] champagne, [...] cake, and pretzels.*

7] **Must have** *[...] tunes. [...] then in the [...] Sandman. [...] Sandman [...]*

8] **Downtime** *[...] pull [...] bed until the [...] the phone [...]*

9] **Support team** *[...] [...] to a 100-miler. [...] Get. Out. [...] Thanks, [...] Thanks, [...]*

10] **In memory** *I wear [...] the [...] [...] my aunt [...] [...] the last.*

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ROADSIDE WORSHIP
Clockwise from left: Nadoona Sabiqoona (Muslim), The Mindful Runners (Buddhist), Christian Runners, JRunners (Jewish).

Running on Faith

A growing number of people have found a moving way to celebrate their spirituality

Nadoona Sabiqoona
CONGREGATION
Started in 2010, this Muslim women's running group now has 30 members in six cities.

SPIRITUAL CONNECTION
Founder Nadine Abu-Jubara says the Prophet Muhammad used to run races. "I tell women if they run, in addition to living healthier, they'll be emulating the Prophet."

The Mindful Runners
CONGREGATION
The 20 members of this Buddhist group in Boulder run together three times a week.

SPIRITUAL CONNECTION
Running allows meditation, says member Jon Pratt. "We concentrate on the sound of our feet hitting the trail and the sensation of breathing and let go of negative thoughts."

JRunners
CONGREGATION
This two-year-old Brooklyn Jewish group has 200 runners. Its midweek races don't interfere with the Sabbath.

SPIRITUAL CONNECTION
"Running allows you to clear your mind, take in the world around you, and realize there's a higher being out there," says cofounder Steven Friedman.

Christian Runners
CONGREGATION
The first group met in 2005 in Atlanta. Now there are 4,000 members in 12 cities meeting up for Saturday morning runs.

SPIRITUAL CONNECTION
Founder Richard Hopkins says the endurance needed for running is similar to that needed to sustain faith.
—NANCY AVERETT

WHAT IT TAKES TO...

Run into a deer—and keep going

SARAH GLIDDEN, a 15-year-old from Hortonville High School in Wisconsin, had 100 meters to go in a 4-K race when a deer came charging out of the woods. Glidden felt fur brush against her as the deer kicked her shin. She collected herself and ran to the finish in 15:55, 26 seconds off her best time, putting her in 18th place. —GAIL KISLEVITZ

"The kick hurt, but mostly I was shocked. I wanted to finish the race even though I knew it wouldn't be my best time."

Race 26.2 in a gas mask

Marine Sgt. **JEREMY SOLES,** 33, finished the Marine Corps Marathon in 4:29:02 wearing a gas mask, earning him a Guinness World Record. The mask restricted his breathing and made it tricky for him to refuel. Soles, of Richmond, Virginia, used a CamelBak and a meat baster to shoot water and Gu through a feeding tube into his mouth. —G.K.

"The mask represented the warrior spirit exhibited by wounded veterans. It was difficult to run in, but helped me honor them."

Break a neck, then three hours

In 2008, **RYON LANE** shattered his C4 vertebra in a diving accident. His spinal column was fused with a titanium plate and four screws. In November, Lane, 34, an attorney in Washington, D.C., ran his first marathon—the New York City Marathon—in 2:58:37. —G.K.

"I spent four weeks in total numbness. Six months later, I started running. I could only do 10 minutes at a time, but I kept going because I knew that running would get me my life back."

[Send nominations to **whatittakes@runnersworld.com.**]

BRONWYN FARGO PHOTOGRAPHY, JEREMY SOLES, PHOTOGRAPH BY LAURA BARISONZI

CLOCKWISE FROM TOP LEFT: COURTESY MARIAM SAIFAN, MARATHONPHOTO, RYON LANE, CHRISTIAN RUNNERS;

→ **JRUNNERS MEMBERS ORGANIZED A 125-MILE RELAY, SERVING KOSHER FOOD AT AID STATIONS, AND RAISING $150,000 FOR CHARITY.**

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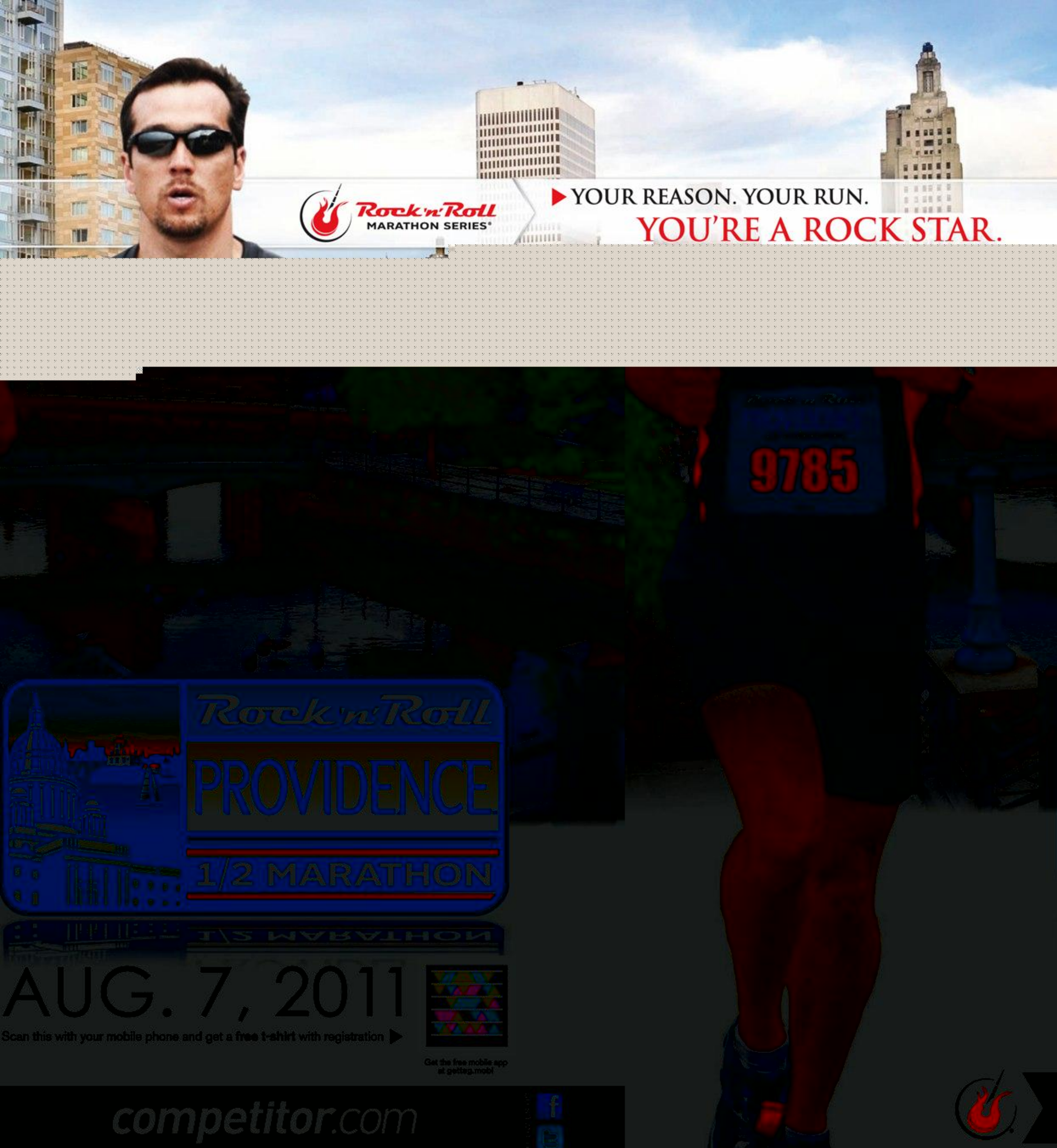
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Switch Hits

Get fitter, faster, and stronger with great workouts borrowed from other sports BY BOB COOPER

IT'S EASY TO THINK that all the best training ideas come from the world of running. But distance running is part of a wider universe of athletics, so why not borrow from the toolboxes of other sports that require some combo of endurance, speed, and strength? "If all you do is run, you're failing to develop all of your muscles and limiting your range of motion," says Dennis Barker, coach for Team USA Minnesota, an elite distance-running program. These workouts taken from the training plans of other sports will lead you to better fitness, sharper speed, and a stronger body.

BORROW FROM BOXING

ROPE "RUNS"

"Fast feet are as important as fast hands for boxers, so they've jumped rope for centuries to develop this skill," says Ross Enamait, a boxing trainer in Vernon, Connecticut (rosstraining.com). "Jumping rope also helps runners be light on their feet." Quick jumping helps increase stride frequency and leads to greater muscle endurance, aerobic conditioning, and power, says Enamait.

THE WORKOUT → Jumping rope can challenge even the conditioned runner, so start conservatively with six stints lasting 30 to 60 seconds each. Run in place, focusing on high knees. Rest 30 to 60 seconds between each round. Build up to three minutes.

BORROW FROM BICYCLING

HIGH-CADENCE INTERVALS

Cyclists practice their "spin"—similar to a runner's turnover—to hone their cardiovascular fitness. "The optimal cadence for both cycling and running is 90 to 100 revolutions per minute," says Terry Martin, a running, swimming, and

Cross-train once a week to strengthen connective tissue and areas like the Achilles tendon, IT band, and hip flexors that are prone to injury.

RUN BETTER

TAKE IT ON
Jumping rope and spinning intervals help develop fast feet and a quick turnover.

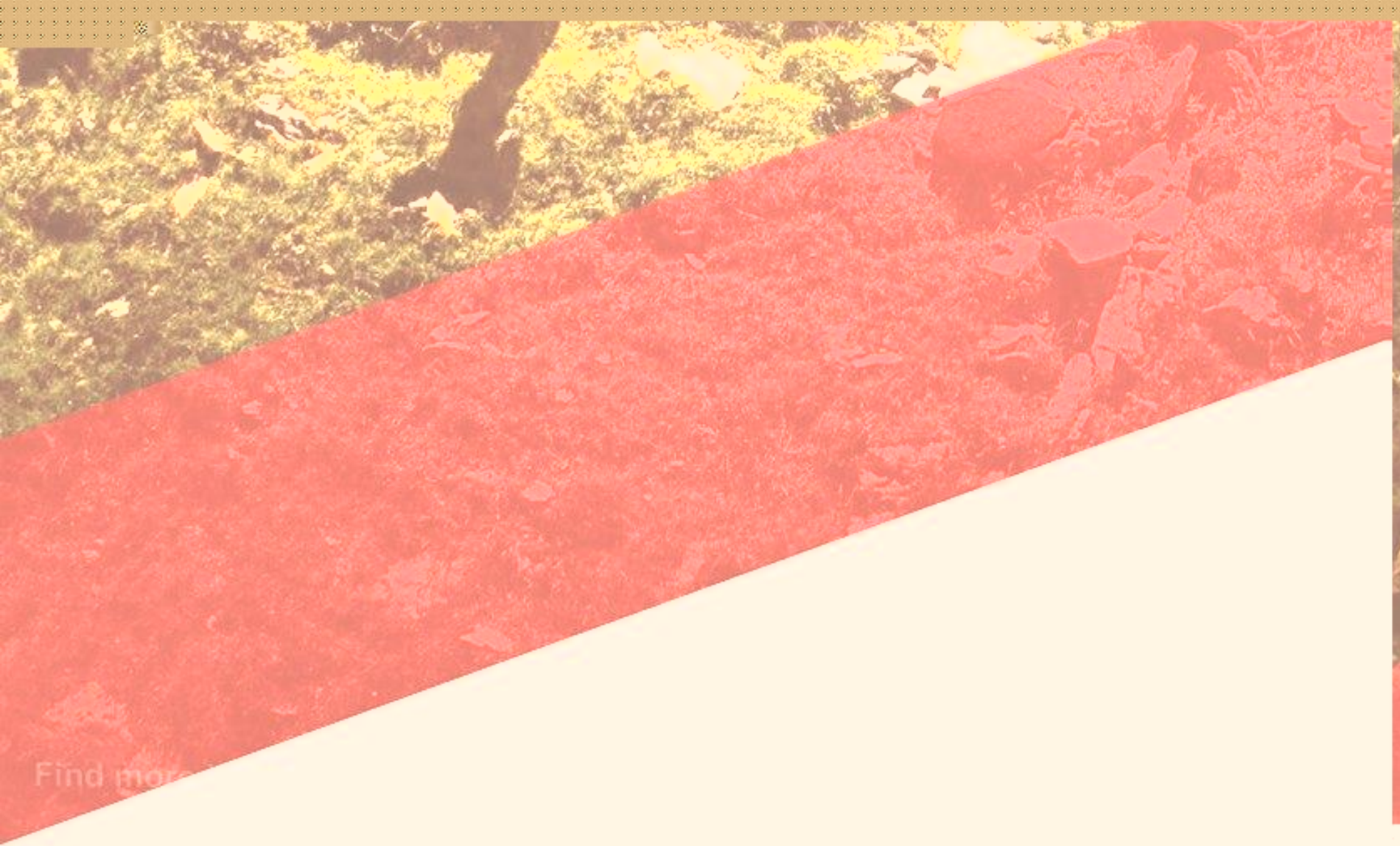

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Photo: Tim Kemple

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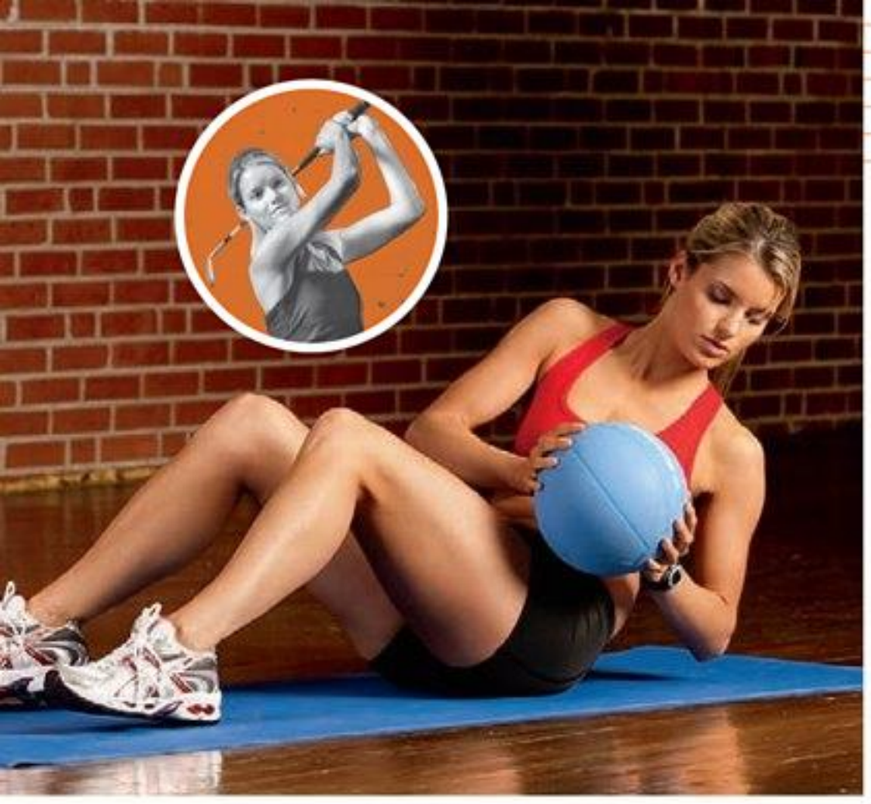

CROSS PURPOSES
Borrow core exercises from golfers (above) and upper-body moves from swimmers (below) to improve your running form.

triathlon coach in San Diego (multisports.com). (A "revolution" for runners means right-foot-left-foot-right foot.) Because of this similarity, Martin recommends runners use spinning intervals to reinforce brisk leg turnover and get a rigorous cardio workout without the impact stress on your joints.

THE WORKOUT → Pedal easy for 15 minutes. Shift into a slightly harder gear and spin for two minutes at 95 to 100 rpm (count how many times your right knee comes up in 10 seconds and multiply by six). Then pedal at 80 to 90 rpm in an easier gear for two minutes. Repeat five to 10 times. "These intervals should feel as challenging as running 400s on the track at 5-K race pace," says Martin.

BORROW FROM GOLF
CORE STRENGTHENING

"A strong golf swing requires a stable, powerful transfer of energy from legs to arms through the core," says Kat Brown, a collegiate golfer turned personal trainer at the Harvard University Recreation Department. Runners who adopt a golfer's focus on developing strong glutes, hips, abs, and lower back can strengthen weak muscles, which can translate into fewer injuries, says Brown.

THE WORKOUT → Do 12 to 15 reps of the following: *Bird dog* On hands and knees, extend right arm forward and left leg back until parallel to floor. Hold. Return to start position. Extend opposite arm and leg. That's one rep. *Russian twists* Holding a three- to five-pound medicine ball, lie on back, knees bent. Lift torso 45 degrees from floor. Twist torso right then left for one rep. (Do it without a ball by extending arms forward, clasping hands, then twisting.) *Single stiff-leg dead lift* With hands on hips, balance on left leg. Bend forward and lift right leg behind you, keeping it straight. Hold for two counts. Return to start. Repeat, then switch legs.

BORROW FROM SWIMMING
"RUNNING ARMS"

Upper-body exercises help swimmers develop the strength and endurance necessary to push and pull through water's resistance lap after lap. "Whether you run or swim, building upper-body strength helps you hold your form even when you tire in the latter part of a workout or race," says Martin. Sure, you run with your lower half, but "the legs follow what the arms do," she says.

THE WORKOUT → Hold a pair of light dumbbells and stand with your right leg forward. Very slowly, swing arms as if running. Pump 20 times. Rest one minute, and then switch legs and repeat. RW

FOLLOW THE LEADER

Advice from the world's best runners

STEPHANIE ROTHSTEIN, 26, of Flagstaff, Arizona, was first American at the World Half-Marathon Championships in October (1:13:37).

1 WORK IT OUT
"In training, I work on my weaknesses—a slow start and weak finishing kick—more than on my strengths. I do steady-state runs with a faster first mile and strides at the end of easy runs."

2 STRIDE IT OUT
"During track workouts, I run relaxed and smooth so that I get used to running fast while feeling loose and in control. Over time, the pace feels easier."

3 ROLL IT OUT
"I travel with a mini foam roller. In airport terminals, I roll out my legs and back. You get very stiff in a plane seat."
—BOB COOPER

APPAREL (PREVIOUS PAGE)- TOP, SHORTS, AND SHOES: ADIDAS; APPAREL (THIS PAGE) - TOP AND SHOES ASICS; SHORTS: NIKE; STYLIST: KENDRA STANTON; TRAINER: MARK MCLAUGHLIN/PERFORMANCE TRAINING CENTER; TOP RIGHT VICTOR SAILER/PHOTO RUN

ACCORDING TO AN ONLINE POLL, 51% OF RESPONDENTS SAY DOING OTHER SPORTS HAS HELPED THEM BECOME BETTER RUNNERS.

PHOTOGRAPHS BY **ALLEH LINDQUIST**

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The Starting Line

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY

The Perfect Week

A structured schedule keeps you motivated and healthy

WHAT'S YOUR PLAN for your next run? You'll probably run the way you feel, that is, as far and as fast (or slow) as the spirit moves you, or time allows. And while that approach is fine in the short-term, there's value in having a little more structure to your weekly workouts. The right plan helps you stay motivated, run the right mix of workouts to build your fitness while minimizing injury risk, and get enough recovery time to avoid fatigue. Here's how to design your perfect running week.

WHAT TO INCLUDE → Your ideal week will include a longer run to build endurance, a hilly run to improve your strength, and a scenic or social run that regularly injects some fun into your routine and keeps you coming back for more. Include a speed workout only if your goal is to run faster.

WHEN TO RUN → Running every other day allows "weak links"—your knees, feet, or hips—time to heal. Do slow, long runs on the weekends when you have more time. Weekdays are ideal for shorter hill and social runs, say, Tuesday and Thursday. If you're doing speed workouts, it's essential to take a rest day before and after these sessions in order to rest and recover.

WHEN TO REST UP → While you don't have to exert yourself on nonrunning days, some form of exercise will energize your mind, improve your attitude, and burn fat. Choose an activity that doesn't fatigue the calf muscles, such as aqua-jogging, walking, or gently riding the elliptical.

HOW TO VARY YOUR WEEKS → You can keep the same schedule from week to week and alternate your route or running partners to boost your motivation. If you're focused on an ambitious goal like a first race or new distance, alternate focused weeks—complete with hills, long runs, and speedwork—with easy weeks that include social runs and one targeted session. RW

Q+A

Q If I don't feel like doing what's on my schedule, can I just do whatever I want?

A Sure, as long as your efforts don't compromise upcoming workouts. But keep in mind you're more likely to improve when you follow a consistent plan. Having a well-balanced routine will also help protect you from injury while minimizing the chance of burnout.

QUICK FIX

You're Dragging

THE FIX: CHILL OUT

What you do before and after hard workouts like long runs or speedwork can affect how you feel throughout the week. On these days, keep physical activity to a minimum and stay off your feet as much as possible—this isn't the time for extended shopping trips. Eat sensibly, and stay hydrated throughout the day. Prior to the workout, focus on how you will enjoy the run; afterward congratulate yourself on a job well done.

FACT OR FICTION?

It's okay to skip rest days.

FICTION It's when you're *not* running that your body rebuilds and gets stronger. Some runners forego rest for short, slow runs, but after a while these "junk miles" can compromise recovery and lead to injuries. Enjoy your downtime—you earned it!

Ask Galloway any running question at **JeffGalloway.com.**

ILLUSTRATION BY **PETER RYAN**

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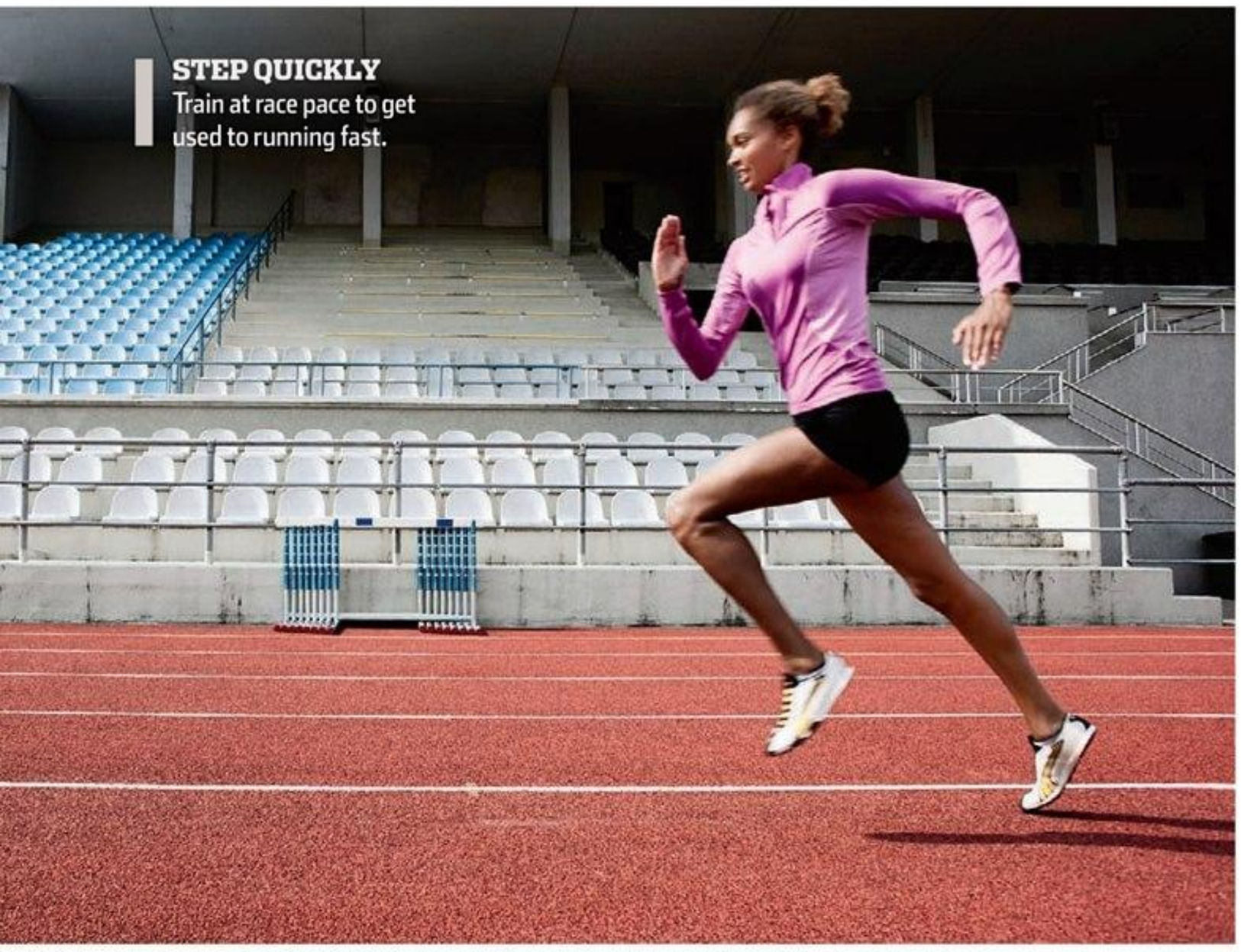
Deena Kastor, American record holder and bronze medalist, Athens 2004.

The Fast Lane

TRAINING ADVICE FOR PEAK PERFORMANCE

BY ED EYESTONE



STEP QUICKLY
Train at race pace to get used to running fast.

Hit Your Marks

Run benchmark workouts to measure your fitness, hone your speed, and stoke race-day confidence

TWENTY-FIVE x 400 at 10,000-meter race pace. That was my benchmark workout two weeks out from nationals in 1985. At first, I didn't think it sounded too tough, since each repeat was followed by 30 seconds recovery. But after 16

GOAL RACE → Marathon
BENCHMARK WORKOUT 16 miles at race pace. The Brooks/Hanson running club calls this workout a simulator run and performs it at the end of a high-mileage week. Not tapering for this session serves two purposes: It allows for a great week of training without sacrificing mileage and aerobic development, and it teaches you to hold specific race pace on tired legs—essential for the marathon. Do this run at least three weeks out from race day. It should be the culmination of race-pace runs that began at eight miles and built every two weeks by two miles.

