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an Ultra Chef*

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WHEN TO REST**  
p36

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Anne Jones  
trains and races  
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(see page 66)

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# WARMUP

APRIL  
2015

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Tom Denniss spent 242 days of his 622-day world tour running in the U.S. (shown here in Glamis, California). They were marked by near misses, moonshine, floods, and a few too many burgers.

Also hurricanes.  
BY RACHEL SWABY



COVER PHOTOGRAPH BY LARSEN & TALBERT; STYLING BY BRIENNE NEUMANN, HAIR/MAKEUP BY JENNY LIN; COVER CLOTHING: MOVING COMFORT BRA TOP, ASICS SHORTS AND SHOES. THIS PAGE: PHOTOGRAPH BY CARMEL DENNISS

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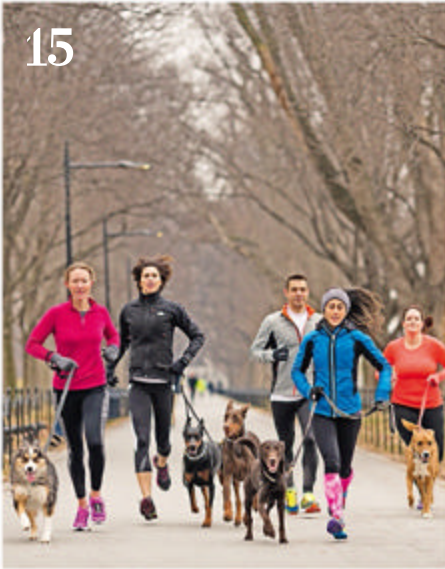
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BY MARC PARENT



In December, Martin ran the USATF National Club XC Championships in Bethlehem, Pennsylvania (close to RW HQ). She ran 24:43 in the 6-K and won her age group. "I don't mean to be smug, but I always go into a race with the mind-set of being first," she says.



Eyewear mogul Gilboa rocks the Swoosh—for fashion and inspiration. "You can buy Nikes anywhere, but the coolest kids from Tokyo to L.A. are still sleeping on sidewalks for a new limited-edition shoe," he says. "We have a lot of respect for how they've continued cultivating that passion for the brand."

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## GET COOKING

From his kitchen in Portland, Oregon, Chef Gourdet shows you how to whip up his ultimate runner's lunch at [runnersworld.com/lunch](http://runnersworld.com/lunch).



## TRAINING VIDEO

Your knees are a pair of precious commodities. Protect them by building strength and stability in your legs with the routine on page 56, and watch a demonstration at [runnersworld.com/strongknees](http://runnersworld.com/strongknees).



## PHOTOS

Readers shared shots of beardcicles and frosty faces that made us glad spring has almost sprung. Find them at [runnersworld.com/icefaces](http://runnersworld.com/icefaces).





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WARMUP

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Editor at Large **AMBY BURFOOT**  
Managing Editor **SUZANNE PERREAULT**  
Articles Editors **CHRISTINE FENNESSY**  
**KATRIN McDONALD NEITZ**  
Senior Editors **JOANNA SAYAGO GOLUB**  
**MEGHAN G. LOFTUS**

Associate Publisher **PAUL COLLINS**  
paul.collins@rodale.com  
Online Advertising Director  
**CHRISTINE A. SADLIER**  
christine.sadlier@rodale.com  
Chief Running Officer **BART YASSO**  
bart.yasso@rodale.com

Shoe Editor **JONATHAN BEVERLY**  
Assistant Managing Editor **LINDSAY BENDER**  
Editorial Projects Coordinator **LORI ADAMS**  
Reporter **MEGAN HETZEL**  
Executive Assistant **KIRA WRIGHT**

Advertising  
**NEW YORK**  
733 Third Avenue, 10th Floor,  
New York, NY 10017-3204  
212-573-0300  
New England Advertising Manager  
**AMY VORLAND TOTA**  
amy.tota@rodale.com  
Southeast Sales Manager **MARY ELLEN MORELLI**  
maryellen.morelli@rodale.com  
Sales Assistant **MELISSA GOLDMAN**