GOAL RACE → Half-Marathon
BENCHMARK WORKOUT 10 to 15 x 1000 meters at race pace with 60 seconds recovery. I learned this workout from New York City Marathon champion German Silva in the rarefied air of Toluca, Mexico. Perform it two weeks out from your race. I would suggest doing no more than 12 repeats, unless you're planning on breaking 60 minutes for the half. Bonus points for completing it on a gravel track at 10,000 feet of elevation.

GOAL RACE → 10-K
BENCHMARK WORKOUT 25 x 400 meters at race pace with 30 seconds recovery. Break this beast up in your head as five sets of five, and if you're prone to injury, change direction on the track every set. I loved and hated this workout. I generally ran it only once a season. Had I run it more often, it would've chewed me up, spit me out, and left me too tired to

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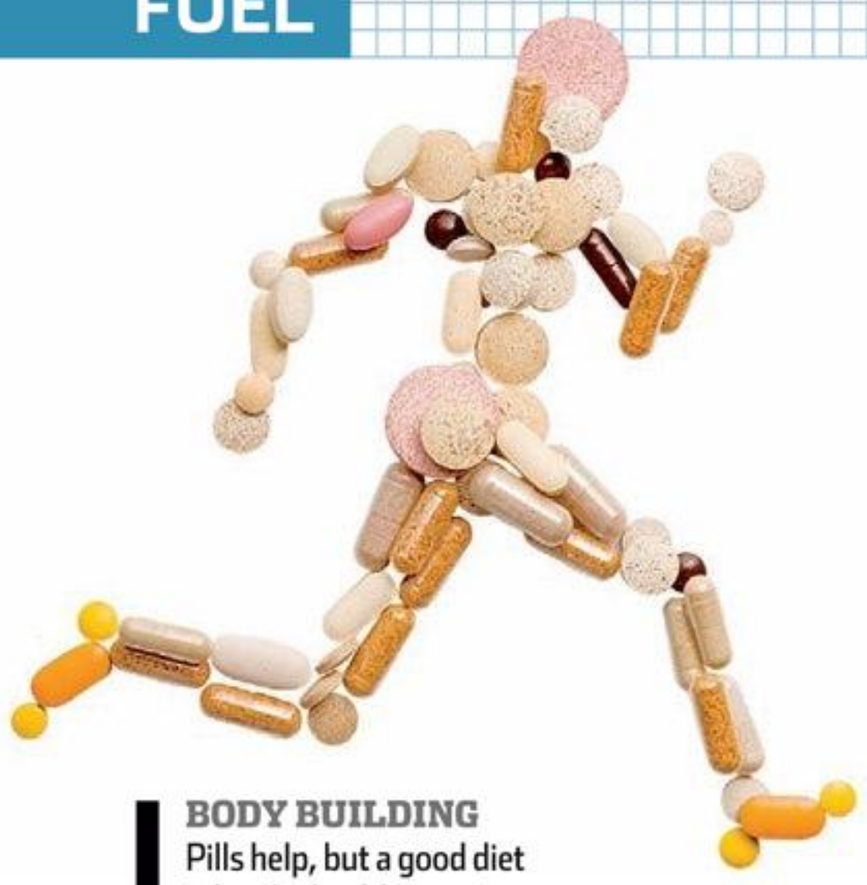
sound mind sound body



BODY BUILDING
Pills help, but a good diet is key for healthy running.

fatty fish a week, you get plenty of omegas," says Cassandra Forsythe, R.D., Ph.D. But if you're among the 65 percent of runners who rarely or never eat seafood, according to a runnersworld.com poll, supplements are a good choice.

HOW TO POP IT → A supplement with 1,000 mg of fish oil may actually contain little DHA and EPA. "Read the label," says Forsythe, "and find one that contains at least 500 mg of DHA and EPA combined."

IRON

"Iron is vital for producing hemoglobin, a compound that carries oxygen to muscles," says Diane DellaValle, R.D., who's studied the mineral's role in exercise. "Low iron causes energy to sag and affects performance." Men rarely have low iron,

ut studies with
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have found the
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t. Harvard re-
menting may
with natural
ado, and olive oil.

TOP LEFT: JASPER WHITE/GETTY

PPLEMENTS DAILY.

you pop? "If you're healthy and eat a variety of whole foods, you probably won't benefit from a multi," says Morgan. "If you struggle to eat all the food groups, it can fill nutritional gaps." Morgan adds a multi may also help during hard training, when some nutrient needs increase.

HOW TO POP IT → Pick one with 100 percent of the Daily Value for most vitamins and minerals, but avoid excesses. High doses of some nutrients can be dangerous. Humidity affects potency, so keep pills out of the kitchen and bathroom.

VITAMIN D

The body needs vitamin D to absorb calcium, making it vital for bone health. That's why the Institute of Medicine recently raised its recommended daily intake from 200 international units (IU) to 600 IU for most age groups. Newer research has also linked vitamin D to lower risk for heart disease, breast cancer, and diabetes. But getting enough is difficult since it's in few foods and our bodies only make it when exposed to UV rays. "Generally, most runners could benefit from a vitamin D supplement," says Forsythe.

HOW TO POP IT → Forsythe recommends getting your vitamin D level tested. "If you fall below 30 ng/ml, take at least 1,000 IU of vitamin D_3 daily." Pair it with your largest meal to increase absorption.

WHEY PROTEIN

Isolated from cow's milk, whey protein is a rich source of all the amino acids muscles need. Studies show it helps build lean body mass and increase strength. But its main advantage over other protein supplements, such as soy and casein, is that it's very quickly absorbed by the body, "which makes it an excellent choice for postrun recovery," says Forsythe. Runners who struggle to eat enough protein after workouts may want to try adding whey to recovery meals, says Forsythe.

HOW TO POP IT → A Canadian study found 10 grams (or two tablespoons) of whey isolate boosts muscle protein synthesis postexercise. Add it to smoothies, oatmeal, pancake batter, and yogurt. RW

Push Back

Pills that aren't effective—and may actually be dangerous

ACAI → This fruit is high in antioxi-

people," says DellaValle. Pair it with vitamin C–rich foods to boost absorption.

MULTIVITAMIN

A 2007 study in the *American Journal of Clinical Nutrition* found 35 percent of adults swallow multivitamins. Another recent study reported long-term takers are less likely to have heart attacks. So should

RESVERATROL → Research shows this red wine antioxidant is linked to a lower risk of heart disease. But it's not clear whether resveratrol itself or a combination of nutrients is actually at play.

QUERCETIN → Research using mice found some evidence the flavonoid

athletic performance, b
people found no such e

VITAMIN E → Studies
vitamin does not reduc
disease or cancer. In fa
searchers found supple
raise stroke risk. Stick
sources, like nuts, avoc

ACCORDING TO A *RUNNER'S WORLD* POLL, 74% OF RUNNERS TAKE A MULTIVITAMIN; 31% TAKE FOUR OR MORE SU

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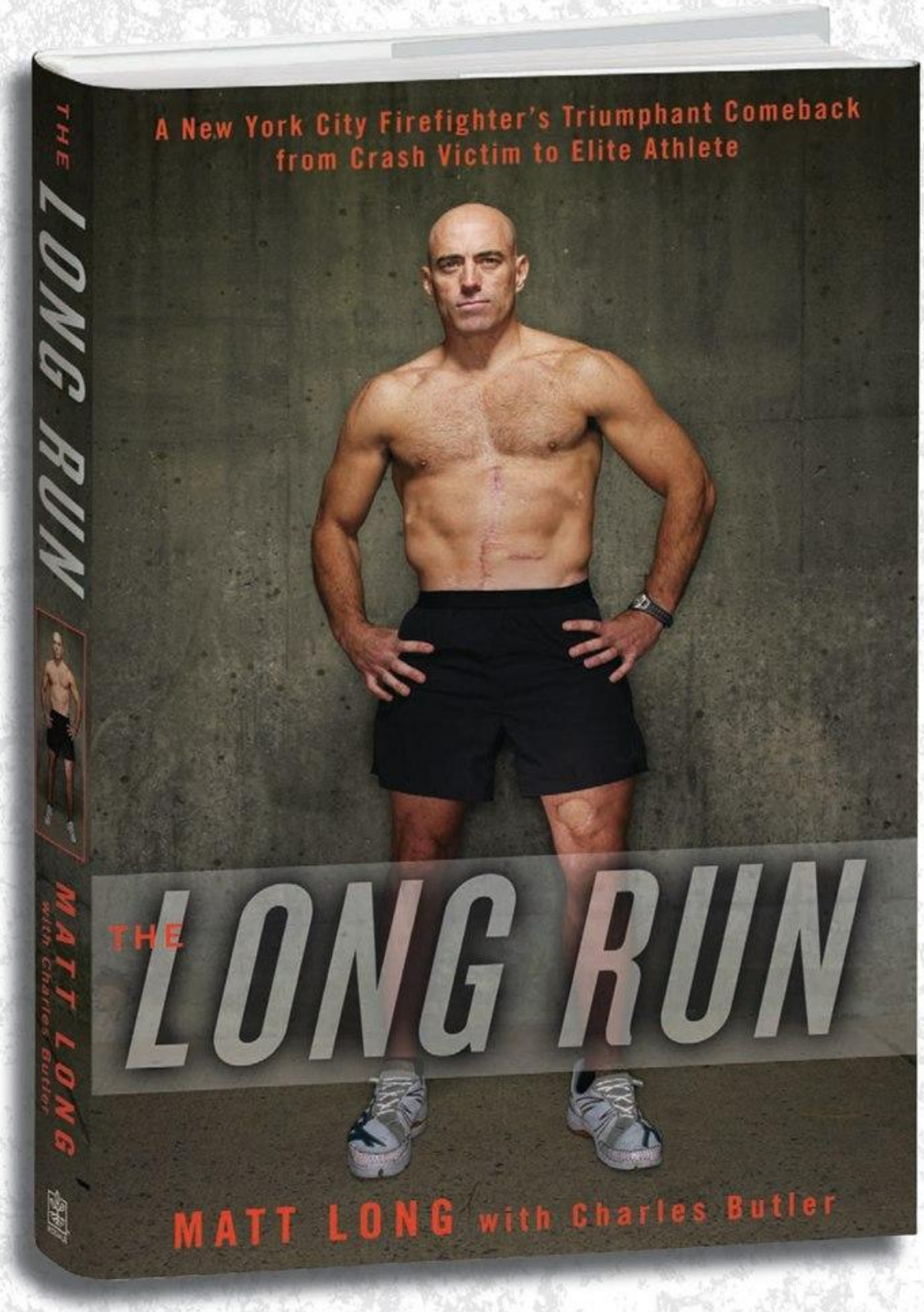
"Running saved my life."

–MATT LONG



On a December morning in 2005, New York City firefighter Matt Long was cycling to work when he was struck by a bus making an illegal turn. The injuries he sustained pushed him within inches of his life, yet miraculously, after more than 40 operations and five months in the hospital, Matt survived.

The Long Run is the incredible, candid story about how marathon runner and triathlete Matt Long overcame seemingly insurmountable odds to rebuild his body and his life–and to make a triumphant comeback by running the New York City Marathon only three years later.

"Matt's story is one of inspiration and perseverance. He is unwilling to allow a horrible tragedy to stand between him and the finish line. There are powerful lessons here for any athlete."

–DEAN KARNAZES, champion runner and best-selling author of *Ultramarathon Man*

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NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

BY LIZ APPLEGATE, PH.D.

The Runner's Pie

Feel good creating (and eating!) tasty, low-fat pizza

RUNNERS LOVE PIZZA so much that most eat about one medium pie every month. Trouble is, many are high-fat disasters with few nutritionally redeeming qual-ities. One solution? Make your own at home and load it with good-for-you ingredients. Choose your crust, sauce, cheese, and toppings, then assemble the pizza on a baking sheet lined with parchment paper. Bake at 450°F for 10 to 15 minutes.

CHOOSE YOUR CRUST

→ Look for uncooked whole-wheat dough in your grocer's refrigerated or freezer case. Or use prebaked options, like focaccia, naan, whole-wheat pita, or French bread. Sprinkle crust with flaxseed meal or wheat germ for an extra boost of nutrients.

SPREAD ON THE SAUCE

→ Marinara sauce is rich in lycopene, a cancer-fighting antioxidant. One study found eating a red-sauce pizza every week can lower your risk for certain cancers. Jarred varieties are conve-nient, but you can also make your own in less than 20 minutes. Or spread on a thin layer of pesto or stir-fry sauce.

BE CHEESE SAVVY

→ Shredded, part-skim mozzarella has just 72 calories, four grams of fat, and 20 percent of your daily calcium needs per ounce. A tablespoon of Parmesan adds big flavor with only 21 calories. Or give your pizza Greek or Mexican flare with feta cheese or queso fresco.

Marinara Sauce

- 5 seeded Roma tomatoes
- ½ small white onion
- ¼ cup fresh basil, or 1 teaspoon dried
- Garlic powder to taste
- Oregano to taste
- Salt and pepper to taste

Place ingredients in food processor; blend until smooth. In a skillet, sim-mer sauce for 15 minutes. Spread ½ to ¾ cup on a 12-inch crust.

SELECT YOUR PROTEIN

→ Choose lean options, such as grilled chicken, baby shrimp, ground beef, smoked salmon, pork tenderloin, or Canadian bacon—all provide about 40 percent of your daily protein needs. Or go meatless and add tofu or beans.

PILE ON VEGETABLES

→ Vegetables are low-calorie and nutrient-rich, so add as many as you like. Chop raw veggies into small pieces so they cook faster, or lightly sauté them to shorten cooking time and prevent the pizza from getting soggy.

ADD FINISHING TOUCHES

→ Give your pizza extra pizzazz: Add chopped nuts and spices; sprinkle with fresh herbs in the last few minutes of baking. Finish with a drizzle of olive or sesame oil for heart-healthy flavor. RW

Heat and Eat

Healthy frozen pies have fiber and fewer than 11 fat grams per serving

AMERICAN FLATBREAD

The thin-crust Ionian Awakening is topped with olives and rosemary.

300 CAL, **10** G FAT, **2** G FIBER

AMY'S PIZZA

Lactose-intolerant runners will enjoy the soy cheese option.

290 CAL, **11** G FAT, **2** G FIBER

KASHI PIZZA

The crust on the Mediterranean pie includes whole grains and flaxseeds.

290 CAL, **9** G FAT, **5** G FIBER

LEAN CUISINE PIZZA

The French Bread Pizza has a hearty crust; a small amount of pepperoni and sausage add big flavor.

340 CAL, **8** G FAT, **4** G FIBER

FOOD STYLIST: ANNIE CHERVIN EDWARDS

PHOTOGRAPHS BY **MITCH MANDEL**

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THE ATHLETE'S PALATE

Contributing chef and triathlete **Rocco DiSpirito** serves this carb-and-protein-packed meal at postrace dinners with friends

Shrimp and Chorizo Paella

DiSpirito gives this Spanish dish a healthy makeover by using brown rice (high in complex carbs) and less chorizo, which lends rich flavor without too much fat.

- **2** ounces chorizo, halved lengthwise and sliced into ¼-inch-thick half-moons
- **6** garlic cloves, chopped
- **1** teaspoon saffron threads
- **1** cup long-grain brown rice
- **1¾** cups chicken broth, or more if needed
- **1** 14.5-ounce can diced tomatoes in juice
- **8** ounces medium peeled shrimp
- Salt and freshly ground black pepper
- **¾** cup frozen peas

Heat a Dutch oven over medium heat. Add chorizo and cook until the fat begins to render (about two minutes). Add garlic and sauté until fragrant (about one minute). Add saffron, rice, and broth. Cover pot and bring to a boil. Reduce heat and cook at a gentle simmer for 30 minutes. Stir in diced tomatoes and juice. Cover pot, and continue to cook another 25 minutes. Season shrimp with salt and pepper. Stir shrimp and peas into mixture, adding more broth if the rice appears dry. Cover, and continue to cook until shrimp are cooked through and rice is tender (about 10 or 15 minutes). Allow paella to rest for five minutes, covered. Fluff rice with a fork. Serves four.

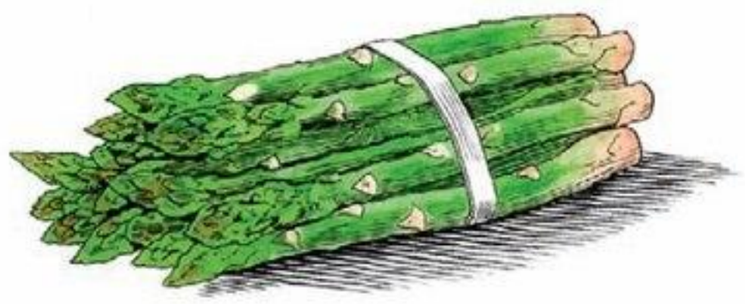
CALORIES PER SERVING: **341** CARBS: **47 G** PROTEIN: **20 G** FAT: **8 G**

Every spring, **ROCCO DISPIRITO** looks forward to the start of triathlon season. "I ramp up my training," says the chef, who will race in three triathlons in the coming months. His packed weekly training schedule (running 30 miles, biking 150 miles, and swimming nearly daily) helped him lose 35 pounds and stay slim and fit for five years. For more, see his book, *Now Eat This! Diet,* and go to roccodispirito.com.

EAT THIS NOW

Asparagus

IN SEASON
March through June



GOOD FOR YOU

A cup of steamed asparagus contains just 50 calories but packs a big nutritional punch. It provides 115 percent of your Daily Value (DV) for vitamin K—a nutrient that's critical for healthy bones and tissue—and 65 percent of your DV for folate, a B vitamin important for new cell growth and the prevention of birth defects.

GET THE BEST

Buy asparagus spears—which are often sold by the bunch—that are firm and bright green (some purplish coloring is normal and acceptable). The heads should be tight and compact. Avoid any wrinkled, limp, or dry-looking spears. Wrap bunches in a damp paper towel or place upright in an inch of water and cover, then store in the refrigerator for up to three days.

KITCHEN SIMPLE

DiSpirito likes to stir-fry asparagus in sesame oil and teriyaki sauce along with onion and shrimp. You can also roast or grill it: Brush spears with a mixture of balsamic vinegar, melted butter or olive oil, garlic, salt, and pepper. Place on a piece of foil or cook directly on the grill for a few minutes until tender. —YISHANE LEE

FOOD STYLIST: MEGHAN SCHLOW; PROP STYLIST: DEBORAH WILLIAMS; ILLUSTRATIONS BY JOE MCKENDRY; BOTTOM LEFT: COURTESY KRITSADA

PHOTOGRAPH BY **ANTONIS ACHILLEOS**

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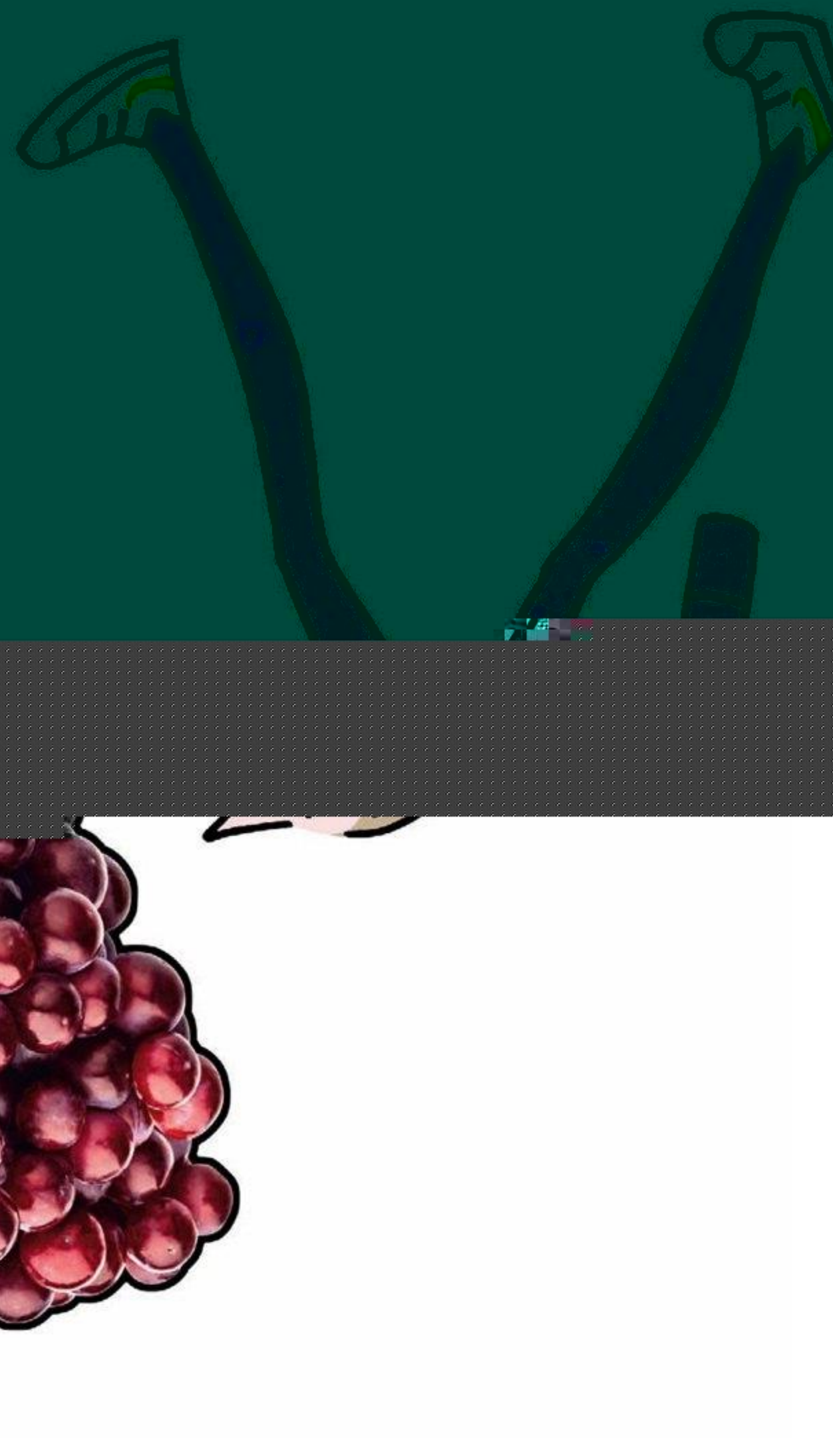
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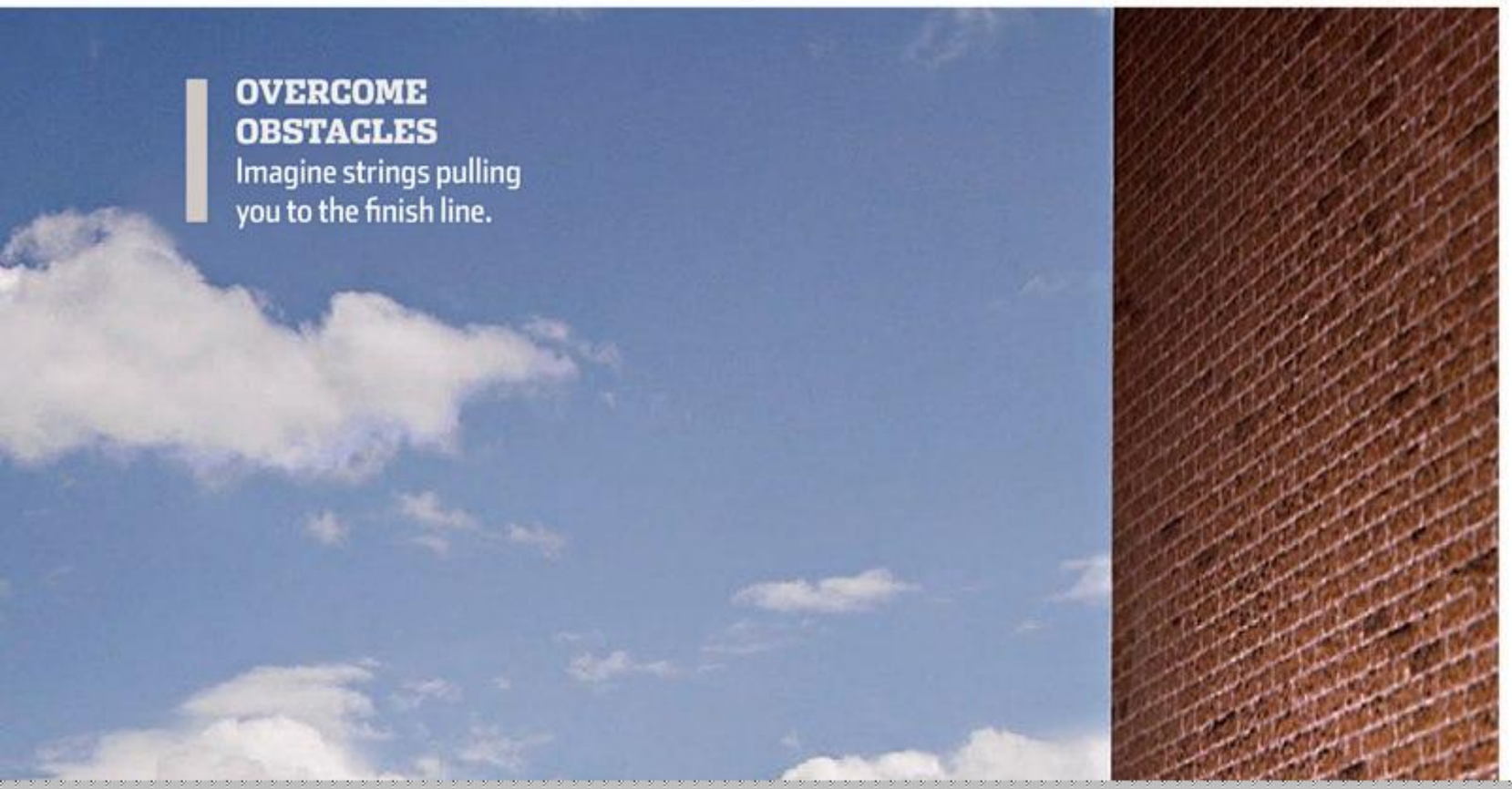
Against the Wall

How to avoid hitting the notorious roadblock—and strategies for coping if you do

BY NANCY AVERETT

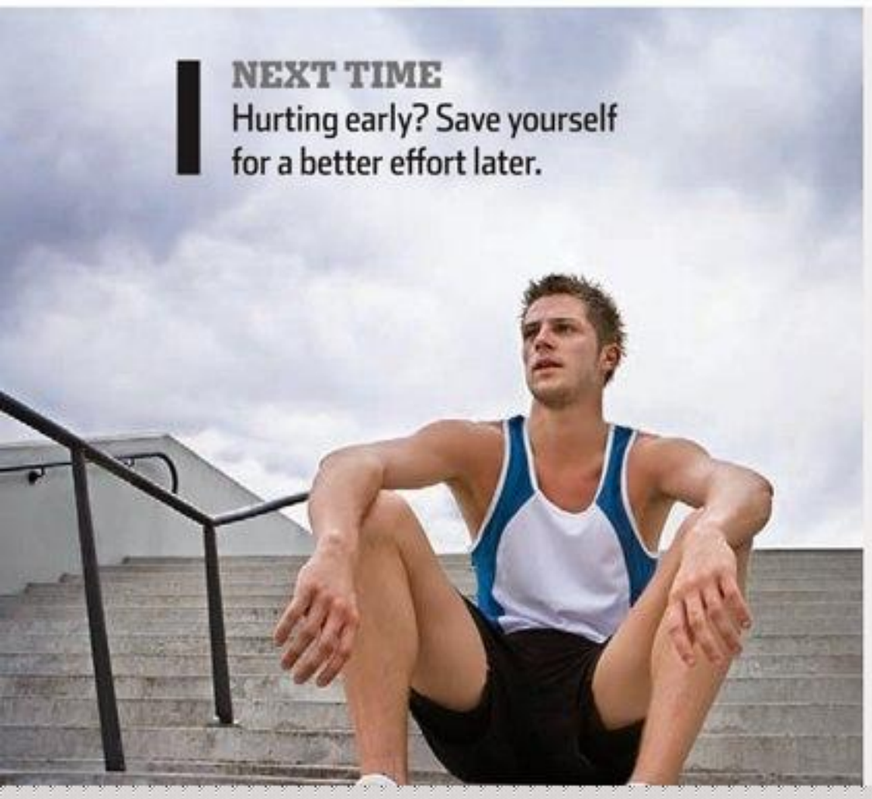


OVERCOME OBSTACLES
Imagine strings pulling you to the finish line.