**ART + PHOTOGRAPHY**  
Design Director **BENJAMIN PURVIS**  
Art Director **ERIN BENNER**  
Photo Editor **RENEE KEITH**  
Senior Designer **ELIZABETH KRENOS**

**CHICAGO**  
65 East Wacker Place, Suite 1101,  
Chicago, IL 60601-3708  
312-726-0365  
Midwest Sales Manager **KAREN CROWLEY**  
karen.crowley@rodale.com; 312-696-4110  
Sales Assistant **JORDAN SCHEIBE**

**PRODUCTION**  
Editorial Manager **CHRISTIAN EVANS GARTLEY**  
Art Manager **TARA MAIDA**

**DALLAS**  
Southwest Sales Representative,  
Marketplace/Race Advertising/Classified Sales  
Manager **MICHAEL AUSTRY**  
maustry@sbcglobal.net; 214-674-8126  
Sales Manager **JACKIE COKER**  
jackiecoker@sbcglobal.net; 801-668-6038

**DIGITAL**  
Deputy Editor **CHRIS KRAFT**  
Executive Producer **ROBERT JAMES REESE**  
Editor/Zelle **ELIZABETH COMEAU**  
Associate Editor **BRIAN DALEK**  
Associate Multimedia Editor  
**HANNAH MCGOLDRICK**  
Designer **DANIEL FUEHRER**  
Senior Multimedia Producer **DAVID E. GRAF**  
Junior Video Producer **DEREK CALL**  
Senior Content Editor **SCOTT DOUGLAS**  
Tablet Production Supervisor  
**JENNIFER GIANDOMENICO**

**DETROIT**  
3250 West Big Beaver Road, Suite 233,  
Troy, MI 48084-2902  
248-637-1362  
Detroit Advertising Manager **KATHY THORPE**  
kathy.thorpe@rodale.com  
Sales Assistant **SUE MARINELLI**

**BRAND DEVELOPMENT**  
Brand Editor **WARREN GREENE**  
Training Director **BUDD COATES**

**LOS ANGELES**  
880 Apollo Street, Suite 329,  
El Segundo, CA 90245-4709  
310-252-7518  
Sales Assistant **RENETT YOUNG**

**WRITERS AT LARGE**  
**JOHN BRANT, CHARLES BUTLER, BENJAMIN H. CHEEVER,**  
**SARA CORBETT, STEVE FRIEDMAN, CYNTHIA GORNEY,**  
**MICHAEL HEALD, KENNY MOORE, MARC PARENT,**  
**MARK REMY, STEPHEN RODRICK, PETER SAGAL,**  
**ROBERT SULLIVAN, NICK WELDON**

**SAN FRANCISCO**  
Northwest Sales Representative  
**NICHOLAS FREEDMAN**  
nick@mediahoundsinc.com  
Account Executive **DAVID MCROBIE**  
david@mediahoundsinc.com  
Advertising Assistant **ASHLEY BOWMAN-BRODY**  
ashley@mediahoundsinc.com

**CONTRIBUTING EDITORS**  
**KELSEY ALPAIO (DIGITAL INTERN), LIZ APPLIGATE,**  
**KRISTIN ARMSTRONG, CHRISTIE ASCHWANDEN,**  
**TODD BALF, ADAM BUCKLEY COHEN,**  
**BOB COOPER, CALEB DANILOFF,**  
**LAUREN FLESHMAN, JEFF GALLOWAY, PETER GAMBACCINI,**  
**MICHELLE HAMILTON, JOHN HANC, HAL HIGDON,**  
**ALEX HUTCHINSON, LISA JHUNG, CINDY KUZMA,**  
**YISHANE LEE, DIMITRY McDOWELL, JANICE McLEOD (Research),**  
**SARAH BOWEN SHEA, MARTYN SHORTEN (Shoe Lab),**  
**CHRISTOPHER SOLOMON, BARBARA WEBB (Copy)**