PHOTOGRAPH BY **CJ BURTON**

YOU'RE IN THE MIDDLE of a run when things start to fall apart. Your legs feel like concrete, your breathing grows labored, your strides turn into a shuffle. Negative thoughts flood your mind, and the urge to quit becomes overwhelming. Unfortunately, if you run long enough, you're bound to experience this some day.

So what can you do about it? Matt Buman, Ph.D., a research fellow at Stanford School of Medicine, wanted to examine the specific physical and psychological reasons recreational runners hit the so-called "wall"—and more importantly, how they cope and recover from the setback. Of the 315 marathoners he surveyed, 43 percent had hit the wall in a recent race. Although Buman's study focused on marathoners, the insights he collected can be helpful to any runner who hits a rough patch. With these specific, proven strategies, you can bounce back from the most common midrun meltdowns and finish strong.



NEXT TIME
Hurting early? Save yourself for a better effort later.

Call It a Day

Pay heed to these signs that you should end your run

YOU FEEL SERIOUS JOINT PAIN

→ Aches in the hamstrings, quads, and calves are generally okay as long as they happen toward the end of a long run or race. "If you're hurting in those places early on, you should stop," Tom McGlynn says. "But acute pain in your

YOU FEEL EXTREMELY FATIGUED—AND YOU JUST STARTED

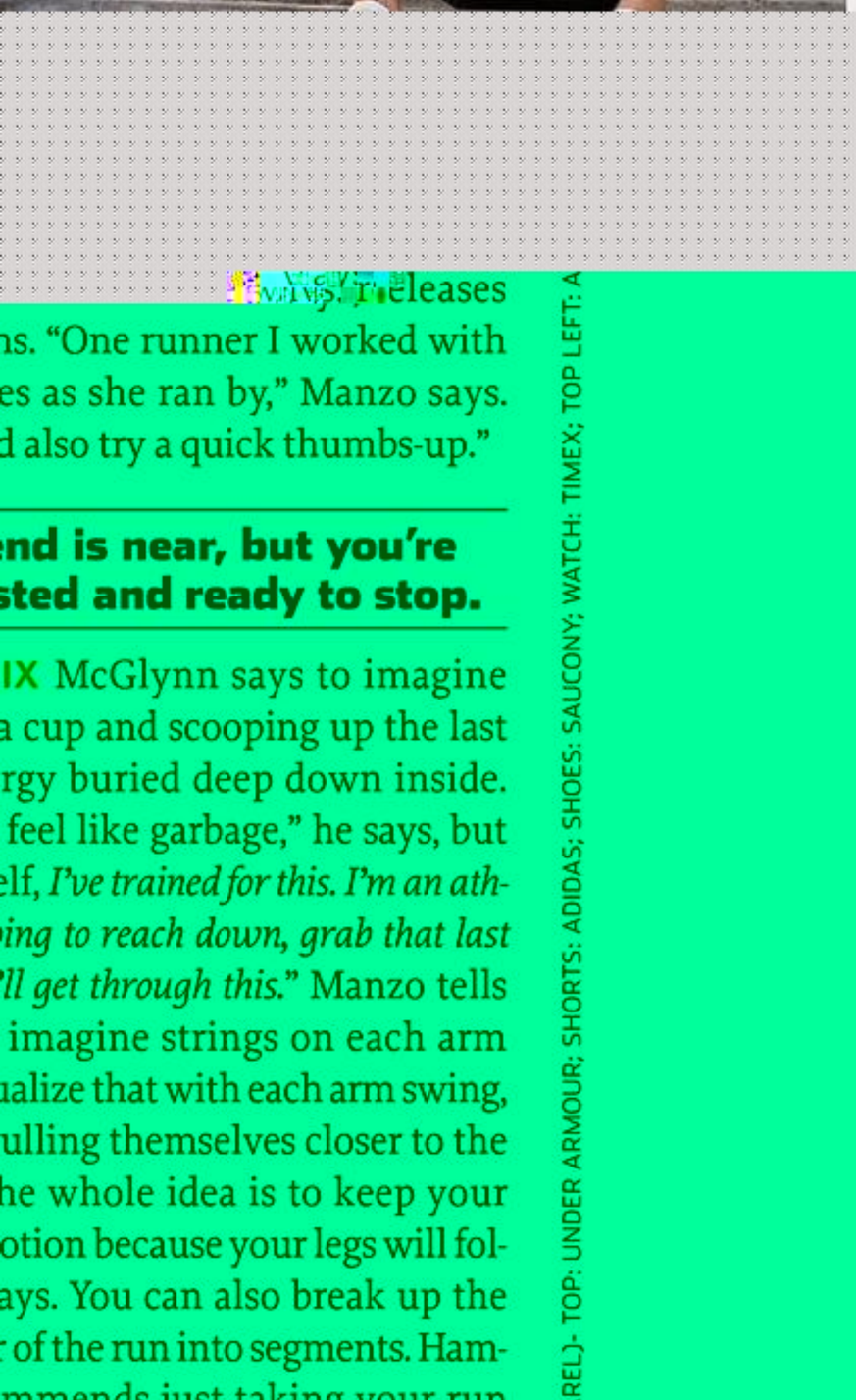
→ Runners who hit the wall early in a run or race are probably not adequately prepared or could be dealing with another medical issue that calls for rest, Matt Buman says.

YOU FEEL CHEST PAIN

ignored. "You should stop and get checked immediately," Luis Manzo says.

YOU FEEL SEVERELY DEHYDRATED

→ On an extremely hot or humid day, it can be a challenge to take in enough fluids to replace those you are sweating out. Janet Hamilton says



PREVIOUS PAGE (APPAREL)- TOP: UNDER ARMOUR; SHORTS: ADIDAS; SHOES: SAUCONY; WATCH: TIMEX; TOP LEFT: A

end is near, but you're sted and ready to stop.

IX McGlynn says to imagine a cup and scooping up the last rgy buried deep down inside. feel like garbage," he says, but elf, *I've trained for this. I'm an athing to reach down, grab that last 'll get through this.*" Manzo tells imagine strings on each arm ualize that with each arm swing, ulling themselves closer to the he whole idea is to keep your otion because your legs will folays. You can also break up the r of the run into segments. Hammends just taking your run ile or even traffic light by traffic ll those continuous negotiation says. "You put one foot in front er and tell yourself just make it t lamp post." RW

RISTICS OF HITTING THE WALL.

may burn through your glycogen stores faster." Also, keep in mind if you haven't been fueling properly and you are well into your run, you won't be able to undo the damage even if you chug 16 ounces of Gatorade. That's because your body has to convert the carbohydrates into simple sugars before they can fuel your muscles.

You're overwhelmed by all the miles you have to cover.

☑ **THE FIX** "A lot of runners need to tune out for a while and focus on something else," Hamilton says. Count the number of trees along your route, conjugate Spanish verbs, or fantasize about a postrun feast. "The runners in our study did all kinds of things from counting backward from 100 to making grocery lists in their heads," Buman says. Both he and Hamilton caution to not tune out so much that you forget to occasionally check in with your body. "It's important to focus on their physical well-being, by asking, *When was the last time I hydrated? Am I holding my shoulders right?*" she says.

ness in your hamstrings, quads, calves, or even upper body. "You should expect that toward the end of an intense race or workout," says Tom McGlynn, a three-time qualifier for the Olympic Marathon Trials and founder of Focus-N-Fly, an online coaching service. But if the pain is severe, slow your pace and assess yourself. "Walking or stretching might help ease the pain, so you can continue on," he says.

You start telling yourself *This is impossible.*

☑ **THE FIX** If you anticipate you'll reach a point during a long run or race when you can't fight these negative voices alone, consider doing what some of the runners in Buman's study did—recruit a running partner who can do the fighting for you. You don't need to have someone with you from start to finish. Luis Manzo, Ph.D., a sports psychologist and running coach in New York City, suggests asking someone to jump in with you at a point in the run where you anticipate a struggle. "It can be a psychological booster shot

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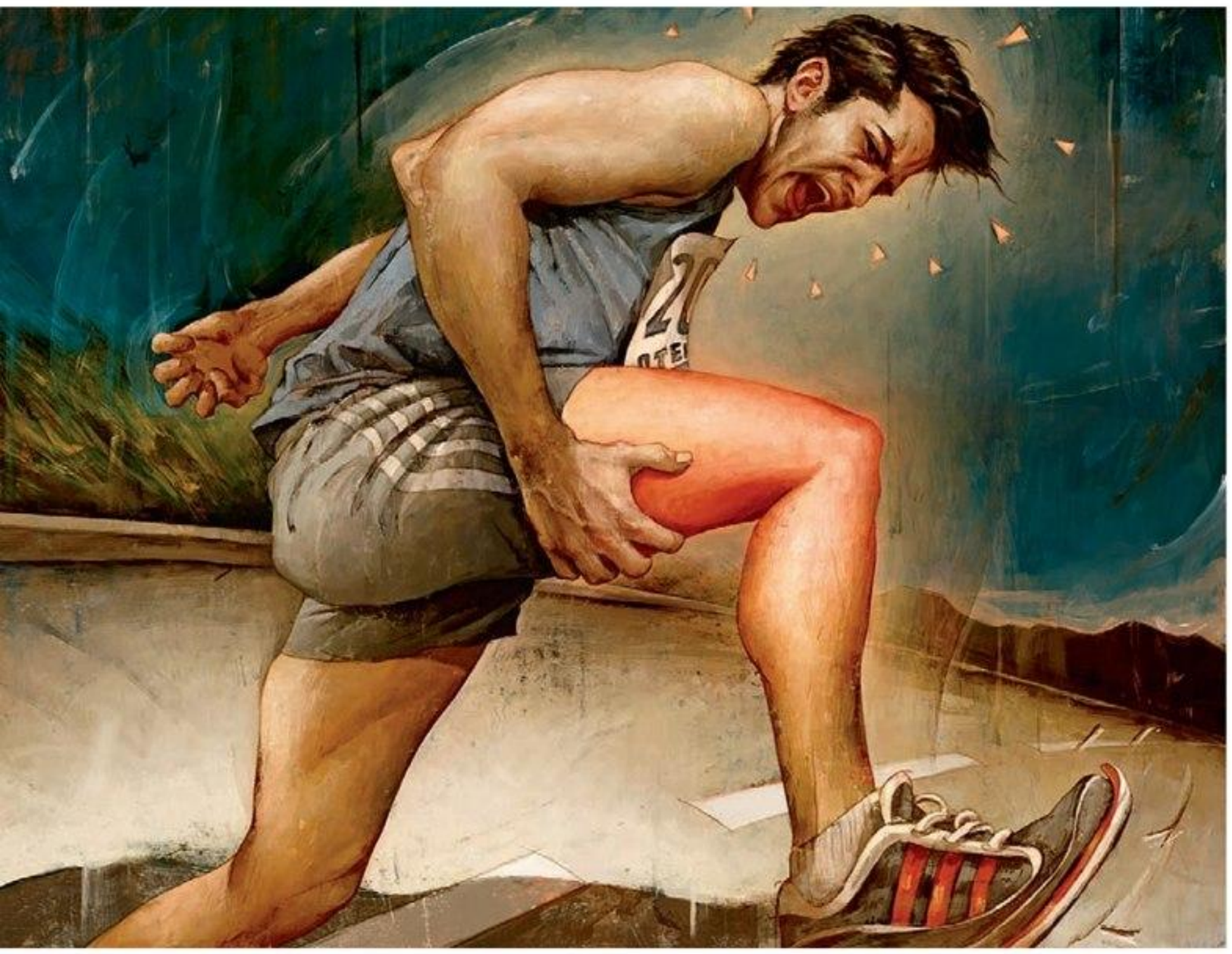
HEAD-TO-TOE HELP FROM INJURY-PREVENTION PROS

Cramping Out

How to thwart—and put an end to—muscle spasms

AS MANY AS 39 PERCENT OF DISTANCE RUNNERS may experience a cramp in their calves, hamstrings, or quadriceps before they finish a race. While many people blame dehydration, Kevin Miller, Ph.D., an exercise scientist at North Dakota State University who works full-time studying cramps, says exhaustion is usually the culprit. Here's how to fix (and even prevent) spasms in your tired legs. —*Adam Bean*



PREVENT A CRAMP

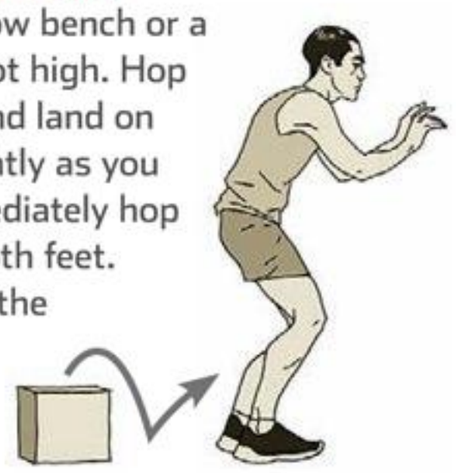
Jumping and hopping drills called plyometrics help keep muscle spindles (small nerves in muscles) from tiring. Cramps can occur when these spindles get fatigued. Do these moves twice a week after you run to condition the spindles in your legs.

TWO-WAY HOPS

→ Stand on your right leg. Hop forward and land on your left leg. Then hop back to the start position and land on your right leg. Then jump sideways, landing on your left leg, and jump back to the start, landing on your right. Do three sets, leading with each leg.

BOX JUMP PLUS HOP

→ Stand on a low bench or a step about a foot high. Hop off the bench and land on both feet as lightly as you can. Then immediately hop forward with both feet. Step back onto the bench. Do 10 reps and work up to 25.



STOP A CRAMP

If you experience a spasm, move to the side of the road and stretch.

CALF STRETCH

→ Step forward with your noncramping leg. With your other leg's foot flat on the ground, slowly transfer your weight onto your front leg until you feel the stretch in your cramping calf. Hold for 20 seconds. Release and repeat.

QUAD STRETCH

→ Grab the foot of your cramping leg and pull it back and up toward your buttocks until you feel a stretch in your quad. Keep your other leg straight and your thighs together. Hold for 20 seconds. Release and repeat.

HAMSTRING STRETCH

→ Extend your cramping leg out in front of you with only the heel touching the ground. Squat down slightly and point the toes of your cramping leg up. Hold for 20 seconds.

BOTTOM RIGHT: MITCH MANDEL

Weird Science

HERE'S A WACKY FIX: People who drank pickle juice stopped cramping faster than those who drank water. "The salt or vinegar may stimulate the taste buds, sending a signal to the brain telling the cramping muscle to relax," says Kevin Miller.

See a video of stretches and drills at **runnersworld.com/fixcramps.**

ILLUSTRATIONS BY **RORY KURTZ**

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Lucky Charm

Rituals that help runners really excel

IF YOUR PALS POKE FUN at your "lucky" racing shorts, circa 1993, take heart. Experts say superstitions and prerace routines can boost performance. "Rituals focus your attention so you're ready to race," says Darren Treasure, Ph.D., a sports psychology consultant with the Nike Oregon Project. "They may also trigger muscle responses that relax your form." Here are the secret weapons of top runners. —***Matt Allyn***

BILL RODGERS

Four-time winner of the Boston and New York City marathons

→ "In 1979, I wore a wool Snoopy hat on all my training runs. I decided to race Boston in it. I won, and broke the American marathon record."

MICHAEL WARDIAN

2010 bronze medalist 100-K World Championships

→ "I wear my lucky socks (The North Face Fire Road). I only wear them to race. Then I triple-knot my shoelaces. Finally, I put on my ball cap backward. I always had to wear a helmet for lacrosse in high school and college, so wearing something on my head gets me ready to compete. It makes me feel serious and gets me ready to push myself to the highest level."

JOSH COX

U.S. 50-K record holder

→ "The night before a race, I lay out my gear. I grab my racing flats, apply my timing tag, and set down my socks. Next, my warmup pants and jacket. Then, my shorts, singlet, and race number. If it's cold, I add arm sleeves, gloves, and a beanie."

FAST FOOT
If you believe it helps, it will.

MELISSA WHITE

Ran 2:35 at Chicago Marathon

→ "I hope to get a race number that is an even number. I feel better if it's even. I also like my daily runs to be even, like eight or 10 miles."

RYAN HALL

U.S. 12-K and half-marathon record holder

→ "I shave my head, face, and legs a day before a big race. It makes me feel lighter and faster. It gets me excited to race."

MOLLY HUDDLE

U.S. 5-K record holder

→ "I eat a peanut-butter-and-jelly sandwich and do drills (butt kicks, high knees). I've done this since high school. It gets me in race mode."

SARA HALL

Runner-up in the 2010 Fifth Avenue Mile

→ "I've raced in the same pair of Japan Thunder spikes for five years. But I always bring three pairs with me when I travel. If one gets lost and one gets stolen, I'll still have a backup pair."

SCOTT JUREK

Seven-time winner of the Western States Endurance Run

→ "During my first five Western States victories, I had a lucky pair of shorts that I wore. I also always crumple my race bib and make it more like soft fabric so it moves better with my clothing and my body. It comes from my old Nordic ski-racing days."

CLOCKWISE FROM BOTTOM RIGHT: COURTESY SCOTT JUREK; BURKE/TRIOLO PRODUCTIONS/GETTY IMAGES; COUTESY RYAN HALL; COURTESY MICHAEL WARDIAN; FRANK O'BRIEN/BOSTON GLOBE/LANDOV; VICTOR SAILER/PHOTO RUN; COURTESY SARA HALL

Routine Matters

RITUALS CAN BE HELPFUL—until you forget to pack your favorite shorts or socks. That's why sports psychologist Rob Udewitz, Ph.D., recommends breathing exercises as a prerun routine. "It's one ritual that won't fail you," Udewitz says. "Inhale slowly and exhale slowly, about six breaths per minute, and repeat that for three minutes. It has a calming effect."

22% OF RESPONDENTS TO A RUNNERSWORLD.COM POLL HAVE A LUCKY CHARM, RITUAL, OR ROUTINE THEY CAN'T RACE WITHOUT.

PHOTOGRAPH BY **BRIAN KLUTCH**

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"Tell me what to push," I said to my 8-year-old, who agreed to let me use his hot-pink iPod Shuffle. "Is it charged?" I asked. He fiddled with the thing until it roared to life—a hail of drums and guitars that made me yank out the earbuds. "You're listening to this too loud," I told him. "You have anything good on here?" He nodded. "Put it on shuffle," I said. He clicked a tiny switch and pushed play. I clipped it to my shirt, adjusted the earbuds, and hit the road as a thick wall of synthesized sound beat with the power of a full army pushing me from behind. I recognized the song but couldn't identify it until the singer began to growl, "A modern-day warrior/Mean, mean stride/Today's Tom Sawyer/Mean, mean pride."

Rush! I pumped my arms, threw my legs down and rode the rock

> "At a slow trot, 'Blackbird' sounded so good. Running makes more of the music."

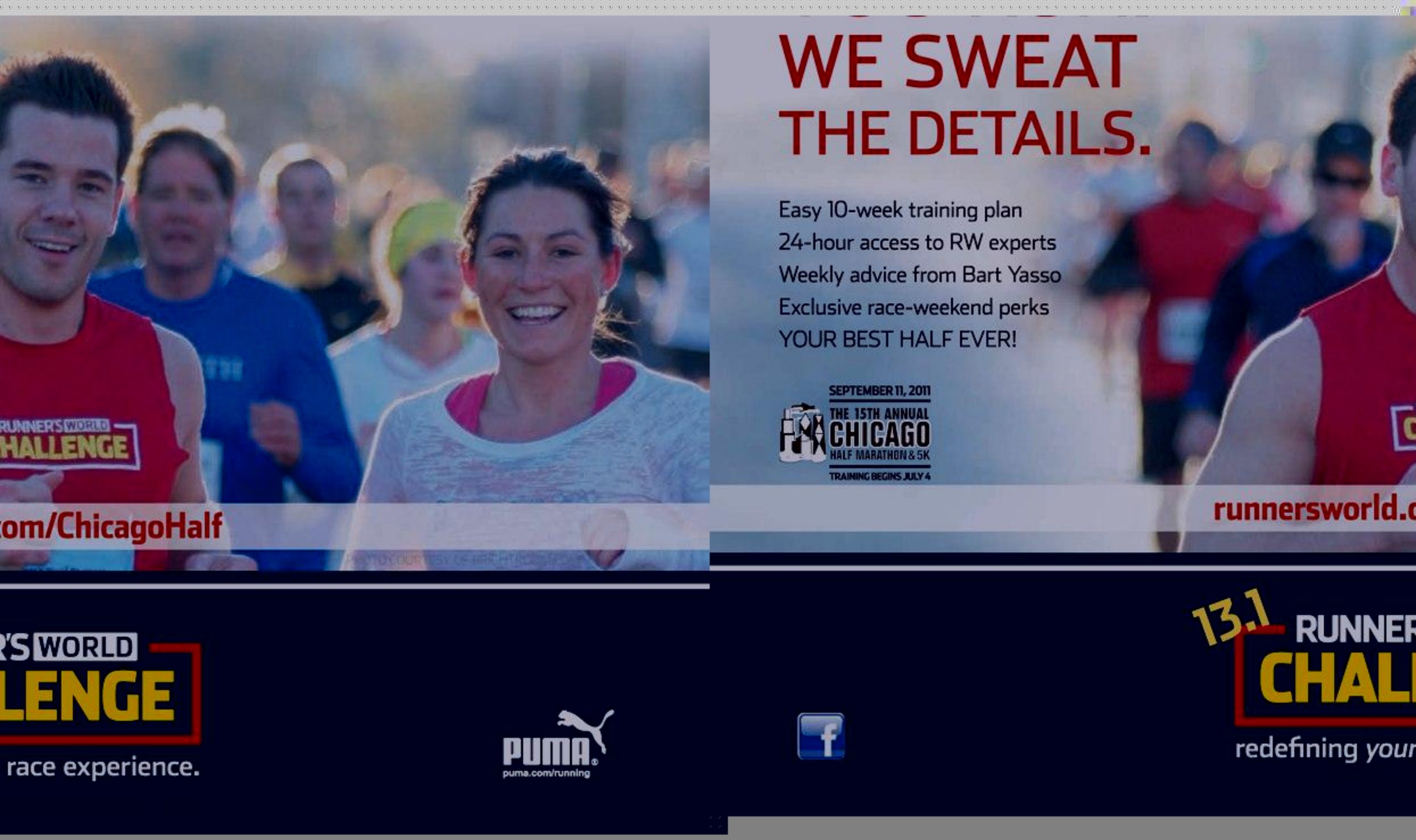
my chin and fixed my hips and flattened my eyes. I was on a long road going nowhere but, man, if it didn't feel like some kind of mission across a blistering landscape to save the modern world from disaster. The song built into a hectic climax, every beat landing where you least expect it, and the run suddenly became a kind of choppy, syncopated scatter over moving boulders. When the song dissolved into a long jam, I thumbed to the next selection.

The Police! Yes! I pumped a fist. "Roxanne"! I turned it up. Man, Sting was cool once. A bright, sassy little punk who didn't give a rip about fields of gold or the shape of his heart. I listened through the

pilgrimage through the depths of Middle Earth on the way to certain doom. After almost two minutes of introduction, I lost patience and hit shuffle before the entire run collapsed under the weight.

And landed on The Beatles! "Lady Madonna." The perfect song to drive you out of Middle Earth. The road under my feet brightened. You don't even have to like The Beatles to like The Beatles. Their songs are a form of musical oxygen—basic, universal, essential.

The brief silence as I waited for the next song was like waking from a dream to the cold shower of reality—here, the squish and slap of the run. The sun



That was followed by Kiss doing "Cold Gin," and if you're wondering what a song about cold gin is doing on an 8-year-old's iPod, rest assured, I was, too. I made a mental note to ask the older brothers who probably gave it to him to take it back. Another shuffle landed on, wow, Clint Black's "A Good Run of Bad Luck," and then the run got weird. You start snapping your fingers during a run, and it's weird even if no one can see you. Especially if you start cocking your head and winking and shooting fake pistols.

At three miles into a run I'd taken too fast, the sadness of Ozzy's "Mama I'm Coming Home" was nearly overwhelming. Running turns up the noise of everything—ideas are brighter, music is more powerful, and a man who bites the head off a bat and howls for his mama just makes you want to cry like a baby.

I thought Led Zeppelin's "Ramble On" might kill me. Without meaning to, I had synchronized my strides to the rhythm of each song. I had become a glaze-eyed automaton, stomping along at whatever rate the input demanded. I blasted through U2's "Desire" and then clicked off the shuffle so I could listen to "Vertigo" and then "Beautiful Day." I was almost home and concluded that if I could run to only three songs for the rest of my life, it would be these. Desire, vertigo, and a beautiful day are all anyone could ask for—you step out the door with desire, wheel through the vertigo of the run, then wallow in the glow of a beautiful day.

At the house, I hit the advance button to find a suitable cool-down song. Beatles again. "Blackbird." Yes. What a sublime little masterpiece it is. At a slow trot, it never sounded so good. Music makes more of the run, and the run makes more of the music. I never had a favorite song, but I do now. "Blackbird" is my favorite song. At least it is after a good run. RW

In his next column, Parent writes about trying to run with his eldest son. For more, go to **runnersworld.com/newbie.**

The Wingman's Dilemma

Is it okay to abandon your crew when you feel the need to fly?

STANDING AT THE STARTING LINE of the Twin Cities Marathon, I felt like baby bear's porridge—juuuust right. The weather in Minneapolis was chilly enough to offer some snap without making me cold. I had just enough coffee to feel awake but not jumpy. Just enough breakfast to feel fueled but not full. Just enough training to feel confident about a Boston qualifying time. I felt like my dog Mercy, the way she whines and jumps when she sees her leash in my hand—my body was ready to run. I felt my wingmen Katie and Paige beside me and figured they felt as good as I did, but after the halfway point, I felt Katie sliding behind me. I thought we were taking turns pulling and drafting. When no one came up to take a pull, I held the lead. I popped in my earphones and pressed on.

I trained for my first marathon in 2003 in the middle of a divorce, feeling heartbroken and weary. My wingmen surrounded me and carried me along and have been beside me ever since. It's not just running, it's running with them that I love. When one of us falters on a run, we slow the pace. When someone has stomach issues, we all divert to find a bathroom. When someone bonks, we divvy up our provisions. Everyone finishes together and goes home a better woman.

We don't always run the same races. But when we have a big goal, we train and race together. So what happens on race day when someone bonks and someone else is having the race of her life?

A couple songs later, I looked behind me to confirm the status of my wingmen. All I saw was a sea of strangers. I flashed to a scene in the movie *Open Water,* when the scuba-diving couple discovers that the boat has left them alone in the ocean. I thought about what I'd want Paige and Katie to do if the situation were reversed. I'd want them to kick some ass on my behalf. That settled it. I deputized my Garmin as my temporary wingman and focused on the work at hand.

I qualified for Boston and set a PR. I later learned that Katie did bonk, and Paige stayed with her, which freed me to try to fly. But it wasn't a glorious flight because, although my legs pushed forward, my heart lagged behind. To have the race of a lifetime, for me anyway, my heart and legs need to be in sync.

In our postrace analysis Katie said she forced Paige to leave her and go after her Boston qualifying time. She said getting rid of Paige was like shaking off a pit bull in full leg-chomp, but she would've felt even worse if we hadn't met our goal.

So how do you be a good wingman without clipping wings or ruffling feathers? For every running relationship, the answer is different. We have to be able to love and let go, knowing that being left or leaving someone in a race is not symbolic of abandonment in the hour of need in life's crises. We have to remember that in running relationships, as in all important relationships, we have to be free to be ourselves if we plan to stick together and finish strong. RW

Kristin Armstrong's new book, *Mile Markers: The 26.2 Reasons Why Women Run,* is available at rodalestore.com.

ILLUSTRATION BY **VICTO NGAI**

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the GOLDEN RULES of weight loss

Running keeps you fit, healthy, and happy, but to lose real weight, you also have to focus on what you eat. Heed these key nutrition principles—road-tested by real runners who each lost up to 22 pounds—and slim down for good

Runners know the miles they log on the pavement, trails, and the treadmill are great for keeping them fit and healthy. High on the list of the sport's many virtues? It is an amazing tool for weight *control*. But weight *loss* is a different story. Because you run, you may think you can eat whatever you want and still drop pounds. Unfortunately, that's not true. Running is only half of the equation. You have to look hard at what and how you eat, too.

Leslie Bonci, M.P.H., R.D., pinpoints eight crucial nutrition rules of weight loss in *Run Your Butt Off!*, a new *Runner's World* book for beginning runners who are coming to the sport to lose weight. (The book also includes a sensible beginner's training plan and tips for runners of all abilities from *Runner's World* coach Budd Coates, M.S.) Bonci's advice can help any runner who wants to lose weight—whether it's five pounds or 25. She'll show you how to track your food intake, space meals to ward off hunger, and honestly reckon with the calories you consume in a day (brace yourself). These methods were tested by real runners who overhauled their eating habits and shed dozens of pounds over 12 weeks. And if they can do it, so can you.

by Sarah Lorge Butler *photographs by* Hunter Freeman

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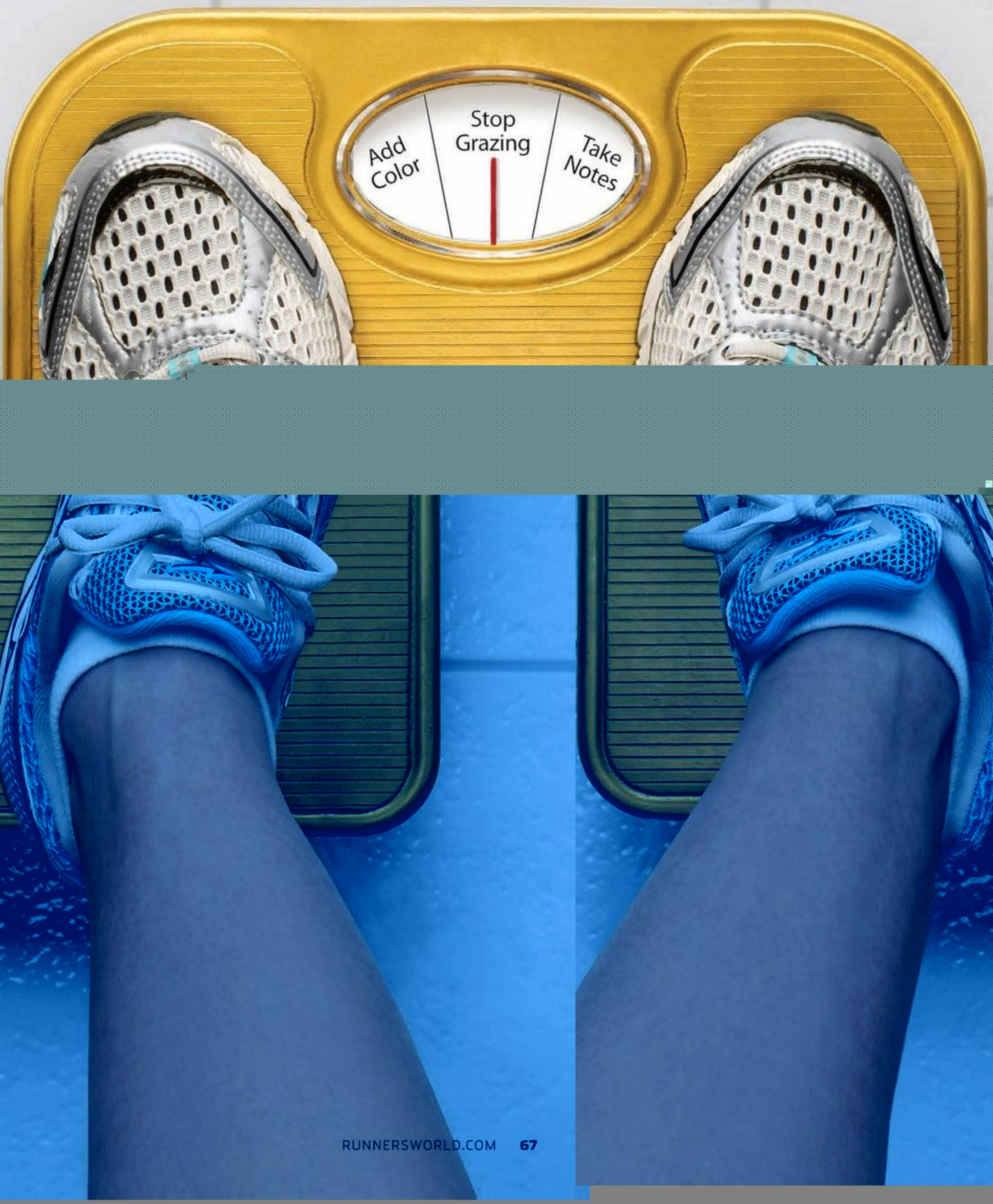
SCALING BACK
To drop pounds, you must manage habits as well as calories.



Rule 1

Take Really Good Notes

WRITING DOWN EVERYTHING you eat may sound tedious, but it pays off: Studies have shown that people who log their food intake regularly keep more weight off than those who don't take notes. Bonci recommends recording everything you eat for at least one week (and then doing so again every few weeks after that), making sure to include important details, such as when, where, why, and how much you eat. "Reviewing these details will help you glean important information about your habits," says Bonci, "and highlight ways you can make healthier choices."

Make It Work

"My clients have different systems for keeping a food log," says Bonci. A notebook will do the trick, as will an Excel sheet, or storing details in your iPhone. Bonci suggests recording whether or not you're hungry when you eat and grading the day from 1 to 5 ("1" is a day with unhealthy food, and "5" is a superhealthy day). "This can be a reality check," says Bonci, "like, *I'm not doing so badly after all,* or *My diet is worse than I thought.*"

To get an idea of what your log might reveal, review the entries below from test panelist **DORENE HELTON.** She recorded the first at the program's outset and the second after making changes that added up to a 20-pound weight loss in 12 weeks.

BEFORE

Time	Food	Location	Calories
7:30 a.m.	→ Bowl of Special K with 1% milk → 2 cups of coffee with ¼ cup 1% milk	In front of computer	173 31
11:45	→ Tuna sandwich with mayo, relish, 1 slice cheese, 2 slices wheat bread → 1 glass 1% milk	Kitchen table	470 105
2:30 p.m.	→ **Starbucks medium caramel latte with whipped cream**	In car	420
3:30	→ ½ apple and water	Kitchen table	47
7:00	→ 8-ounce steak, ½ cup mushrooms, 6 asparagus spears → 6 strawberries → 1 glass 1% milk	Kitchen table	452 23 105
9:00	→ 5 crackers	**In front of TV**	88
			Total 1,914

Helton used to get a caffeine fix from sugary drinks. Now she has coffee for a fraction of the calories.

Helton realized she was mindlessly eating (and taking in unnecessary calories) watching the tube.

AFTER

Helton adds antioxidant-rich blueberries to her filling, high-fiber cereal.

Time	Food	Location	Calories
7:30 a.m.	→ **Kashi Go Lean Crunch with blueberries** → Cup of coffee with fat-free milk	Kitchen table	200 14
10:00	→ Medium coffee with fat-free milk	Kitchen table	28
12:30 p.m.	→ Turkey sandwich with 2 oz turkey, thin layer of mayo, 1 slice cheese, 2 slices whole-wheat bread → 4 celery sticks, 4 cherry tomatoes → 1 banana	Kitchen table	380 21 105
4:15	→ **Balance Bar and apple**	Kitchen table	295
8:45	→ 6-inch Subway sweet onion chicken teriyaki sandwich with lettuce, onion, and sweet peppers → 1 cup fat-free milk	Kitchen table	380 91
			Total 1,514

On days she doesn't get home until late, she has a high-protein afternoon snack so she doesn't overeat at dinner.

LOST 20 pounds

Dorene Helton *47 / 5'2" / Bethlehem, PA*

Starting weight **193 pounds** / Ending weight **173 pounds**

OLD HABITS

A former teacher and now stay-at-home mom, Helton snacked with her son when he came home from school. During dinner, she'd get up and down from the table multiple times to get things for her family.

NEW OUTLOOK

Now Helton pays more attention to her hunger levels and only snacks if she's hungry. With her family's support, "I also eat more slowly without constant interruptions," which helps her tune in to when she's full.

START SLOW

"When I first started running, I would try to go too fast, which would tire me out really quickly," says Helton. Her advice is to not get caught up in anyone else's pace. "Tune in to what your body is saying," she says.

STYLIST: COURTNEY WALCH/HEATHER GELLER; HAIR+MAKEUP: KATHLEENA GORGA/CONSCIOUS BEAUTY; PREVIOUS PAGE (APPAREL)- SHOES: MIZUNO; OPPOSITE PAGE (APPAREL)- TOP AND SHORTS: ASICS
THIS PAGE (CLOCKWISE FROM BOTTOM RIGHT): THOMAS MACDONALD; COURTESY KASHI; MITCH MANDEL; COURTESY BALANCE BAR

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TAKE NOTE
Record what and how much you eat daily.

Rule 2

Measure What You Eat

PORTION CONTROL
Measure the serving size to avoid extra calories.

GET OUT A CEREAL BOWL. Fill it as you normally would with your favorite brand. Read the label to find out the serving size and the calories per serving. Look at what's in your bowl. Is it more than a serving? Less? Chances are it's more than you think. Pour it into a measuring cup to find out.

t about 92 percent of them, it pays to ate serving should to know that is to ating.

search shows people ea of whatever is in front know what an appropr look like. The only way measure what you're e

Work

hassle at first, quickly become e. And after a ou'll begin to train ecognize what a without having t first, you need arted.

KEEP EQUIPMENT HANDY
→ Leave a set of measuring cups and spoons on your kitchen counter so you remember to use them.

THINK CONVENIENCE
→ Put a collapsible measuring cup in your favorite breakfast cereal so it's easy to measure during your morning rush.

SNACK SMART
→ Read the label on snack foods, and divide cookies, crackers, pretzels, and chips into individual servings. Store each in an airtight bag or container.

MAKE YOUR MARK
→ Read the label on block cheese to find out how many servings are in the package, then score the cheese appropriately.

Make It

While it may seem like a measuring out food can part of your daily routin few weeks of practice, y your eyes and brain to r serving should look like to actually measure. Bu the right tools to get sta

LOST 22 pounds

Jennifer Kush *27 / 5'8" / Allentown, PA*

Starting weight **212 pounds** / Ending weight **190 pounds**

D HABITS
en Kush began a new job as a tech, she started working ough lunch and late into the ning. By the time she left rk, "I was starving and would p for fast food during my mmute home," she says.

NEW OUTLOOK
Kush realized skipping lunch made her overeat later. Now she plans out meals and takes time for lunch. "I also keep portable, healthy foods in my car," says Kush, "so I'm not tempted to stop for drive-thru."

SKIP THE SCALE
Kush doesn't weigh herself too often. "Every other week or so," she says. Instead, she uses her pants size as a guide. "When I started the program, my pants got so loose, I had to buy a few new pairs in quick succession."

TOP TO BOTTOM: FOODPIX/GETTY IMAGES; THOMAS MACDONALD

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Rule 3

Beef Up Your Protein Intake

PROTEIN IS ESSENTIAL for a healthy body; it builds muscle and preserves lean body mass. Every day, runners need at least a half gram of protein per pound of weight. For a 150-pound person, that's 75 grams. Protein also plays a key role in weight loss, says Bonci. It takes longer to digest, so you feel fuller longer, and it helps keep blood-sugar levels steady, so you don't get ravenously hungry and feel the need to overeat.

But it's not just *how much* protein you consume, but *when* you consume it that's important: Studies show you should spread your protein intake throughout the day, eating some at each meal. "Doing so is better for bone health, muscle mass, and satiety—feeling full," Bonci says. "It's more beneficial than eating very little protein during the day, then at night sit-

of mayo or mustard.

Have raw vegetables in place of chips or pretzels.

Blend frozen fruit with seltzer for a peppy drink.

bles on the weekend and add to salads all week.

→ Add frozen vegetables or canned white beans to spaghetti sauce.

HIGH-FIBER OPTICS
Colorful foods contain key nutrients for weight loss.

Rule 4

Add Color to *Every* Meal

EAT RED, YELLOW, ORANGE, green, or purple food—and Bonci doesn't mean red wine and Lucky Charms. She's talking about packing your diet with fruits and vegetables. They're low-calorie and loaded with vitamins and minerals your body needs to function, keep your i

PREVIOUS PAGE (APP

→ 1 cup Raisin Bran cereal and ½ cup skim milk *(9 g protein)*

→ 2 tablespoons of peanut butter on a banana *(9 g protein)*

→ 2 slices reduced-fat cheese with an apple *(7 g protein)*

tomato juice.

→ Add jarred salsa to scrambled eggs.

→ Top a waffle with canned peaches.

→

→

DON'T BE A COW
Constantly grazing on mini meals all day can pack on the pounds.

Rule 5

Stop Grazing!

A FEW YEARS BACK, "grazing" came into vogue in dieting circles. T
that instead of eating three meals a day, you'd eat six or so small
rationale seemed reasonable: You'd never get too hungry, an
wouldn't eat too much at any one meal. But a study published in 2010 in
Obesity found that people who eat low-calorie diets feel more satisfied and
when they eat three times a day compared to six times a day, suggestin
meals aren't beneficial for appetite control. People also tend to graze on
foods like crackers or cookies, says Bonci. "Most people don't graze on v
chicken." Eating constantly throughout the day increases salivary secreti
Bonci, and the production of digestive enzymes that stimulate the gut. "T
switch is always on," she says. "You can't really know if you're hungry or f
constantly exposed to food." As Bonci puts it: "Cows graze. People should

Make It Work

Divide your calories around three meals and one or two snacks, going at least three hours and up to four or five without eating. The goal is to eat when you're hungry but not starving, which reduces the risk of overeating. It will take a few weeks to find the timing that works best for you, but here are two plans to get started.

Scenario 1	Scenario 2
8 a.m. Breakfast	7 a.m. Breakfast
12 p.m. Lunch	10 a.m. Small snack
4 p.m. Snack	1:30 p.m. Lunch
7 p.m. Dinner	5:30 p.m. Dinner
	9:30 p.m. Snack

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Rule 6

Always Have a Plan

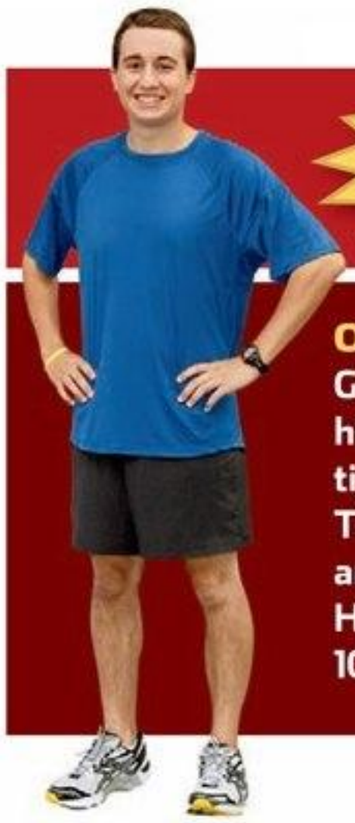
RUNNERS—LIKE ANYONE ELSE—encounter trouble when there's nothing healthy at home. What's for dinner? Nothing? Might as well do takeout. "You can whack a lot of calories by creating a menu and making a meal plan," says Bonci, "and then shopping ahead of time for the ingredients you need to execute that plan." That doesn't mean you have to be rigid about your menu if, say, you get held up at work. But you should have a sense of what you're going to eat over the next seven days.

Make It Work

Set aside one hour every weekend to map out your meal plan for the coming week. Then create a shopping list for the ingredients you'll need. Stock up on quick-and-healthy staples, such as tomato sauce and whole-wheat pasta for busy days. You'll notice when you take the time to plan meals, one thing will be missing from your grocery cart—junk food. "If you've got produce, dairy, lean meat, and whole grains in there," Bonci says, "then the Cheetos, cookies, and soda become the top-off instead of the major component. There just isn't room for the bad stuff."

A WEEK OF GOOD DINNERS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Broil marinated skirt steak. Serve with roasted asparagus and brown rice (stir in raisins and pecans).	Slice leftover steak and wrap in a whole-wheat tortilla along with pepper strips and jarred salsa.	Roast a chicken (or buy one already cooked). Eat half with a baked sweet potato and steamed broccoli.	Cook rigatoni and one bag frozen Italian vegetables. Combine with spaghetti sauce and leftover chicken.	Bake halibut topped with onion and a can of seasoned, diced tomatoes. Serve with quinoa and salad.	Cook instant whole-grain brown rice. Top with greens, shrimp, pineapple, and sesame dressing.	Grill beef and vegetable kebabs. Slice up a baking potato, toss with olive oil and salt. Grill on foil.



LOST 10 pounds

Harrison Galac 24 / 5'7" / St. Clair Shores, MI

Starting weight **165 pounds** / Ending weight **155 pounds**

OLD HABITS
Galac, a law student, spent all his time studying, leaving little time for cooking and exercise. The pizzas caught up with him, and in 2010 he hit 200 pounds. He shed 35 on his own. But with 10 left to lose, he plateaued.

NEW OUTLOOK
Galac realized there was a lot of variation between what he ate during the week compared to on weekends when he'd splurge. "Now I have a few indulgences midweek so I don't feel deprived and can stay more consistent."

SECRET WEAPON
Galac tends to eat quickly and rush through meals, which can lead to overeating and feeling stuffed. So now he eats with chopsticks. "I'm not very good at using them," he says, "so they force me to eat slowly."

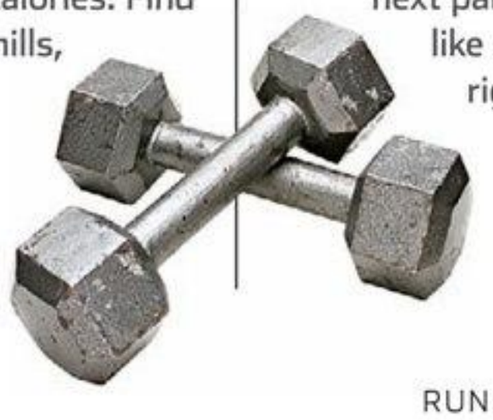
TOP TO BOTTOM: NICK GALAC; EYEWIRE/GETTY IMAGES

BOOST THE BURN Best running workouts to blast more calories

Go Long
The longer you run, the more calories you burn, says *Runner's World* coach Budd Coates, M.S. Add one to your routine every other week. But build up slowly, so your total weekly mileage doesn't jump by more than 10 percent in a week.

Go Faster
Speedwork is a great calorie burner, since you burn more calories per minute, says Coates. Run for 10 minutes at a comfortable pace. Then alternate running hard for one minute and easy for one minute, five times.

Go Up
Hill running takes more effort, so it burns more calories. Find a route with four hills, and run it once a week. Or run hills on the treadmill by adjusting the incline.



Go Double
Coates suggests starting the next part of your routine, like strength training, right after your run to extend the time you're active and burn more calories.

Rule 7

Slow Down!

HERE'S ANOTHER mealtime experiment for you. Check the clock when you take your first bite of dinner. Look at it again when you're finished eating. How much time has elapsed? Five minutes? Ten? The longer, the better.

Scientists know it takes at least 15 to 20 minutes for nerve endings in the gut to send the signal to the brain that says, "Yup, I'm fed! You can stop eating now!" Wolfing down a meal faster than that can lead to overeating—and that can pack on serious pounds. In fact, a study published in 2008 in the *British Medical Journal* found that people who eat quickly and eat until they feel full are more than three times as likely to be overweight than people who take their time and eat slowly.

Make It Work

You have to teach yourself to eat slower, simple as that. It can be a gradual process of increasing the amount of time you take for meals. "If you're used to taking three minutes for breakfast," says Bonci, "slow down and take five, then make it 10. If you consume your lunchtime sandwich in front of the computer in five minutes, stretch it

akes longer to eat (and is more
vhen you're talking to other people.

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ou're hungry while watching TV,
ure out a finite amount of food
ut the bag away before you sit
. Don't leave the bag open so you
ach for additional handfuls.

IN LIKE YOU'RE EATING OUT

→ Mimic restaurant eating at home. Put your salad on the table, eat it, and then serve the main course. It extends the time it takes you to eat.

DON'T DRIVE HUNGRY

→ Try to go a whole week without consuming anything in the car. You can't be concentrating on the road and your food.

AVOID FAMILY-STYLE

→ When food is at arm's length, you're tempted to refill your plate and eat more than you need. Keep it on the stove or counter and away from the table.

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GOLDEN RULES

LOST 10 pounds

Amy Weiss

35 / 5'5" / Catasaqua, PA

Starting weight **163 pounds** / Ending weight **153 pounds**

OLD HABITS

Weiss—a mom of two and college admissions counselor—had a healthy diet but enjoyed sweets a little too regularly. She also kn

NEW OUTLOOK

Weiss still indulges in the sweets she loves—"just less often." She also doubled her protein intake, swapping Greek yogurt for reg-

RECRUIT FRIENDS

For Weiss, having a support network made all the difference. "Running with friends makes it so much easier," says Weiss.

IN BONCI'S EXPERIENCE helping clients lose weight, she's noticed the self-education process takes about 12 weeks. You need three months to train your brain to make a habit of good consumption behaviors. You need three months to get used to reading labels at the grocery store, to learn how to plan your meals and shop, to figure out how to add in more fruits and vegetables.

Quick-fix or fad diets, like those that rely too much on one ingredient (remember the cabbage soup diet?) or exclude nutrients (like fat or carbs), are destined to fail because they're just that—a quick fix. "You want habits that are sustainable for years, not a few days," says Bonci. And it takes time to develop these habits. Remember, you're a work in progress, as an eater and an athlete.

Make It Work

One of the keys to slimming down for good is avoiding some of the common mistakes people make when trying to lose weight quickly. They're usually errors of deprivation: limiting options until your taste buds get bored, or holding yourself to impossible standards. Then when you fall off the wagon, all the bad habits quickly return. So remember to be flexible, and don't be too hard on yourself.

MAKE YOUR FOOD TASTE GOOD

→ "When people go into diet mode, all they eat is grilled chicken salad day in and out," says Bonci. "Pretty soon their eyes, tongue, and brain start begging for something else—like salty chips or sweet ice cream." She suggests trying foods with different textures, spices, and flavors. The more variety, the less likely you'll experience cravings for less healthy items.

KEEP FINE-TUNING YOUR PLAN

→ Sometimes an injury throws your upcoming race out the window. So you readjust and come back stronger. Same holds true for your diet. A good way to re-examine your strategy is to restart your food log. You might realize you've been hungrier on tough workout days and need an extra snack. Or you might see you've been rushing through lunch and should slow down.

DON'T GIVE UP

→ Just because you had an extra cookie, don't fall into the "I've blown it" mind-set. "People set up such rigid guidelines," Bonci says. "Then it's, *Uh-oh, I deviated, so I might as well continue eating until I go to bed.* Get out of the 'good' or 'bad' mind-set. Maybe it was more than you wanted, but it's not the end of the world. Move on. You'll be far more successful on your path to weight loss." RW

ar if unhealthy foods are within reach. Order low-calorie drinks, like a glass of wine or light beer.

Problem Afternoon munchies

Survive it → Is it hunger or boredom? If it's boredom, take a walk to the water fountain for a drink. If it's hunger, plan a healthy snack. Or save half your lunch to eat when you hit your afternoon lull.

Problem Office goodies

Survive it → If the cake is for a really special occasion, have a slice. Then make a compromise later. Save the nuts and fruit you brought for tomorrow. And move treats to the fridge so they're out of sight.

Problem Family barbecues

Survive it → Bring a healthy dish, like fruit salad. Then enjoy the special foods you don't have regularly. Avoid everyday options, like potato chips—they don't taste different just because you're at a party.

TOP RIGHT: THOMAS MACDONALD

Buy *Run Your Butt Off!* at runnersworld.com/rybo, where you'll also find more weight-loss tips and training advice to help you lose pounds and reach your goal.

RUNNING ROYALTY
Both of Flanagan's parents were top marathoners; her mother, a world record holder.

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The Killer Inside Her

Don't let the innocent look fool you. Shalane Flanagan is an assassin in compression socks with an Olympic Marathon in her sights

BY BRUCE BARCOTT

PHOTOGRAPHS BY AMANDA FRIEDMAN

This past November, a 29-year-old American named Shalane Flanagan found herself leading the ING New York City Marathon with three miles to go. At 110th Street, where Fifth Avenue kisses the corner of Central Park, she ran elbow-to-elbow with Edna Kiplagat and Mary Keitany, two of the best distance athletes in the world. Kiplagat had won the Los Angeles Marathon earlier in the year; Keitany was the reigning half-marathon world champion. Flanagan was no slouch, either: A 10,000-meter specialist, she already had an Olympic bronze medal in her pocket. It was the first NYC Marathon for all three athletes, and the first marathon of any kind for Keitany and Flanagan. Debut stages don't get any bigger.

Spectators shouted her name. "Go Shalane!" They wondered if they were witnessing history. No American woman had broken the tape in New York since Miki Gorman in 1977. With blonde hair and a face like Ireland itself, wearing knee-high compression socks and a red racing tank under a white-and-blue bib, Flanagan ran like a character cooked up in a comic book: Runner Woman. Cowbells clanged. Police sirens whoop-whooped. But inside Shalane Flanagan's head, all was calm.

Don't show your cards yet, she thought. *Stay close.* She matched Kiplagat and Keitany stride for stride. The advice of her coach, Jerry Schumacher, floated through her mind: *Keep your cool. If you can keep your shit together, you have an opportunity here.*

Years earlier her father, a former top marathoner himself, had spoken of the competition she might face one day. "You know where the best runners in the world are?" he said after she won a high-school race in her hometown of Marblehead, Massachusetts. "East Africa. When you can run against those women, then you've arrived."

And here she was, battling East Africa's best for the laurel crown.

The course doglegged into Central Park just before mile 24, where a series of rises add a little pepper to the race. *Patience*, Flanagan thought. That was the game plan she and Schumacher had agreed on. Conserve energy. The early miles were so slow that she and New Zealand runner Kim Smith shared a laugh over the 6:30 pace. Flanagan had to tamp down the urge to take off, unleash the beast, and demolish the field. Since high school, the fierce competitor within her struggled with her tactical brain. Kamikaze racing, she called it. No patience. Foolish. Years ago it had ended in yard sales. She'd collapsed within sight of the finish, again and again. *Patience now.*

The game plan worked. She'd gained confidence with every mile and now, in Central Park, she felt strong even on the uphills.

Then, surprise. Just past mile 25, Kiplagat broke away on a downhill. Keitany followed, but Flanagan's quads were shot. She pushed, but her body responded only with pain. *I'm in third*, Flanagan thought. *Keep it close. Don't give up. Things can happen.*

Things happened. Kiplagat kept pushing. Keitany faded. Flanagan, grinding on the uphills, reeled her in at Columbus Circle

NEW YORK MOMENT
Running elbow-to-elbow with Kiplagat down the stretch in her marathon debut.

PREVIOUS PAGE & PAGE 80- HAIR+MAKEUP/STYLIST: KIMBERLY HOESCHLER/Q6 MANAGEMENT; THIS PAGE- VICTOR SAILER/PHOTORUN

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and reclaimed second. When Flanagan turned off Central Park South for the last stretch, Kiplagat was 20 seconds ahead. Flanagan was still hurting. If Kiplagat collapsed, Flanagan would have a shot. *If not*, she thought, *that's okay. This is what I have today.*

Kiplagat stayed strong and snapped the tape in 2:28:20. Flanagan crossed 20 seconds later. Second place—but a triumph nonetheless. As Flanagan congratulated Kiplagat, third-place finisher Keitany draped the Stars and Stripes over Flanagan's shoulders. The PA system blared The Guess Who classic, "American Woman." Flanagan raised the flag for the roaring crowd: This American woman had arrived.

The little girl who grew up idolizing Suzy Favor Hamilton and Joan Benoit Samuelson is becoming a heroine herself. Over the past decade she's deliberately worked through the distances—1500 meters to 3000 to 5000 to 10-K, and now the marathon. By combining a burning passion for running with a will capable of cold execution, she's put herself on the brink of mainstream stardom. Flanagan has the potential to become the Lindsey Vonn or Mia Hamm of running. All she's got to do is—and this is her plan—win on the biggest stages in the world.

AS A CHILD GROWING UP in Boulder, Colorado, Shalane Flanagan thought all grown-ups woke up in the morning and went running. After all, her parents did. Her mother, Cheryl Bridges (

ter Rick Trujillo—they were just Mom and Dad's friends. When her parents ran into the hills, Shalane yearned to join them.

When her folks divorced in 1986, Shalane (then 5) and her younger sister Maggie moved to Marblehead, Massachusetts, with their father. The relocation didn't diminish her desire to run. Her dad, though, was wary of her taking up the family trade. "He wanted me to find it on my own, make sure I was really passionate about it," she recalls. Flanagan didn't run competitively until high school. "It was like my parents were dangling this candy in front of me, like, yes, maybe you could run someday..."

Instead, she honed her competitive instincts on the soccer pitch. "Even as a young girl, her energy level and recovery were incredible," says Steve Flanagan, now 62. "And she could take a shot, deliver a shot, catch a ball in the gut, and get right back in the game. There are a lot of track athletes who don't get that. She can go places mentally that some of her competition can't."

Flanagan's competitive fire burns so hot it sometimes leads to meltdown. Her junior year in high school, she collapsed short of the finish line in a race that would have qualified her for the Foot Locker Cross-Country Nationals. The next year she arrived at the Foot Locker regionals at Van Cortlandt Park with something to prove. After setting a blistering pace, she again blew up within sight of the tape. It wasn't all wreckage, of course. Her national indoor mile title and state record two-mile performance

GO TO THE PAGES

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CLOCKWISE FROM TOP LEFT: COURTESY CHERYL TREWORGY (2); VICTOR SAILER/PHOTOGRAPHERS; ERICH SCHLEGEL/DALLAS MORNING NEWS/CORBIS; MARK SHEARMAN; COURTESY CHERYL TREWORGY

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earned her a number of scholarship offers. She turned down Villanova's storied running program to create her own tradition at the University of North Carolina. Confidence was not her weak suit. While just a freshman working with then-UNC distance coach Michael Whittlesey, now at the University of Kansas, Flanagan devised a plan to redshirt her senior spring season to train for the 2004 Olympic Trials.

"It was kind of cocky," she says, laughing at her younger self. "I mean, I had mediocre times. I was just one of a bunch of kids with potential."

It was no joke to Whittlesey, though. "We were dead serious about it," he recalls. "Her first semester, we saw the talent she had. We realized she needed a four-year program: two years to improve her speed, then transition to a longer distance, toward the 5-K."

She still had a lot to learn. As a sophomore in 2001, Flanagan was a heavy favorite going into the NCAA Cross-Country Championships. Again she bolted out fast. "I wanted to demolish the field," she recalls. "I wanted the race decided before it had begun." With 1200 meters to go, she threw down the hammer and dropped the field. "I wanted to finish every race without any gas in the tank," she says. Disaster. She burned out short of the line and finished 22nd.

"It was one of the best things that ever happened to Shalane," says Whittlesey. "It brought home the importance of patience, and being confident you'll have speed when you need it late in the race."

The next year a chastened Flanagan stuck to her coach's game plan, harnessed the kamikaze within, and won the race. A year later she repeated. "Those NCAAs—winning those titles took a monkey off my back," Flanagan recalls. "They made me realize my goals"—including those cocky Olympic plans—"were realistic."

WATCHING SHALANE Flanagan train on a grassy field at Nike's Beaverton, Oregon, headquarters is like watching Ichiro Suzuki take batting practice, or watching Ray Allen drill three-pointers in an empty gym. See the master at work, turning the spectacular into the familiar through endless repetition. On a recent damp and cold Thursday morning, Flanagan joined training partner Lisa Koll and Schumacher for what the coach called a "brick-laying session": putting down one more piece of the foundation.

"We'll do a long aerobic workout, short recovery today," Schumacher told the runners. "The goal is to do eight to 12 miles, starting in the 5:30s, progressing to the 5:20s," he said, speaking

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REIGNING IT IN
Flanagan blossomed after she learned to control her kamikaze instincts: "I want to finish every race without any gas in the tank."

of their mile times. "Definitely nothing faster—there will be no 5:13s today." Schumacher grinned.

The runners took off, with Flanagan leading the first interval. A 23-year-old fair-haired corn-belt phenom, Koll joined Schumacher's Nike squad last September after a record-setting career at Iowa State and a second-place finish in the 10,000 at last year's USA Outdoor Track & Field Championships. It can get lonely for a woman on Nike's teams, and Flanagan has been thrilled to have Koll around to push her and to share the load of training miles. "I am WICKED excited to announce that we have a new member joining our group," she tweeted when Koll joined the team. "I have another ponytail to run with!"

Koll is compact, tough, wiry, and fast—but, though it hardly seems possible, Flanagan seems smaller, thinner, faster, and smoother. The ponytails reveal the difference. As the two women laid down tightly controlled quarter-mile splits—"Eighty-one point eight, perfect!" Schumacher shouted—Koll's ponytail bounced from side to side. Flanagan's did not move. Koll worked hard. Flanagan cruised, her knees and elbows like oiled hinges. She's one of the prettiest, most efficient runners in the world, with no wasted motion. She moves like an assassin. Whittlesey, her college coach, says he recruited her because of those amazing mechanics: "She kind of floats," he says.

The women swapped leads as the miles piled up. Schumacher's regimen is unforgiving: Two miles at 5:20, 90 seconds to recover, then another two miles.

The men on Schumacher's Nike squad, who would train after the women, filtered onto the infield to warm up. It's an intimidating audience of distance all-stars: American two-mile record holder Matt Tegenkamp; Canadian 10,000-meter champion Simon Bairu; Chris Solinsky, America's first sub-27-minute 10-K runner; Tim Nelson, who came within one second of beating Meb Keflezighi at the '09 USA Cross-Country Championships. "Way to go, ladies!" they said as Flanagan and Koll ran past.

At mile seven, Koll began to break down. On this day, her body couldn't keep up the 80-second splits Flanagan stacked like cordwood. A gap opened up. "C'mon, Lisa! Keep working!" the guys called out.

Simon Bairu watched as Koll struggled. "I see myself in Lisa right now," he said. The other guys nodded as if to say, *We've all had those days.*

At mile eight, Schumacher shut Koll down. "I know you can do more, but it wouldn't be prudent today," he explained. Meanwhile, Flanagan continued to record 80-second splits. "I want the last 400 meters to be just the same," Schumacher told her. "Nothing faster." Control. Control. Control. Keep the kamikaze in check. Her last split is 79 seconds. One second faster than Jerry wanted—just a taste of that delicious speed.

IT'S A DELICATE BALANCE they're trying to achieve, runner and coach: Harness Flanagan's hell-for-leather, blow-out-the-field urges without snuffing her fiery spirit. Because that competitiveness has gotten her here. And sometimes the gamble pays off.

Take the 2004 Olympic Trials, for instance. Just out of college—her red-shirted senior year—she lined up against the nation's best mid-distance runners in the 5000. "There's no way I should have made that team," Flanagan says. "I just willed myself onto it." She did it by placing a risky bet. Flanagan took off fast, setting a hot pace that she hoped would break the will of her competitors. "I led most of the way, until Shayne Culpepper and Marla Runyan just blasted me in the last 300 meters," she says. She held on for third, enough to earn her plane ticket to Athens. It's one of her favorite races, in part because she dictated the terms. "I took control of my destiny."

Athens turned out to be a bust. Flanagan had peaked at the Trials and arrived at the Games naïve and unprepared. "I felt like I'd gone straight from the ACC Championships to the Olympic stadium," she says. "It was a big shock to the system." She came in 11th in the 5000-meter semifinal and made a quiet exit. She vowed that next time she would compete, not just participate.

In her first-ever 10-K, Flanagan put the world on notice by smashing the U.S. record by 17 seconds.

To do that, though, she first had to cut a bone out of her foot.

Talk about a medical anomaly: For the first 24 years of her life, one of America's most gifted runners ran with an extra bone in her left foot. The size of a fingernail, it was embedded in her posterior tibial tendon. "I'd get a sharp jabbing pain every time I toed off," she says. She and her husband, Steve Edwards, a former UNC runner who's now her manager, shopped the injury all over the country. "We saw close to 10 doctors, homeopaths, physical therapists—nobody could figure it out," Edwards says. Finally an orthopedic surgeon spotted the extra bone in an x-ray. One surgery and a year of rehab later, she finally ran pain-free.

With one eye on the 2008 Olympics, Flanagan paired up with former George Mason University coach John Cook, who was also working with rising middle-distance stars Shannon Rowbury and Erin Donohue. Flanagan thrived under Cook. She broke the U.S. 5000-meter record and lowered the indoor American 3000-meter standard by six seconds. In the spring of 2008, she put the world on notice by smashing the American record in the 10,000 meters by 17 seconds—in her first-ever 10-K.

Four years after Athens, Flanagan arrived in China primed to podium. After spending a few days getting acclimated at USA

PONYTAIL POWER
Flanagan (left) pushes Lisa Koll on the Nike campus in Oregon as coach Schumacher records the splits.

Track & Field's training camp in Dalian, China, Flanagan came down with food poisoning the night before she was sc[illegible]end and former UNC teammate.

That day arrived in 2009. She left mid-distance coach Cook, scouting for someone who could transform her into a long-distance champion. She got on the phone with Jerry Schumacher, the former University of Wisconsin coach hired away by Nike and Alberto Salazar. "I wanted a coach for the rest of my career, so I had to be sure it was the right fit," Flanagan says.

Those conversations sealed the deal. Schumacher is now 40, but he exudes the infectious enthusiasm and energy of a 28-year-old track geek. Flanagan would hang up the phone so excited about running that she couldn't sleep at night. "I had to have a curfew—I couldn't talk to Jerry past eight at night," she says.

Cook took the split hard, lashing out to a *Washington Times* reporter, "We brought her from boot to bronze," accusing Flanagan and her husband of stealing his methods. "It wasn't an easy decision, and John took it hard," Flanagan says. "I'm grateful for his years of coaching, but I felt our relationship had run its course. I needed to change things to become a better athlete."

Flanagan relocated to Portland to train with Schumacher full-time on the Nike campus. Her new coach dramatically increased her workload, and her body responded. To prepare for the New York City Marathon, she and Steve spent last summer in Mammoth Lakes, California, the high-altitude training ground of elite American marathoners such as Deena Kastor and Meb Keflezighi. There, they shared a small rental condo with Simon Bairu and Tim Nelson. (Nike sponsorship is sweet, but it ain't hedge-fund money.) "We were running 120 miles a week, at altitude, and increasing our speed," *(continued on page 119)*

PATRICK COTE/PORTLAND TRIBUNE (2)

THE KILLER INSIDE HER

Abeylegesse nearly 30 seconds ahead of her, Flanagan focused on the bronze. "I ran an aggressive yet conservative last 800 meters. If Linet came back at me, I'd have one more gear to go to."

She didn't need it. The battle for gold produced a transcendent kick from Tirunesh Dibaba, who won by covering the final hundred meters in 14 seconds, faster than any woman in the 1500 final. Flanagan cruised calmly home to claim the bronze medal.

AIR OR NOT, America rewards its runners with glory only when they perform spectacularly on the biggest stages. Plenty of great athletes are legends within track and road running, but few are household names. Those who break through—Joan Benoit Samuelson, Frank Shorter, Carl Lewis, Florence Griffith Joyner, Bill Rodgers, Alberto Salazar—do so by virtue of their work in Boston, New York, or the Olympic Games. Many are marathoners. There's something simultaneously heroic and familiar about the distance: Not many recreational runners own a 5000-meter PR, but more than a half-million know their marathon time.

"There's something special about the marathon," Flanagan

She toed the line with Ethiopians Elvan Abeylegesse (runn for Turkey) and Tirunesh Dibaba, who had broken the 50 meter world record two months earlier. Dutch half-marath world record holder Lornah Kiplagat (no relation to Edna K

She says she chose New York "to fac the best right off the bat. I had to know, *Do I have what it takes?*"

lagat) was there, as were fellow Americans Kara Goucher a Amy Yoder Begley. On race day a rumor circulated that Kipla planned to go out fast. Flanagan was familiar with the strate

"When Lornah went out at the gun, I thought, *This isn't a f move; this is for real,*" Flanagan says. "So I latched on and hung for dear life." In a race described by the BBC as "brutally quic Flanagan stayed with the leaders and concentrated on pick off competitors one by one. "It was like a NASCAR race. Th were so many women on the track, and toward the end we w lapping people. I was so focused on eating up people I coul tell who was ahead of me and who was being lapped."

Goucher and Yoder Begley lagged behind; Kiplagat fad With two laps to go, Flanagan overtook Kenya's Linet Masa thought she was in third," Flanagan says, "but I reminded my not to let the moment get the better of me." With Dibaba a

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Can You Be Fit and Fat?

Many of us would describe the ideal runner's body as lean, lanky, lithe. But then someone who is none of those things blows past us in a 5-K, leaving us questioning what "fit" really looks like. Some doctors say people who are overweight (body-mass index, or BMI, of 25 to 29.9) or obese (BMI above 30) will face health issues, regardless of how often—or fast—they run. But some studies show that heavy people who exercise can be cardiovascularly healthy and may live longer than their sedentary but skinny peers. We asked two experts to, ahem, weigh in. Glenn Gaesser, Ph.D., director of the Healthy Lifestyles Research Center at Arizona State University, says you *can* be fit and fat. Amy Weinstein, M.D., M.P.H., an assistant professor at Harvard Medical School who studies the impact of obesity and exercise on disease, disagrees. Here's why.

RUNNER'S WORLD Is it possible to be overweight and healthy?

YES Virtually every weight-related health problem can be greatly improved or cured with a moderate level of exercise, even if you're overweight. The amount of exercise necessary to achieve a fitness level that greatly reduces disease and mortality risk is the equivalent of brisk walking for 30 minutes a day, five days a week, or running 20 to 30 minutes a day, three days a week.

NO Based on research I've seen and studies I've performed, it appears that physical activity cannot completely reverse the ill effects of carrying excess weight on diabetes and cardiovascular disease. The reason for this is unclear. There may be hormones and proteins that regulate weight and affect chronic diseases, which physical activity cannot reverse.

RW But can a butterball really outrun a lean machine?

YES It's possible for a heavier runner to be faster than a thinner runner if the heavier runner has the necessary ingredients for better endurance: higher VO_2 max, higher lactate threshold, and better running economy. Genes play a huge role as well, as does experience.

NO Well, sure, it's not impossible. But a person who is overweight would be faster if he lost weight. A loss of about two pounds will theoretically increase speed by about a meter per minute of running. So if a runner runs a 5-K in 20 minutes, a two-pound weight loss would make him five seconds faster overall.

RW Do heavy runners get injured at the same rate as thin runners?

NO Being overweight increases your risk of arthritis. Research shows that obese people have almost three times the risk of arthritis in the knees. So it would make sense that heavy runners are at a higher risk of injuring their joints.

RW Should runners disregard age-related weight gain?

YES To control your weight as your metabolism slows down, you probably have to double your exercise. After age 40, you'd need to run about two more miles per week, each year, in order to maintain your weight. So if you are running 25 miles a week at age 40, you'd have to do 27 miles at 41, 29 miles a week at 42, and so on. That might be more than most people are willing to do. That's why I promote physical activity for health and not for losing weight, because it takes a lot. If your weight is creeping up but your cholesterol and blood pressure stay in the healthy range, I wouldn't worry about it.

NO As your weight goes up, so does your risk of all sorts of chronic diseases. So I tell patients whose weight may have been steadily inching up to not concentrate on weight *loss*. Rather, let's first stop the weight *gain*. Even if it's just one pound a year, that's 20 pounds in 20 years, which is significant.

TEXT BY **ADAM BEAN** ILLUSTRATION BY **EDEL RODRIGUEZ**

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RW Is consuming fewer calories the best way to lose weight?

YES If someone wants to lose weight, restricting calories will do it, but he'd be healthier if he'd exercise as well. In a large study published in 2010, researchers looked at a group of people who only dieted, and another group who dieted and exercised. Both groups maintained exactly the same calorie deficit each day, and therefore lost the same amount of weight. But the diet-plus-exercise group experienced much better changes in certain health markers. Also, resistance exercise can build muscle, and more muscle can help you burn more calories even when you're at rest. And exercise is especially good at helping you keep the weight off once you lose it. So if there's one message here for people who are adamant about trying to lose weight, it's that you may get pounds off with dieting but to keep them off you're going to have to exercise. You'll be healthier for it, too.

RW Do the benefits of exercise matter more than losing weight?

YES Physical activity can lower your risk of cardiovascular disease, regardless of your weight. Whether you're talking about boosting good HDL cholesterol, lowering bad LDL cholesterol, reducing blood pressure, and so forth—all these can be improved with exercise, even if you don't lose weight. And this results in a lower cardiovascular-disease risk. Physical activity seems to have a profound effect on overall mortality risk as well—again, regardless of your weight.

NO Exercise can improve your health, but you can list more than 50 medical conditions—from diabetes to arthritis to acid reflux to sleep apnea to certain cancers—that result from complications from carrying excess weight. Even losing five or 10 pounds will lower your risk of developing these issues and improve your health.

RW So is it more important to exercise than to lose weight?

YES It's been shown that about twice as many people achieve their exercise goals compared with their weight-loss goals. Weight loss may happen with exercise, but it may not. Over the past 30 years, millions of Americans have attempted to lose weight. Yet we're heavier now than ever. Something's not working. So instead of emphasizing losing weight, let's emphasize getting fit. Never mind losing 30 pounds, how about walking for 30 minutes?

NO I'd like to see exercise—along with a healthy diet—promoted as a way to solve the obesity epidemic. I run a weight-management clinic, and I've been trying to get patients to lose weight. I've found it's actually not that hard to change people's behavior—their diet and physical activity, in this case. Americans simply need to exercise more *and* lose weight. RW

Pace

Do questions about setting (and maintaining) the right race pace constantly nag you? Relax. We've got the answers

BY **CHRISTIE ASCHWANDEN**

PHOTOGRAPHS BY **AARON GOODMAN**

His start hardly foreshadowed history. On that August 2009 night in Zürich, Switzerland, Dathan Ritzenhein immediately dropped to the back of the pack among the 15 runners in the 5000-meter race at the Weltklasse Golden League meet. Competing against the world's best, including world record holder Kenenisa Bekele, Ritzenhein came through the first lap dead last. *Perfect*, thought his coach, the legendary Alberto Salazar.

Before the race Salazar had told Ritzenhein, "Get to the back and go as slow as you can without losing contact." Doing just that, Ritzenhein remained calm, his pace steady at 61.8 seconds per lap. Eventually, a number of racers who had pushed the lead began to fall from the front and behind the American. With two laps to go, Ritzenhein had climbed to seventh place—even though his splits barely wavered by more than a second from lap to lap. At that point he finally sped up, pushing his previous pace by two seconds, and ended up in third place. His time of 12:56.27 sliced nearly two seconds off a 13-year-old American record.

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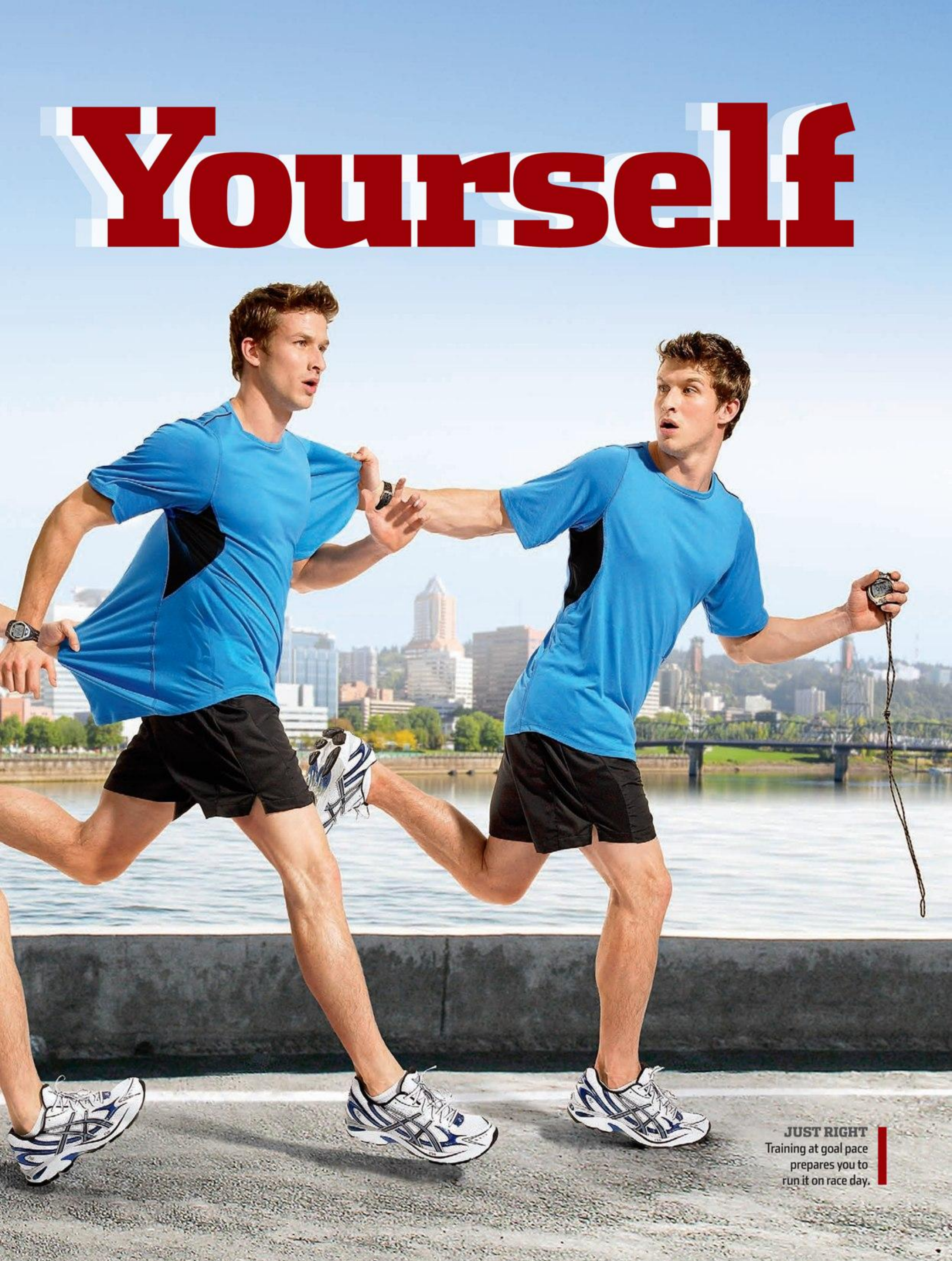

JUST RIGHT
Training at goal pace prepares you to run it on race day.

But while his surge may have earned him a podium spot and a record, to this day Ritzenhein knows it was his adherence to his (and Salazar's) pacing plan that put him in a position for history.

"I fell into a groove," he says, "and it got easier as the race went on."

Whether you're a world-class runner like Ritzenhein or a weekend warrior who's just out there to finish a fast 10-K, finding the optimal pace can mean the difference between success and suffering. Determining such a pace would seem pretty straightforward. If you want to run a 3:40 marathon, say, it's a simple calculation to figure out that you need to run eight-minute, 23-second miles to meet your goal. But on the track, on the roads, and in real life, unexpected detours and surprises can shred your best pacing plan to pieces.

"We would like to be robots and turn the knob to our goal pace and just go, but we're human," says Greg McMillan, owner of the Flagstaff, Arizona–based McMillan Running Company who has coached elite national runners, including several Olympians. "When we encounter a slight hill or a slight turn, it makes a difference."

To run your best in your next race, consider the following questions, and then put their answers toward a new—and improved—pacing strategy.

PACE PATROL 1

Three top Americans on how they perfect their pace

→ "For long runs I go at least 15 miles at marathon effort level. If I go out too fast, I don't let myself stop and start over. I learn the hard way I can't go out too fast."
—Ryan Hall

→ "It's important to use weekly tempo runs as a race-pace simulation. The more I'm able to practice at this pace, the more comfortable I feel on race day."
—Deena Kastor

→ "It's never one workout that tells me I'm ready to run at a certain pace. It is a consistent amount of work that takes months to teach the body."
—Matt Tegenkamp

What is the secret to pacing?

A Pacing isn't something most of us are born knowing how to do. Instead, like many skills, it takes practice. Why? So you learn what your goal pace feels like in your legs, in your gut, and in your head prior to race day. Deena Kastor, the American bronze medalist in the 2004 Olympic Marathon, puts it this way: "The best way to prepare for any distance is to find your rhythm in the months before the race."

The training paces in "Measuring Your Effort" (below) can provide the repetition needed to sustain your goal pace—and build confidence. Ritzenhein knows how critical the latter is. A few weeks before the world half-marathon championships in 2009, he ran a 10-mile time trial at his half-marathon goal pace. "The trial helped me get used to that pace so that it wouldn't feel so hard in the race," Ritzenhein says. The payoff: He took home a bronze medal.

PACE PLAN → Before your next race, McMillan suggests measuring a loop that's half to three-quarters the distance of your event and practice running it at your goal pace. (To determine that, try the calculator at runnersworld.com/pacecalculator.) "Run your loop and know how long it takes you," says McMillan. "Every other week, repeat this race-pace run at the same pace and notice how it feels." Over time, you'll learn how your breathing, heart rate, and overall effort feels at this level.

Measuring Your Effort

TRAIN AT THE RIGHT PACE TO MAKE SURE YOU'RE RACE READY

Type of Run	Pace	Heart Rate	Perceived Effort (1-10)*	Talk Test
EASY RUN	90–150 seconds per mile slower than 5-K pace	65–70% of max heart rate	3–4 (easy)	You can speak complete sentences
LONG RUN	90–150 seconds per mile slower than 5-K pace	65% of max heart rate	3–4	You can speak complete sentences
MARATHON-PACE RUN	45–100 seconds per mile slower than 5-K pace	88–92% of max heart rate	5–6	You can speak short sentences
TEMPO RUN	20–40 seconds per mile slower than 5-K pace	94-96% of max heart rate	7–8 (hard)	You can speak a few words at a time
SPEEDWORK (800s, 1200s)	5–40 seconds per mile faster than 5-K pace	95–100% of max heart rate	9 (very hard)	You...can't...talk... must...run...

*Perceived effort is measured according to the Borg Scale, with 1 being the minimum effort (sitting on the couch) and 10 being the maximum effort.

Can my race-day mental and physical states affect my pace?

A When you run, your brain receives dozens of physiological signals from the rest of your body—how hard your muscles are working, what temperature your body is, how fast your heart is beating. Your brain then processes the signals into sensations that you experience as perception of effort. But it's not just physiological signals that determine how hard your pace feels. "Expectation is just as crucial," says Ross Tucker, Ph.D., an exercise physiologist at the University of Cape Town in South Africa.

Here's what he means: If you're in the midst of a PR attempt, you'll expect to be working hard, and your brain will interpret the physiological signals and effort

TOP RIGHT: VICTOR SAILER/PHOTORUN (3)

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perception as signs that you're on pace. As a result, your effort level may feel quite manageable. But if you're out for an easy run and your training partner goads you into finishing at race-day pace, then you're likely to feel crummy. That's because, Tucker says, "your expectations and physiological feedback are so mismatched."

PACE PLAN → Set realistic expectations about how you'll feel during your race, erring toward discomfort. Then, to offset the expected pain, use positive stimuli—like family members cheering you at designated points along the course—to keep you on pace. Meghan Armstrong, a member of Team USA Minnesota, says, "I like to have my coach yell out each quarter mile to help me stay on the right pace."

Is being negative a positive?

A Coaches have long preached the virtues of so-called negative splits, where the second half of a race is run faster (and with speedier split times) than the first half. Apparently, those coaches knew why. Tucker recently analyzed world record performances from 1912 to 2004 and discovered that it's extremely rare for a record to be broken with a positive split. "Only in races of 800 meters or less," he says, "will you see the first half of the race" run faster than the second half. Otherwise, in longer distances, say, 5000 and 10,000 meters, "Nobody has ever broken a world record with a faster first half."

Okay, so negative splits seem to be the way to go, right?

Not so fast. Instead of a pacing approach that relies on negative splits, coaches are increasingly leaning toward a so-called even pacing approach. Again, the data show why. "There was a time, until the 1980s, where the 5-K and 10-K records had a very fast start, slow in the middle, and fast at the end," Tucker says. Now, instead of holding back in the middle of the race and picking up the pace toward the end, today's top runners run an even pace throughout the whole race, Tucker says, with the only variation coming in the last kilometer or so when racers drop a final kick. "[Haile] Gebrselassie's current marathon world record [2:03:59] is relatively even-paced, and that's definitely optimal."

PACE PLAN → While a recent RW survey showed that a larger percentage of readers PR'ed with negative splits than with even splits (see "Negative Influence?" above), the pros recommend running an even pace the whole distance. "Negative splits [are] a skill that takes a long time to master and lots of training to get used to the amount of suffering you experience at the end of the race," says Matt Tegenkamp, the American record holder in the two-mile. "Even splits let you use the least amount of energy for the majority of the race."

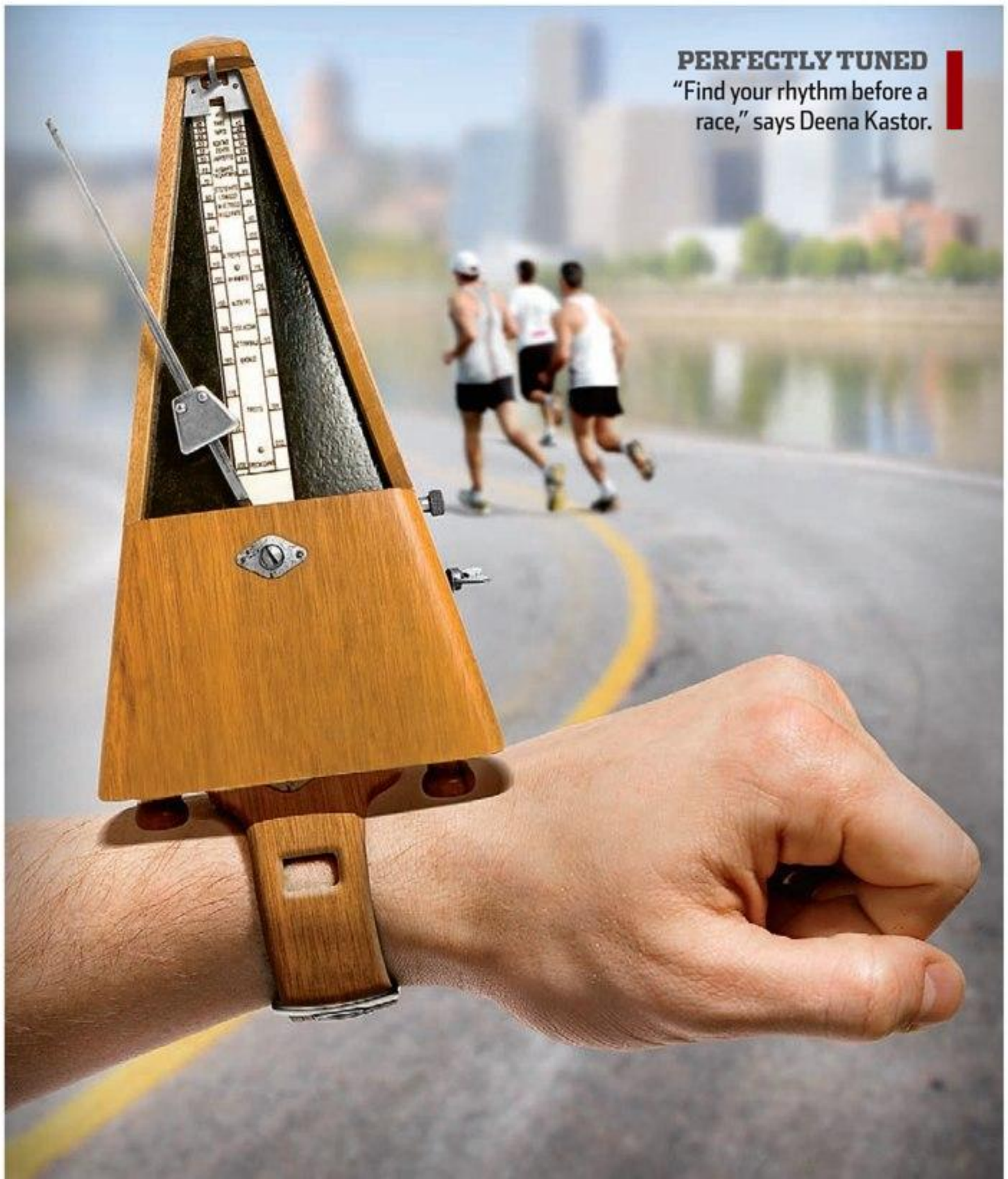
Negative Influence?

35%
of runners set their most recent PR using negative splits

33%
used positive splits

25%
used even splits

SOURCE: RW SURVEY OF 2,287 READERS



PERFECTLY TUNED
"Find your rhythm before a race," says Deena Kastor.

PREVIOUS SPREAD (APPAREL)- SHIRT: NIKE; SHORTS: CRAFT; SHOES: ASICS; WATCH: TIMEX

How much will the right warmup keep me on goal pace?

A You can spend weeks training to prepare for your race-day pace. You can spend good money on gadgets that will keep you on track during a race (see "Going Steady," page 90). But if you don't spend a few minutes–a few quality minutes–warming up before a race at your target pace, then all that other work and expense may be lost. Amy Yoder Begley understands this. A 2008 Olympian, she says that before a race she'll run a few 200-meter intervals at race pace so she "knows what it feels like" before the competition begins.

The speed of your warmup should reflect your intended race pace and your race distance. If you're racing a 5-K, a relatively short distance compared to a half or full marathon, McMillan says your pace will be relatively fast. As such you'll need to rev up your muscles beforehand. Some short, fast intervals at just above race pace can prepare you to sustain that pace on the racecourse. On the other hand, if your

Going Steady

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Keep pace on race day with this simple (yet smart) wrist band. Create one, for free, at runnersworld.com/paceguide

finish time will be measured in hours, not minutes, skip those last-minute sprints; they could actually prime you to go out too fast. Instead, coach Jack Daniels, Ph.D., author of the classic guide, *Daniels' Running Formula*, recommends adding to your warmup a two- to three-minute run at your threshold pace (which is slightly slower than marathon pace). Daniels, who is the cross-country coach at Brevard College in Brevard, North Carolina, says that besides getting your body in tune with the effort it soon will put forth, such a warmup mimics the start of most runs. "In a series of interval runs in training, a runner's first interval is rarely the one that feels the best," he says. "Why not get rid of that first one before the race begins?"

PACE PLAN → It may sound counterintuitive, but in long-distance races, your warmup can actually be shorter and mellower than in speedier races. "If you have a tendency to go too fast in the marathon," McMillan says, "you might need to abbreviate your warmup and think of your first few miles as a part of your warmup."

Can I still salvage a race if I get off pace?

A Dave McGillivray has seen it happen all too often during his 10 years as race director of the Boston Marathon: An amped-up runner lets the early downhills of the famous course push her off the carefully planned pace strategy that she had spent months perfecting. "Correcting the mistake is simply a matter of self-discipline and backing off," says McGillivray. "But if you allow this to keep up for too long, you won't be able to reverse the negative effects." Like being fried by the time you hit Heartbreak Hill at mile 21.

You don't have to be caught up in the excitement (and hills) of Boston to get off track. Despite the best of intentions, you might let your adrenaline take over and end up starting a race too fast. Conversely, your legs may feel unexpectedly heavy at the outset, forcing you to drop off your intended pace. But when you find yourself off pace, "You need to correct the mistake as early as possible," says exercise physiologist Jason Karp, Ph.D. Why? So you don't waver too wildly off schedule.

Here's what to do: Gradually adjust your pace. If you've started out too fast, gently slow down. If you've slowed too much, add a smooth surge. (Don't sprint to catch up to your next split time; you'll potentially exhaust yourself for the remainder of the race, Karp says.) On those days when you find yourself unable to sustain the pace you'd hoped for, find a steady gait you can handle and hold on to that for a while, then try to up the pace once you start feeling better.

PACE PLAN → Go into your event prepared with pacing plans A, B, and C. When Kendal Bradley, 25, races, the Toronto resident wears three pace bands (those bracelets that list split times for a particular finish goal). The first is for the bare minimum time she'd be satisfied with if the weather turns ugly or she feels lousy. The second is for the time she'd be happy with but isn't her PR. The third? Of course. "That's the time I could run," she says, "if conditions are perfect and I'm pushing for a personal best." RW

Additional reporting by Nicole Falcone

LEFT: MITCH MANDEL (5); BOTTOM RIGHT: VICTOR SAILER/PHOTORUN (3)

PACE PATROL 2

How the elites rebound when they fall off pace

→ "What often causes me to get off pace is that I start focusing on the wrong things. To correct it I'll refocus on the competition or my coach."
—Meghan Armstrong

→ "Nerves can easily cause you to fall off pace. You need to learn to calm yourself down so that you don't go out too fast."
—Amy Yoder Begley

→ "The easiest way to fall off pace is to get distracted—say, by watching the scenery or the crowd. Yes, there's a time to change paces, but you want it to be strategic."
—Peter Gilmore

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AT ALL COSTS

BY **STEVE FRIEDMAN**

ILLUSTRATIONS BY
MICHAEL BYERS

For one slothful writer, a running cruise to Alaska was more than a passage to paradise—it was a mission to rescue the happy runner imprisoned in his curmudgeonly soul (while not getting eaten by bears)

All At Sea

It's after Coach Jenny suggests, at the beginning of a 10-mile run starting at the bottom of an Alaskan mountain, that I should "make friends with the hills," that I realize I have made a big, stupid, and possibly life-threatening mistake. I suspect there are grizzly bears living on the mountain, for starters. Does Coach Jenny want me to make friends with them, too? There is the fact that the person to whom I have entrusted my safety calls herself Coach Jenny and that she is married to a guy who goes by the Penguin. I don't trust people with nicknames. There's the uncomfortable reality that while I'm supposed to swiftly move myself 10 miles today—and, by the end of the next five days with Coach Jenny and the Penguin, a total of 26 miles—thanks to a knee injury and some motivational issues, I haven't technically "run" in 12 years and had recently gained so much weight that when I walked, my superstrength backpacking flip-flops, which I spent a lot of time researching before I purchased them at a high-end camping store, squeaked.

I'm wearing running shoes at the moment, gazing up at the unfriendly-looking "hills," surrounded by scores of men and women who seem less worried than I am. They are stretching, smiling, and laughing, while I reflect on a lifetime of other big, stupid mistakes (the Hawaiian shirt I wore on my date with the Tri Delt; trying to befriend, in graduate school, the pit bull next door; hitting on the nun/counselor at the rehab unit).

"Today's trail is a mystery to all of us," Coach Jenny says, as the Penguin, standing next to her, smiles and nods. He does kind of look like a penguin. Is that where he gets his name? "We're going by the Web and by photos."

"What!" I hiss under my breath, but one of the cheerful runners shushes me. Up until this moment, Coach Jenny and the Penguin have been very, very specific and detailed about all aspects of this journey, especially the need for good spirits, stretching exercises, and wet-weather gear.

"I don't think this is a supertechnical trail," Coach Jenny says, "but it might be."

"Mystery?" "Might be?" I regard Coach Jenny and the Penguin and, rising out of the Alaskan mists, the terrible, likely terminal heights. I admire the couple's spirit, their blithe good cheer. I wonder how much money they're raking in from this mysterious expedition. I start chugging toward the first incline. Might this be the beginning of my biggest, stupidest mistake of all?

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The world's only staged maritime marathon," the Web site said. I had stumbled on it months ago, during one of my periodic searches for adventure, fun-and-not-too-tough paths to fitness, and meals cooked and served by someone other than me. "Every day brings a new distance, new terrain, and new racing experiences." *Excellent*, I thought. "The *ultimate* destination marathon." Why not?

Here's why not.

Cruise ships in general give me the creeps. The first and only time I had been on one, I'd bunked with a cruise-ship comedian in the entertainers' quarters and spent the week consorting with chain-smoking trumpet players, dancers who wore fruit on their head, and an exceedingly bitter middle-aged male singer whose signature closing was "Don't Cry for Me, Argentina." I started taking antidepressants shortly thereafter.

Speaking of medication, soul-sickness, and the unbearable sadness and crushing solitude of a life without purpose (which is to say, cruise ships), anyone who has ever spent a few nights in a portholed hell and who, like me, leans toward self-pity and distressing-if-not-life-threatening moroseness, will admit that the experience of traveling over water in a gigantic ship stuffed to its life-preservers with 24-hour buffets, gushing supplies of alcohol, mullet-headed trios playing songs that were annoying when they were new in the '80s, ice sculptures of large-breasted mermaids, round-the-clock bingo games, and other markers of a once-feisty-and-proud civilization in decline—the experience is not all bracing sea breezes and frolicking orcas.

Surrounded by runners stretching and laughing, I gaze at the terrible heights, wondering if I've made the biggest, stupidest mistake of all.

Still, I hoped this cruise would be different. It would be a *running cruise*. My fellow athletes and I—there were 100 of us out of a total of about 1,400 people on the ship—would be running five of our seven days at sea. We would jog a three-mile "fun run" around the deck, a 10-mile race around Juneau, 6.2 miles in Sitka, and a final seven miles in Ketchikan. That's a total of 26.2 miles: the Great Alaskan *Marathon* Cruise. I had to prepare myself, which would not be easy. Even if I could—through some self-directed affirmations and visualization exercises suggested by my therapist, who happens to be psychic—arrive at some sort of existential accommodation with the terrible ice-sculpted reality of life on the Holland America Line's MS Rotterdam (setting sail from Seattle on July 10 for points north and icy), there was also my lifelong tendency toward seasickness with which to contend, including an embarrassing vomiting episode in deep waters off Miami Beach when I was 8 years old that haunts me to this day. On the upside, we would be sailing the calm waters of the inland straits of Alaska. On the downside, deep in those calm waters, I was certain, swarmed schools of oceanic white-tipped sharks (the species that has eaten more humans than all other shark species combined—I've done the research).

I could deal with all that. I could do the meditation my psychic shrink had specially devised for me, as well as cut down on my long stretches in front of my television, watching *When Animals Attack!* and *Human Prey*, which she had also suggested.

But there was one problem that no psychic therapist could solve. The trickiest challenge for me would be the least psychological, which is to say, the no-running-for-12-years issue.

I decided to tackle it scientifically, with six months of a low-fat diet and gradual, low-impact, aerobically challenging daily exercise, involving cross-training, targeted muscle groups, anaerobic workouts, and other phrases I had read about.

Due to factors beyond my control, though (sloth, gluttony), I hadn't managed in those six months anything more strenuous, ambulation-wise, than hurrying a few blocks to grab a couple of slices before my neighborhood pizza joint closed. So a week before I was to fly across country and set sail, I turned to Plan B. I visited a sports-medicine doctor, explaining that I hadn't run in 12 years and that I was about to go on a cruise where I was supposed to run a marathon, cumulatively, in less than a week.

"I see," he said.

I told him that I considered strengthening the muscles around my knees, and the tendons, that I still intended to do so, because I'm committed to long-term health and am conversant with the latest trends in sports medicine and human adaptation.

"Okay," he said. Was that a glint of admiration in his eyes?

"But in the meantime, I've heard about this synthetic chicken juice doctors can inject into joints, and it lubricates things, so it doesn't hurt to run. I was wondering if you could hook me up."

He stared. The glint seemed to have dulled.

"It seems like I'd be a really good candidate, right?" I said.

"It's made from rooster combs," he said. "It lasts up to six months. There are some very good reports."

"Rooster combs. Great. Could you hook me up?"

"Well, we'd want to take x-rays first, to make sure you need it, and to rule out other problems. When are you going?"

"Um, in six days."

He stared some more. Definitely no glint.

He offered me some superstrength, topically applied anti-inflammatory drops, prescription strength. "Why don't you try these, and see how they work, and then we'll talk about some x-rays, and maybe injections, when you return?"

"I was really hoping you might hook me up with the injectable cartilage stuff. I'm kind of a serious athlete and I've been doing lots of reading and..."

He shoved some sample drops into my hands and, totally glint-free, wished me well.

At dinner the first night onboard the Rotter-dam, I am seated with seven other Great Alaskan Marathoners. They are all very chipper and very fit. They talk about marathons past and running shoes and their daily routines and the great joy they derive from getting out of bed every morning and into their daily routines.

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old. There was this one dancer, who dressed up like a pineapple and..."

A runner named Diane cuts me off. She wants to sing the glories of the running GPS she just purchased. The others at the table are interested in this. It seems they all have running GPS contraptions. They also are on intimate terms with the wisdom of Coach Jenny and the Penguin. The conversation moves from running technology to running wisdom to running aches and running pains, and it's then that I see my opening.

"I hear you, Diane," I say, when she mentions a sore knee. "I can relate. I know what you're talking about. I just saw a doctor the other day. I've been having some problems on my daily runs, and he's going to hook me up with some rooster-comb juice when I get back. He'll shoot it straight into my knee. It's like fake cartilage. Very minimal risk. I'm sort of a serious runner and..."

My fellow diners stare. I hear Diane make a *tsk*ing noise.

"Rooster combs," I thrash on. "That's the thing on its head, the red thing. It's kind of spongy. But we're going to wait until I get back. In the meantime, I'm using these prescription-strength drops. I'd be glad to share them if you'd like."

My tablemates look away. Worse, I feel the ship tilting. These waters don't feel calm. I excuse myself and stagger to my cabin.

I am all at sea.

By the time all 100 of us gather for
run, we have already listened to the first
dom from Coach Jenny and the Penguin.
names are Jenny Hadfield and John Bingha
are beloved figures in the world of running, not lea
contributions to this magazine.) They had addresse
Wajang Theater on the first morning, reminding us
wallets when we went ashore (we'd need our ship id
badges to re-embark) and to eat plenty of bagels for br
to not forget naps—"Nap when you can," the Peng
horted us, which made me like the Penguin, because
clearly enunciated one of the pillars of my three-p
losophy of life. The bagel exhortation made me wo
realized that my fellow running cruisers, unlike me
fully and sparingly, avoided sugary and coma-induc
the usually-open dessert bar on the Lido Deck, and di
of "carbo-loading" as an excuse to eat apple fritters up

He also had suggested that we pace ourselves and
cheat and that we remember to have fun. *That seem*
I had thought. "That seems reasonable," I had said
eyed, slim, blond pony-tailed woman with muscula
trim ankles sitting next to me. She had given me a l

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Now we are clustered at an interior door on the fourth deck (there are 10 decks, filled with the usual cruise-ship casino and buffets and teen disco hangouts and bars and theaters and such) for "a fun warmup," according to Coach Jenny. This 10 and a half laps around the deck, for a total of three miles, would count as the beginning of our marathon. We had been told to choose partners so that we could time each other, and I had asked the slim-ankled woman who had given me a look if she'd like to be mine. She had mumbled something about an appointment later that day and declined. An appointment? On a cruise ship? This was going to be a very long week.

Before the run, in my cabin, I had unpacked my prescription-strength anti-inflammatory drops but couldn't find the dosage instructions. Was it four drops per knee or 40? It was one of those, I was sure. I had split the difference and put thirty on each knee, and except for not being able to feel much below my waist, I complete the three miles with no problems. It takes me 27 minutes, 40 seconds, even dodging nonrunning cruisers, surprising me and filling me with optimism.

That sense of optimism has evaporated by the time we gather for dinner that evening, replaced by a sense of queasiness and impending doom and bad memories of that long-ago adventure off the coast of Miami, which involved my 8-year-old self and a sailfish and chunks of a peanut-butter-and-jelly sandwich floating in the briny sea. The ship is rolling from side to side.

I excuse myself from dinner and retire to my cabin, where I stare out the porthole, moan, wish I were dead, and then fall into an uneasy sleep. I dream about napping grizzly bears I have awakened from their slumber and about trying to run from them, but being unable to because my knees hurt so much.

I wake the next morning to calm seas and cloudy skies and a view of the forbidding dark-green fir trees and perilous, jagged peaks—excuse me, *friendly hills*—rising from the town of Juneau. This would be the second section of the marathon—10 miles. I shuffle down to our breakfast meeting; listen to a pep talk from Coach Jenny and the Penguin about the joy of running and how the object of this trip isn't speed or winning, it is fun; slather on

But I pick up speed after a racewalker passes me. I decide that even if I suffer terribly, I will not let any racewalkers defeat me this trip. That is one of my primary goals. The other goals are not vomiting and not serving as a plague vector for any of the terrible illnesses that have made me afraid of cruises in general. Also, avoiding the cruise-ship entertainers, who for some reason seem to me to provide portals into the black, bottomless horror of existence. And not getting eaten by a bear.

I make friends with the first hill, walk up it, and am passed by the same walker whom, in retaliation, I had rocketed past. I start running again and re-pass him. At the end of the first mile, I have left him far behind. I would smile, but I feel faint—whether it's from too much exertion or overdosing on my anti-inflammatory drops, I'm not sure—and I'm having trouble breathing, and my neck hurts from scanning the woods for grizzlies.

By the time I am midway through the 10 miles—where there *is* an aid station, with water, for which I'm grateful—I have learned that once I get through the dizziness and pain and anger at the Penguin and Coach Jenny and worry about the keening emptiness, running through beautiful scenery can be fun, as long as I don't think too hard about grizzlies and don't say "nice socks" to the slim-ankled woman who dissed me so unfairly when I asked her to be my timekeeper. (I tried that at mile four of this race, and she ran away from me.) At the end of the race, in a crowded Juneau coffee house, I have the best cappuccino I ever tasted and chat with a few other runners. My time is 1:53:50, about which I am hugely, inordinately proud. I'm thinking like a runner now. How bad can the rest of the trip be?

I see the slim-ankled blond and think she might benefit from hearing my three-pillared philosophy of life. As I approach, she narrows her eyes.

walk and beg knee injections from doctors, I am not a total idiot.

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GEAR

MUDDY BUDDY
The Saucony Peregrine helps you keep your footing on messy trails.

ound Breakers

ners built to take whatever nature dishes out

REN GREENE AND MARTYN SHORTEN, PH.D.

S ARE ALIKE, and no shoe t for every off-road out- ture huge treads to grip thers have soft cushion- n appropriate for long And some are built light and low-to-the-ground to go fast. After careful analysis at the RW Shoe Lab and testing on the feet of 200 runners, we've identified the nine best new trail shoes for tackling rugged terrain, going long across flat trails and roads, or zipping through a cross-country course.

Gro

Nine trail run

BY WAR

NO TWO TRAIL is a perfect fi ing. Some fea rock-strewn climbs; c ing that makes ther runs on level terrain.

PHOTOGRAPH BY **NICK FERRARI**

ASICS GEL-TRAIL ATTACK 7 $85

WE SAY The midsole and outsole of the latest Attack have not changed from the previous version, allowing the shoe to maintain its solid ride. What has changed is the fit, which is more snug thanks to an upper that uses independent lace loops and a two-layer mesh to lock the heel in place and tightly grip the instep. Note: A few of our testers had trouble keeping the new lacing system tied. Recommended as a versatile off-road trainer and a good value.

WEAR-TESTER SAYS "A great gripper, supersolid on rock and uneven surfaces, though I had trouble with snow and mud getting trapped in the treads."
—**Daniel Talhelm,** 69, *East Lansing*

WEIGHT 11.5 oz (M) 9.6 oz (W)

800-678-9435; asics.com

BROOKS CASCADIA 6 $100

WE SAY This update combines Cadillac comfort with the ruggedness of a Jeep. The outsole is segmented under the heel and bent slightly upward in the forefoot to create a smooth transition from heel-strike to toe-off. RW Shoe Lab tests reveal the heel is substantially softer than the forefoot, so the Cascadia tends to feel firm on the road. The one criticism from our testers is how the laces found a way to come undone no matter how they were tied. Recommended for a mix of even trails and technical off-road terrain.

WEAR-TESTER SAYS "Light and fast, great traction, but not so light that it couldn't handle rough trails."
—**Jason Manbeck,** 35, *Reading*

WEIGHT 12 oz (M) 10.1 oz (W)

800-227-6657; brooksrunning.com

NEW BALANCE 915 $125

WE SAY The 915 excels off-road on rocky, root-strewn trails thanks to its sticky rubber outsole. The sole is backed with a plastic plate for an impressive combination of protection and grip. All of the upper materials repel water, which makes the shoe great for tromping through puddles and streams. Our lab tests found the 915 to be among the firmest in the guide, and several testers found the shoe too unforgiving for hard surfaces. Recommended for runners who train exclusively off-road on rugged trails in all sorts of weather.

WEAR-TESTER SAYS "It fit well and held my heel in place without any fancy lacing through the top of the shoe."
—**Jan Hahn-Rightmyer,** 50, *Reading*

WEIGHT 11.4 oz (M) 9.8 oz (W)

800-253-7463; newbalance.com

How We Test Trail Shoes

WE ASKED 200 WEAR-TESTERS in Reading, Pennsylvania, and East Lansing, Michigan, to run off-road in the latest trail shoes for a month and then give us their feedback. We also mechanically tested each model at the RW Shoe Lab, an independent testing facility in Portland, Oregon. The results of our testing are broken into three categories. CUSHIONING How soft/firm the midsole is in the heel and forefoot. Too soft, and it may lack durability. Too firm, and it may not insulate the foot well enough. FLEXIBILITY How much torque it takes to flex the shoe at toe-off. Generally, lighter runners need more flexibility. RESPONSIVENESS Relates to how smoothly a shoe moves with the foot.

PREVIOUS PAGE- STYLIST: MARLI KAUFMANN

PHOTOGRAPHS BY **JENS MORTENSEN**

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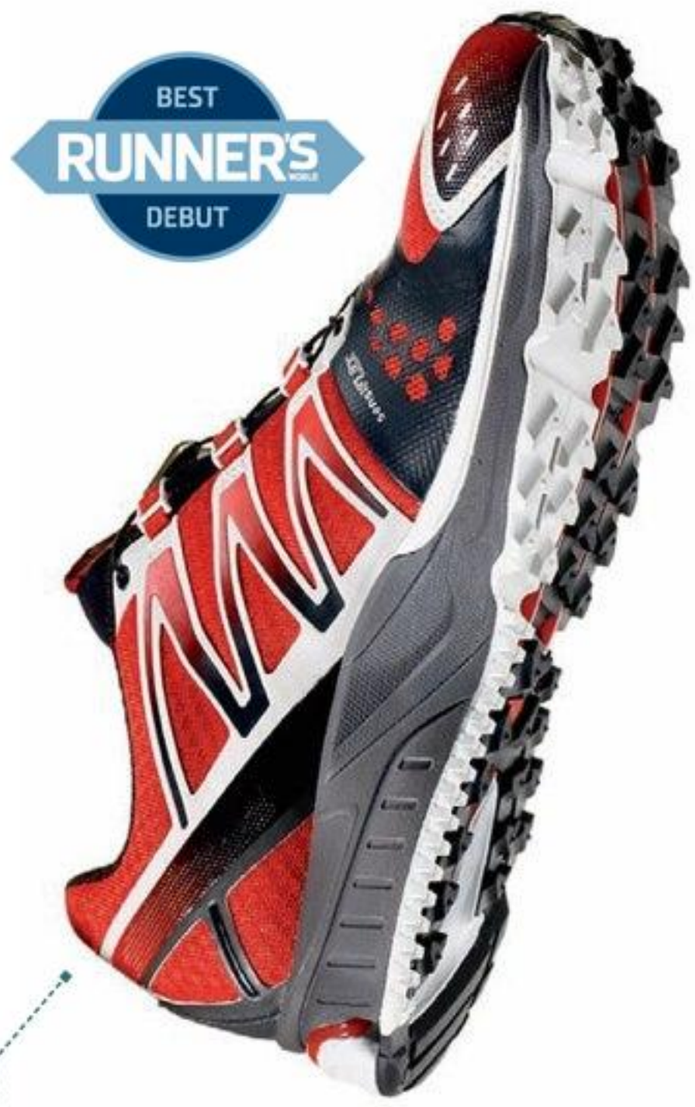
ADIDAS SUPERNOVA RIOT 3 $110

WE SAY This multiterrain marvel handles slushy spring roads and muddy singletrack equally well. The shoe's supportive midsole controls mild pronation through a medial post in the arch and a component in the heel that moves slightly to help slow the inward roll of the foot. Adidas remodeled the upper in this update, detaching the last eyelet from the eye-row to make more wiggle room in the toebox. Recommended for heavier runners looking for a hardy shoe for both road and trail running.

WEAR-TESTER SAYS "Good for trail or road, especially in the winter. It had great traction and support."
—Renee Sirois, 40, *East Lansing*

WEIGHT 13.1 oz (M) 11.3 oz (W)

800-448-1796; shopadidas.com



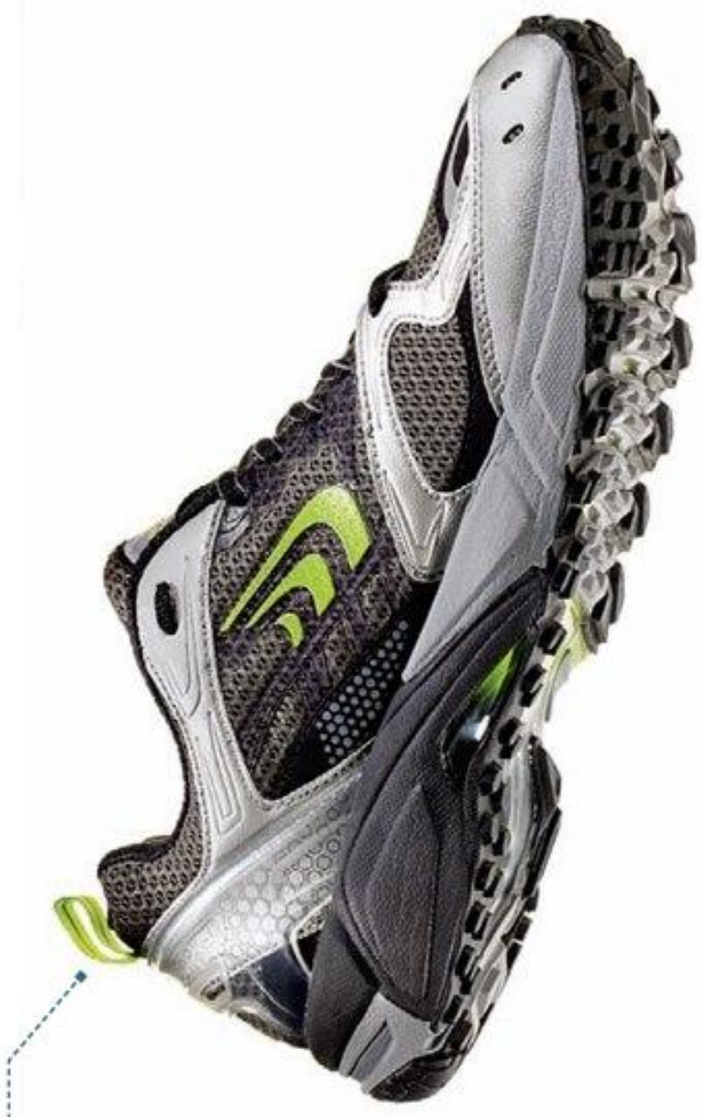
SALOMON XR CROSSMAX NEUTRAL $130

WE SAY A durable new shoe that's built for the long haul, the Crossmax is surprisingly flexible for the amount of thick cushioning it offers, according to RW Shoe Lab tests. Its comfort also comes from an internal bootie that prevents any upper stitching from rubbing the foot the wrong way. Testers raved about the mix of protection and comfort the shoe offers, though a few complained about the quick-pull laces. Recommended as a grippy ride for long runs across a mix of even and uneven trails.

WEAR-TESTER SAYS "It was comfortable and supportive, but the tongue pocket didn't properly hold the laces."
—Jon Kermiet, 60, *East Lansing*

WEIGHT 12.7 oz (M) 10.5 oz (W)

800-342-7669; salomon.com



THE NORTH FACE DOUBLE TRACK $110

WE SAY The well-balanced Double Track is a go-to off-road shoe that delivers an impressive ride on all but the most extreme trail conditions. It's also stable enough for runners who need mild pronation control en route to the trailhead. Our lab tests found the Double Track to be one of the softest shoes in this guide. The squishy ride contributes to the shoe's gentle transition from heel impact to toe-off. Recommended for runners looking for a stable, on- and off-road trainer.

WEAR-TESTER SAYS "It was very comfortable, with support through the midfoot and a roomy toebox."
—Tammy Thelen, 34, *East Lansing*

WEIGHT 11.6 oz (M) 9.7 oz (W)

866-715-3223; thenorthface.com

WEAR-TESTER PROFILE

Katie Scheetz

30 years old, 5'6", 130 lbs.
Arch Type High
Miles per Week 50
Years Running 6
Home Exeter, Pennsylvania
Occupation Science Teacher

TIME TO RUN "Most mornings I meet friends on local trails, and we wear headlamps to see the rocks and roots."

BEST THING ABOUT SPRING "It's like rebirth. The trails in Pennsylvania are full of new blossoms, and seeing animals reappear is invigorating."

WHAT SHE'S LOOKING FOR IN A SHOE "Arch support and a wide toebox with protection around the sides."

WE RECOMMEND The Asics Gel-Trail Attack 7 (page 102) will give Katie the protection and comfort she's looking for.

PORTRAITS BY **DAVID REINBOLD**

[MEN'S ONLY]

MERRELL TRAIL GLOVE $110

WE SAY The bare-bones Glove combines a durable Vibram outsole with a traditional mesh lace-up upper—and not much else. It has a superlow heel height (only 10.7 millimeters off the ground) that leaves very little between your foot and the ground. While the thin sole is excellent for strengthening feet and legs, our testers said it made them think more about where they planted their feet since they could feel the terrain underneath. Recommended as a training tool for efficient runners. The women's model is called the Pace Glove.

WEAR-TESTER SAYS "It has a fit like a cross-country flat—lightweight and flexible—with a bit more protection."
—**Ian Wright,** 24, *East Lansing*

WEIGHT 6.8 oz

800-288-3124; merrell.com

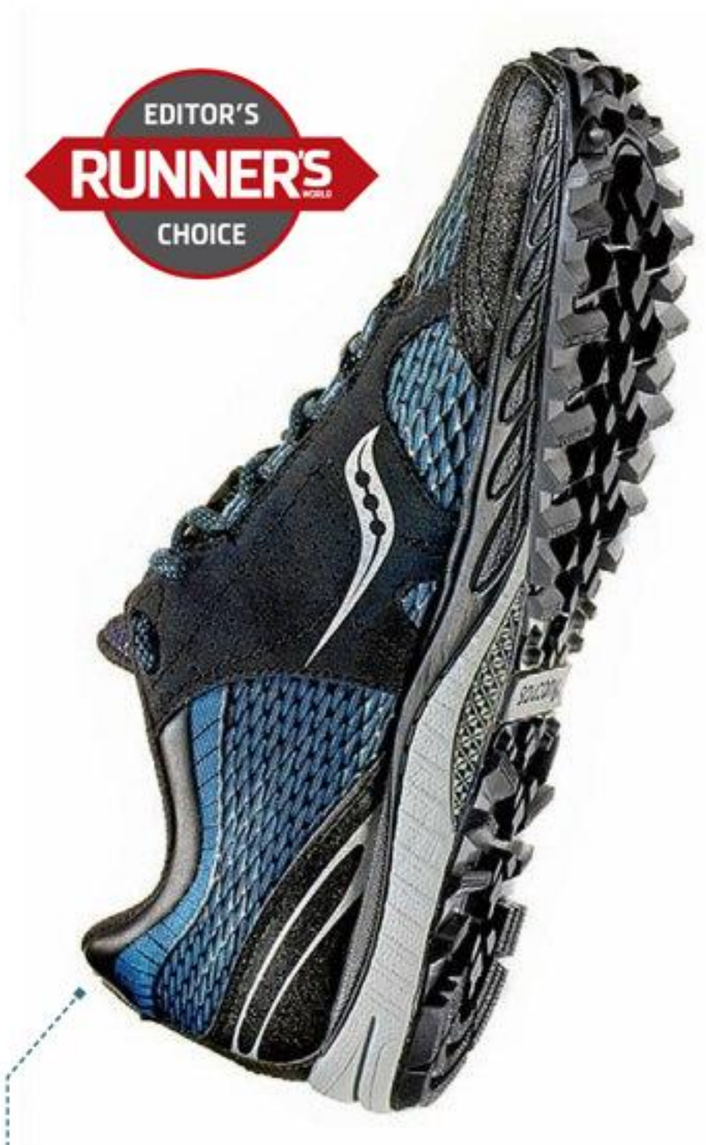
MONTRAIL ROGUE RACER $110

WE SAY The Rogue is a light, low-to-the-ground, off-road racing shoe. Lab tests found the heel to be among the softest in this guide. By contrast, the forefoot is among the hardest. This is likely due to the thin midsole (forefoot height is 20 millimeters) and a denser foam that shields the foot from sharp trail obstacles. The shoe felt downright nimble and supple, moving with the foot on tricky switchbacks. Several testers liked the resulting ride, but some felt the traction was lacking on steep climbs and sharp descents. Recommended as a fast-paced trainer or racing shoe.

WEAR-TESTER SAYS "A lightweight shoe with a slipperlike feel."
—**Michael Yoder,** 48, *Reading*

WEIGHT 8.5 oz (M) 7.4 oz (W)

800-826-1598; montrail.com



SAUCONY PEREGRINE $90

WE SAY The new Peregrine is fast and lightweight, with enough traction to climb up steep, loose trails. The shoe is also built low to the ground, with the difference between the heel and forefoot heights (28 and 21 millimeters, respectively) just seven millimeters (in most running shoes it's 10). Our testers loved the resulting low ride and the heel fit of the Peregrine, which many referenced as "no slip." The shoe's snug heel lock prevents foot irritation on uneven, rock-strewn trails. Recommended as a stable shoe for rough trails.

WEAR-TESTER SAYS "Just what a trail shoe should be: low profile, stable, and light, with good foot protection."
—**Jerry Gillissen,** 61, *East Lansing*

WEIGHT 10.1 oz (M) 8.4 oz (W)

800-365-4933; saucony.com

WEAR-TESTER PROFILE

Brett Lynch

33 years old, 5'6", 165 lbs.
Arch Type Flat
Miles per Week 30
Years Running 3
Home Reading, Pennsylvania
Occupation Engineer

BEST THING ABOUT TRAIL RUNNING "The social aspect of group runs. I find it hard to go out by myself."

WHY HE RUNS "I like extreme running and trying out new terrain. Even bad weather can excite me about a run."

WHAT HE'S LOOKING FOR IN A SHOE "A trainer with just enough arch support for some foundation on the run. It's a balancing act that I'm still trying to figure out."

WE RECOMMEND Brett will find a stable yet thin and balanced foundation in the Saucony Peregrine (above).

Find more issues at magazinesdownload.com

BRIDGING THE GAP
High above the Cooper River, runners press on to the finish in Charleston.

RACE OF THE MONTH

Cooper River Bridge Run

April 2 Charleston, South Carolina

WHAT THE COOPER RIVER Bridge Run has, it has in a big way: a massive field, world-class elites, a one-of-a-kind 10-K course, and weather, improbably, that often dawns in the 50s (perfect for running) and ends up in the 70s (perfect for hanging out).

The race begins at 8 a.m. and heads from Mt. Pleasant, South Carolina, to Charleston on a point-to-point route, the main feature of which is a four-kilometer stretch along the Cooper River Bridge, the longest cable-stayed bridge in North America. At the bridge's apex, runners are 180 feet above the Cooper River with views of Charleston Harbor, the Atlantic Ocean, and Fort Sumter. As the course approaches the finish line in Marion Square, runners cruise down historic King Street and its colonial-era architecture. For 2011, organizers will introduce a wave start to help manage the field; last year, more than 31,000 runners finished the race. bridgerun.com

For more events, go to **runnersworld.com** and click on "Races & Places." Race Directors: Please enter your event information at **runnersworld.com/racedirectors.**

IT TOOK FOUR YEARS OF CONSTRUCTION AND ALMOST $700 MILLION BEFORE THE COOPER RIVER BRIDGE OPENED FOR USE IN 2005.

CALENDAR

APRIL

9 Skagit Valley Tulip Run

Burlington, Washington
1,000 RUNNERS
WHY RUN IT?
For the flowers.
Each April, millions of tulips bloom across hundreds of acres in Washington's Skagit Valley, and this race is a good excuse to go see a few. For much of the five-mile course, runners follow a gravel path through woods and along fields. In good weather, Mt. Rainier, the state's tallest mountain at 14,411 feet, is visible south of the valley. Volunteers hand out tulips at the finish. tuliprun.com

9 Havasu Half-Marathon, 5-K

Lake Havasu City, Arizona
1,000 RUNNERS
WHY RUN IT?
For the bridge.
The London Bridge, that is. This fast half-marathon starts on Havasu Island, crosses London Bridge (left) for an eight-mile trip out and back alongside Lake Havasu, then returns to the island for the finish. London Bridge is no misnomer: A wealthy American businessman bought the bridge from the City of London in 1968, shipped it to the United States, and reassembled it in Lake Havasu City. Londoners, meanwhile, got a new bridge. havasuhalf.com

17 BAA 5-K

Boston
5,000 RUNNERS
WHY RUN IT?
To race in Boston.
Not everyone can run the Boston Marathon—especially this year, as the race sold out in a matter of hours—but for those who absolutely must run down Boylston Street in late April, the 5-K (above) is a good alternative. The course circles Boston Common, dips down Beacon Hill, then winds through the Back Bay neighborhood before ending on the marathon finish line. After the race, runners can check out elite and youth mile races and get ready for Monday's big event, the Boston Marathon. baa.org/races/5K

30 EcoThon 10-K and 5-K

Cumberland, Ohio
800 RUNNERS
WHY RUN IT?
To run on the wild side.
What's the theory of human evolution—that we flourished by chasing animals across the savannah? The EcoThon 10-K and 5-K might be the closest any of us come to putting that part of the theory into practice. The race passes through grassy fields and forest in a 10,000-acre conservation area, home to cheetahs, rhinos, and giraffes. The big animals, of course, are kept away from runners. thewilds.org

CLOCKWISE FROM TOP LEFT: COURTESY LEROY BURNELL/THE POST AND COURIER; VICTOR SAILER/PHOTORUN; COURTESY ACTION SPORTS IMAGES

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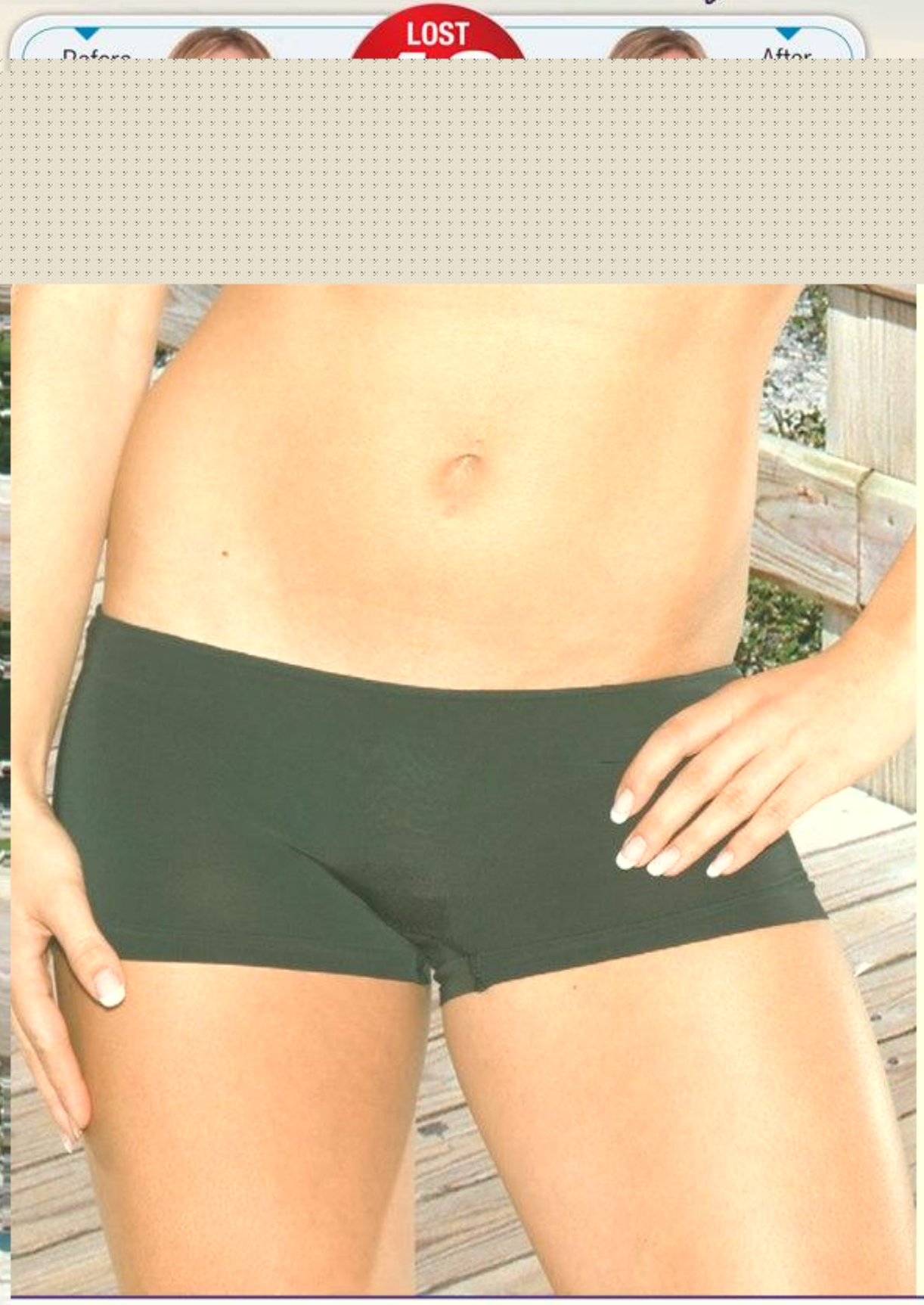
NEW

"I Lost 42 lbs. with *Hydroxycut*! It Really Works!"

"I was self-conscious and wanted to be happy with myself both physically and mentally. Then I lost 42 pounds with help from *Hydroxycut* in my diet and exercise plan. I'm way more active and health conscious now. Try *Hydroxycut*! It really works!"

Brittany Dobrin



Brittany Dobrin – Toronto, ON

Brittany used *Hydroxycut* with diet and exercise and was remunerated.

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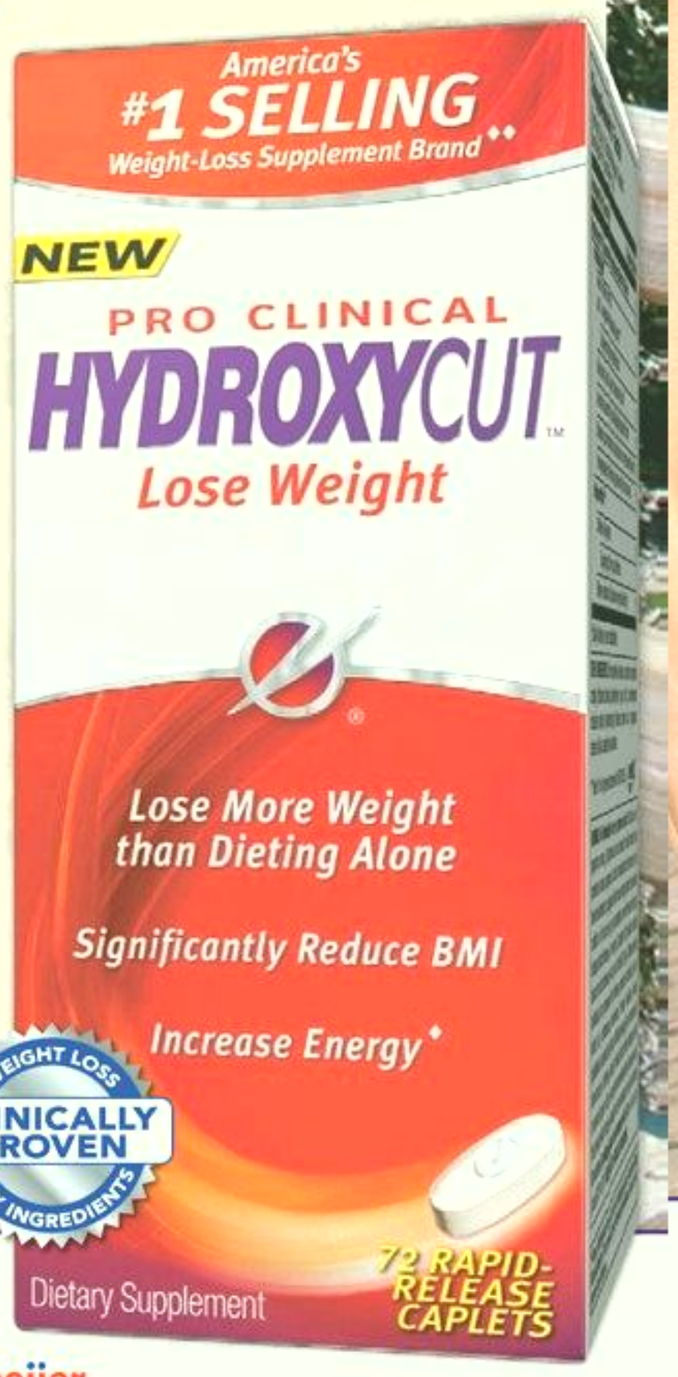
"I've reviewed the studies of the clinically proven key ingredients. Subjects lost significantly more weight than dieting alone. I highly recommend new *Pro Clinical Hydroxycut*."

– *Dr. Jeff Delson, M.D.*
New York, NY

ydroxycut.com[sm]



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[1]The key ingredients (*Hydroxyprovia*™ blend) in *Pro Clinical Hydroxycut*™ are *Alchemilla v*
◆Another ingredient (caffeine anhydrous [1,3,7-trimethylxanthine]) supports increased ene
◆◆Based on IRI F/D/MX sales data for 4 weeks ending 10/31/10. Read the entire label be

ulgaris, Olea europaea, Cuminum cyminum and *Mentha longifolia*.
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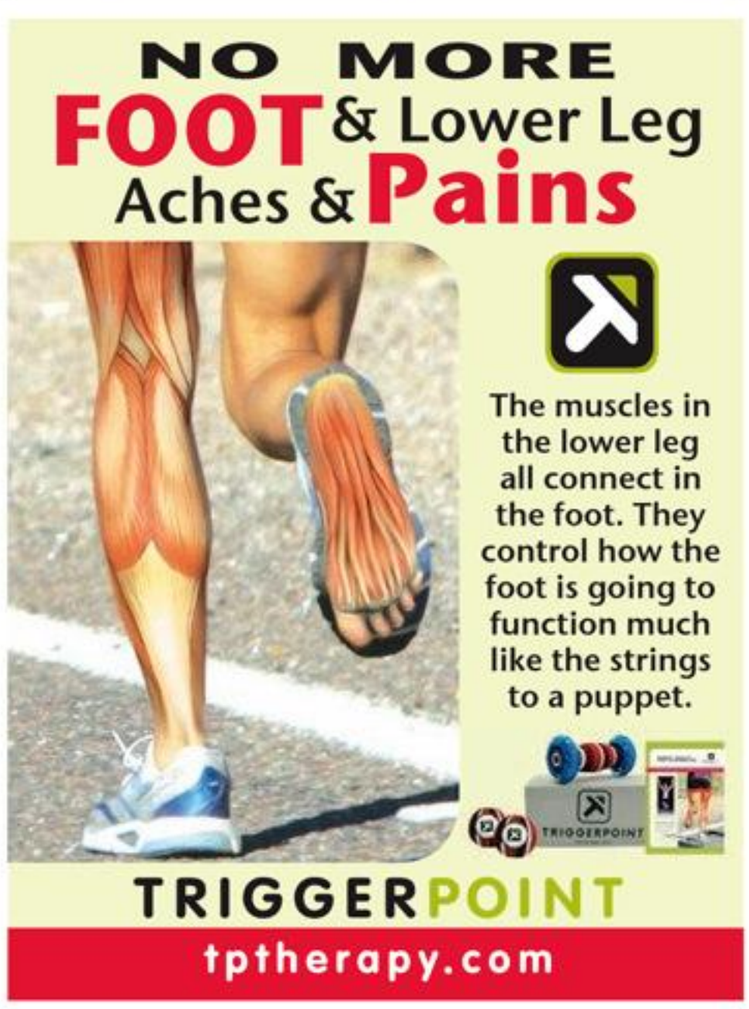

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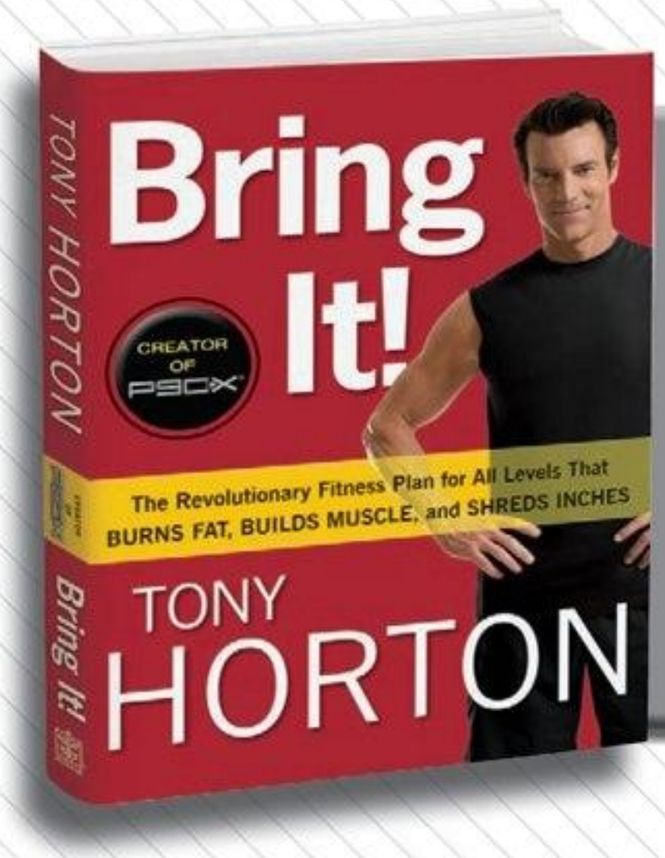

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MAR 20 -

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MAY 29 -

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Contact: Matt Linick,
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JUNE 5 -

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(865) 684-4294
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www.knoxvillemarathon.com

APR 9 -

Charlottesville, VA
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APR 2 -

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mary.rogers@st.johns.org
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APR 10 -

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MAY 1 - First Midwest Bank Southwest Half Marathon
Palos Heights, IL
Contact: Mel Diab @ Running For Kicks,
7158 W. 127th St., Palos Heights, IL 60463.
(708) 448-9200
mel@runningforkicks.com
www.firstmidwestbankhalfmarathon.com

MAY 14 - Journeys Marathon, Half Marathon, 13.1M Power Walk & 5K
Eagle River, WI
Contact: Kim Emerson,
Eagle River Area Chamber of Commerce,
P.O. Box 1917, Eagle River, WI 54521.
(800) 359-6315
info@eagleriver.org
www.journeysmarathon.org

MAY 15 - Rite Aid Cleveland Marathon, Half Marathon & 10K
Cleveland, OH
Contact: Ralph Staph,
29525 Chagrin Blvd., #215,
Pepper Pike, OH 44122.
(800) 467-3826
info@clevelandmarathon.com
www.clevelandmarathon.com

MAY 15 - Wellspring Stampede, 10K Run/Walk
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Contact: Danita Simons,
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MAY 21 - Scheels Fargo Marathon, Half Marathon, Relays, 10K & 5K
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MAY 22 - Council Bluffs Half Marathon, 5K & Fun Run
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MAY 29 - Madison Marathon, Half Marathon, Quarter Marathon & Kids Race
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JULY 10 - Summerfest Rock 'n Sole Run, Half Marathon & 10K
Milwaukee, WI
Contact: Race Director,
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summerfestinfo@summerfest.com
www.rocknsolerun.com

JULY 23-24 - Red Eye Relay, 100 Mile Relay
Bloomington, IN
Contact: Jeff McClaine,
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www.redeyerelay.com

JULY 31 - Mt. Pleasant Half Marathon, 5K & Fun Run
Mt. Pleasant, WI
Contact: Reinke Sports Group,
USRA Half Marathon Series,
1531 Dale Ave., Winter Park, FL 32789.
(407) 599-0568
info@usrahm.com
www.mtpleasanthalfmarathon.com

AUG 20 - 3rd Annual Madison Mini-Marathon, Half Marathon & 5K
Madison, WI
Contact: Michelle Milazzo,
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usaf.marathon@wpafb.af.mil
www.usafmarathon.com

SEPT 24-25 - Omaha Marathon
24th - Expo
25th - Marathon, Half Marathon & 10K
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APR 10 - The Big D Texas Marathon, Half Marathon & 5K
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lewis.george@texasmarathon.com
www.texasmarathon.com

MAY 29 - American Hero 25K Running Relay & 16K Walking Relay
San Antonio, TX
Contact: Jesse Martinez,
9415 Wahada, San Antonio, TX 78217.
(210) 822-6634
hotline@americanhero25krelay.org
www.americanhero25krelay.org

JAN 15, 2012 - Chevron Houston Marathon & Half Marathon
Houston, TX
Contact: Houston Marathon Committee,
720 North Post Oak #100, Houston, TX 77024.
(713) 957-3453
marathon@houstonmarathon.com
www.houstonmarathon.com

MOUNTAIN PACIFIC

APR 9 - Havasu Half, Half Marathon & 5K Run/Walk
Lake Havasu City, AZ
Contact: Karen Barnett,
P.O. Box 1206, Lake Havasu City, AZ 86405.
(928) 855-4887
karen@ioevents.com
www.havasuhalf.com

APR 17 - Wahine Half Marathon & Girls 5K - A Divas' Half Marathon Event
Honolulu, HI
Contact: Kristi Kimura,
P.O. Box 56-1154, Miami, FL 33256.
(800) 733-7089
info@runlikeadiva.com
www.runlikeadiva.com

APR 23 - New Mexico/Texas Challenge, Marathon, Half Marathon, 10K & 5K
Hobbs and Lovington, NM
Contact: Jim Harris,
103 S. Love, Lovington, NM 88260.
(575) 395-4805
leacomuseum@leaco.net
www.leacountymuseum.org
After 170 years, Texas Invades New Mexico Again

RACING AHEAD

MAY 1 - Eugene Marathon, Half Marathon, 5K & Kids Run
Eugene, OR
Contact: Richard Maher,
541 Willamette St., #212, Eugene, OR 97401.
(877) 345-2230
info@eugenemarathon.com
www.eugenemarathon.com
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MAY 7 - Shiprock Marathon & Relays, Marathon, Marathon Relay, Half Marathon & 10K
Shiprock, NM
Contact: Four Corners Fitness & Wellness Association, P.O. Box 4078,
Shiprock, NM 87420.
(435) 233-8068
info@shiprockmarathon.com
www.shiprockmarathon.com
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JUNE 11 - 47th DeCelle Memorial Lake Tahoe Relay, 72-Mile 7-person relay
So. Lake Tahoe, CA
Contact: April Carter,
2220 Stearns Rd., Paradise, CA 95969.
(530) 877-6583
tahoerelay@gmail.com
www.laketahoerelay.com

JULY 24 - Yakima Half Marathon, 5K & Fun Run
Yakima, WA
Contact: Reinke Sports Group,
USRA Half Marathon Series,
1531 Dale Ave., Winter Park, FL 32789.
(407) 599-0568
info@usrahm.com
www.yakimahalf.com

JULY 31 - The San Francisco Marathon®, Marathon, 2-Half Marathons, 5K & Kids Run
San Francisco, CA
Contact: Race Director,
P.O. Box 77148, San Francisco, CA 94107.
(888) 958-6668
info@thesfmarathon.com
www.thesfmarathon.com
Run The Golden Gate Bridge

AUG 21 - 34th Annual America's Finest City Half Marathon & 5K
San Diego, CA
Contact: Neil Finn,
P.O. Box 81023, San Diego, CA 92138.
(760) 692-2900
info@afchalf.com
www.afchalf.com

SEPT 17 - NordicTrack Top of Utah Marathon & 5K
Logan, UT
Contact: Bob Henke,
P.O. Box 414, Providence, UT 84332.
(435) 753-3064
robert.henke@ccsdut.org
www.topofutahmarathon.com

SEPT 25 - Lake Tahoe Marathon Event, Marathon, Triple Marathon, Marathon Walk, Half Marathon, 20M, 10K, 5K, Kids Fun Runs, 72M & 50M Ultra, Marathon Relays, Triathlon, 72M & 35M Bike Races/Rides, 5M & 10M Kayaking & 2.5 Mile, 1 Mile, 1/2 Mile Swims
South Lake Tahoe, CA
Contact: Les Wright,
P.O. Box 20000, South Lake Tahoe, CA 96151.
(530) 544-7095
leswright@sbcglobal.net
www.runtahoe.com

NOV 12 - Select Staffing Santa Barbara International Marathon, Half Marathon & 2-4 Person Marathon Relay
Santa Barbara, CA
Contact: Rusty Snow,
129 N. Fairview Ave., Goleta, CA 93117.
(805) 637-7417
sbimarathon@cox.net
www.sbimarathon.com

JAN 22, 2012 - Maui OceanFront Marathon, Marathon Early Start, Half Marathon, 15K & 5K
Wailea-Lahaina, Maui, HI
Contact: Les Wright,
P.O. Box 20000, So. Lake Tahoe, CA 96151.
(530) 544-7095
runmaui@gmail.com
www.mauioceanfrontmarathon.com

INTERNATIONAL

MAY 14-15 - Mississauga Marathon is the Greater Toronto Spring Marathon, Half Marathon, Relays, Desjardins General Insurance 10K, 5K & 2K: A RUN FOR EVERYONE!
5 minute drive from Toronto International Airport
Mississauga, ON, Canada
(905) 949-2931
info@mississaugamarathon.com
www.mississaugamarathon.com

MAY 29 - 47th Annual Scotiabank Calgary Marathon, Half Marathon, 10K, 5K & Kids
Calgary, AB, Canada
Contact: Lynn Cox,
P.O. Box 296, Station M., Calgary, AB T2P 2H9.
(403) 264-2996
info@calgarymarathon.com
www.calgarymarathon.com
Boston Qualifier.

OCT 14-16 - BMO Nesbitt Burns Prince Edward Island Marathon, Half Marathon Run & Walk, 10K Run & Walk, 5K Run & Walk, Corporate/Team Relay & Kids Spud Run
Charlottetown, Prince Edward Island, Canada
Contact: Alicia Packwood,
91 Water St., Charlottetown, PE C1A 7M4.
(902) 629-6609
info@princeedwardislandmarathon.com
www.princeedwardislandmarathon.com

NOV 13 - Athens Marathon, 10K & 5K, Original Historical Course
Athens, Greece
Contact: Apostolos Greek Tours Inc.,
2685 S. Dayton Way #14, Denver, CO 80231.
(303) 755-2888
www.athensmarathon.com
Various Support Packages.

NOV 13 - Divas' Half Marathon in Puerto Rico - Half Marathon & Girls 5K
San Juan, Puerto Rico
Contact: Continental Event & Sports Mgmt. Group, P.O. Box 56-1154, Miami, FL 33256.
(800) 733-7089
info@runlikeadiva.com
www.runlikeadiva.com

JAN 22-29, 2012 - Cruise To Run Caribbean, Prediction Run, Mountain Run, Group Runs, 5K Race & More
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Contact: Jerry Friesen,
38 Viking Dr., Grimsby, ON L3M 3V3 Canada.
(905) 562-8669
instride@primus.ca
www.cruisetorun.com
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THE KILLER INSIDE HER

Continued from page 82

says Bairu. "When Nelly and I would go out, Shalane would start with us and hold on until she blew up. She's just a tough, tough girl."

Few knew just how tough until the morning of November 7, 2010. Flanagan could have tested her readiness in a smaller marathon, somewhere away from the media spotlight. That she chose not to says a lot about her ambition. "I wanted to face the best competition right off the bat," she says. "I needed to know: *Is this something I really want to invest in? Do I have what it takes?*"

She had it in spades. In the run-up to the New York City Marathon, Flanagan posted a blog that revealed the passion she brought to the race. "The hardest training I have ever encountered will be met with the most chal

ALL AT SEA

Continued from page 99

a place to rest and rejuvenate, and without all the free food, and without the urging, camaraderie, and support of the Penguin and the barking seal woman et al, but still, as a general principle, I'm beginning to think that this running thing might have merit.

After we disembark ("Have fun!" I shout at our fat, lazy, kind but pitiable nonrunning cruise compatriots. "I know we're going to!"), a bus drives us to a shelter built by the WPA (you don't go to Alaska without learning some local history) and after a few words from the Penguin and Coach Jenny, we're off. Corey has abandoned me, so I start at what I think will be a comfortable pace, enjoying the scenery (more trees, more clouds, some topically applied anti-inflammatory drops. Slim-ankled blonds do not turn from me.

Remorseless, alone but not lonely, I close and when, 200 yards from the finish line, I pass the bagel-hogger, my speed is so great it seems as if he's walking. That might be because he is walking. He is also, I see now that I'm close enough, carrying a video camera, rotating in lazy circles, shooting the wildlife around us, the lake and the trees and the flowers, and the friendly hills in the distance.

"Great run," the bagel-hogging, video-shooting rabbit man shouts as I lope past. "You're looking great. Great form!"

The next day we spend mostly at sea. I wake early, stare out my porthole, plot tactics for getting a good window seat in the

women and
and agree that yes, it'd be
n Oregon one day soon. I'll
nicagoan and she'll frown. I
y cabin and send e-mails to
ends, bragging of my accom-
so, I will consult my calendar;
get the rooster-comb injec-
ney might make me faster.
hat happens, though, I do
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t's not on the schedule, and
Jenny nor the Penguin nor
ommanded me to do so, but
yway. I'm going to run 10 and
y. Three miles. Just for fun. RW

be dangerous for me to run another one this year," she told me. I didn't quite understand what she meant. "I found it to be kind of addictive," she explained. "And the training required—it's arduous. You're in a lot of pain and a constant state of fatigue."

At the same time, that marathon training created a stronger core. "The stress I put my body through last fall, training for New York, elevated my fitness," she says. "I'm now able to run 110 to 115 miles a week and recover much quicker. My body's adapted."

So this year she'll get reacquainted with speed, maybe run a few 5000- or 10,000-meter track races in the spring, and possibly take a shot at the 10,000 at the IAAF World Championships in Daegu, South Korea. After that it's all aimed at the marathon in the 2012 London Games, where she'll face a level of American competition and anticipation not seen in a generation—Deena Kastor and Kara Goucher are also gunning for the Olympic Marathon.

She's not chasing fame, but Flanagan is keenly focused on the path to mainstream recognition. "Promotion isn't necessarily my thing, but I am striving to inspire people, just like Suzy [Favor Hamilton] and Lynn Jennings inspired me."

To do that, "I want to have my best performances on big stages," she says. "And the next really big stage is the Olympic Trials, and then London after that."

Runner Woman is on her way. RW

(at least I think it's the arctic wind; I have a bad sense of direction) caressing my face. I feel an unfamiliar serenity. Are there grizzlies lurking nearby? So what if there are? If they eat me, perhaps it's meant to be. Grizzlies get hungry, too. Grizzlies have spirits. Grizzlies are *runners*. I feel a great surge of kindness for my furry, clawed cousins as I run through the wilderness, and that surge spreads out to all living creatures, including the Michigan bagel-hoggers and even the Explorations Café recliner-grabbers. The latter might not run, but do they not bleed?!?

I stride from the forest and spy one of the bagel-hoggers in a clearing ahead. He is lean and fit. But he is not too far from me. What if I defeat him on this last run? I know the Penguin has told us that having fun is the primary directive here, but kicking a bagel-hogger's ass would feel awfully good. And who's to say that's not a form of fun?

I lengthen my stride. I pump my arms. I'm not a chubby apple fritter–gulper anymore. I'm a wolf now, an arctic wolf, solitary but not lonely, loping and purposeful. And the bagel-hogger is a rabbit, about to meet his fate, about to sacrifice his life so that his superior on the food chain might live and lope some more. I consider all the bagels I missed because of the Michigan contingent, and I am angry—I am an outraged lupine killer!—and now I am a blur. I am not a man whose flip-flops squeak. I am not neurotic. I do not have a dependence on prescription-strength,

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