**MARKETING**  
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**COMMUNICATIONS + EVENTS**  
Senior Director, Corporate Communications  
**DAVID TRATNER**  
david.tratner@rodale.com; 212-808-1358

**RODALE INTERNATIONAL**  
Executive Director of Business Development  
& Global Licensing **KEVIN LABONGE**  
Editorial Director **JOHN VILLE**  
Director of Business Development  
& Global Licensing **ANGELA KIM**  
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Deputy Editorial Director **VERONIKA RUFF TAYLOR**  
Senior Content Manager **KARL ROZEMEYER**  
Production Assistant **DENISE WEAVER**

**PRODUCTION**  
Print and Digital Production Manager  
**KELLY McDONALD**  
kelly.mcdonald@rodale.com; 610-967-7615  
Production Specialist **LYNN LAUDENSLAGER**  
lynn.laudenslager@rodale.com; 610-967-8143

**BUSINESS OFFICE**  
Vice President, Finance **LAURIE JACKSON**  
Finance Manager **JACKIE BAUM**  
Advertising Finance Manager **SUSAN G. SNYDER**

**CONSUMER MARKETING**  
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When I run, I listen to

"My friend talk about her daughter going to college." (See page 26.)

"TED Radio Hour. Fresh Air. Radio Lab."

"The birds. No headphones here."

"The 3 D's: Deadmau5, Digitalism, and Death from Above 1979."

"The world around me."

"Myself saying the darndest things to my training partners."

"The current rotation features Rudimental, Calvin Harris, Diplo, Ellie Goulding, Chet Faker, and Milky Chance."

"Curtis Mayfield's 'Move on Up.'"

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Ravenna 6

# WEEDON ISLAND, FLORIDA

## RUNNER

Hollis Dold

## THE EXPERIENCE

The Weedon Island Preserve on Tampa Bay features a 4.5-mile boardwalk and trail system that's perfect for viewing wildlife in the park's mangrove swamps, pine flats, and tidal marshes. "I've seen birds, crabs, turtles, and even dolphins," says Dold. "Because it's not crowded, I put my headphones away and listen to nature. At times, I feel like I'm in a jungle."

## FAST FACT

Archaeologists have discovered Native American tools, ornate pottery, and burial mounds in the area—some from as early as 5,000 B.C.

## CROSS-TRAIN

Take a guided kayak tour through lagoons where "flying fish literally jump up over the boat and stingrays swim beneath you," says Dold.

## LOCAL FARE

Hit up Locale, a gourmet market and eatery 20 minutes south of the preserve that offers locally grown, organic cuisine. "It's a foodie-runner's heaven," says Dold.

## PHOTOGRAPHER

Chase Dold



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[RUNNERSWORLD.COM/  
RAVERUN](http://RUNNERSWORLD.COM/RAVERUN).





## THE INBOX

## FAMILY MATTERS

Mr. Friedman, I was moved by your article about your sister and family ("My Sister, the Runner?" January/February). Your sister is a lucky woman and a cool person. I'll be watching for the professor to cure cancer and for the little screamer to make her voice heard around the world. I'm also watching for what you'll write next time.

SUSAN GLADIN, NORTH CAROLINA

I was disappointed by some of the language in "My Sister, the Runner?" Did the writer really need to take the Lord's name in vain? At least you could've edited the quotes or used dashes. It was offensive and unwarranted.

WESLEY TURBURY, VIA E-MAIL

## BRIGHT IDEA

The section in "Hop on the Habit Trail" (January/February) about sunscreen hit home.

A quick tip: To avoid the sting when sunscreen-soaked sweat drips into your eyes, use a no-tear formulation for babies on your face instead.

JULIE RIEBOW, ST. LOUIS, MISSOURI

## KEEP IT SIMPLE

A "fiscally fit" runner hires a coach? At \$150 per month? Come on! Part of the joy of running lies in how little it costs. Yet the underlying presumption of "Fiscally Fit" (*Training*, January/February) is that runners have vaults of disposable income to spend. Bear in mind that some readers don't want coaches or \$350 "fitness" watches. They read *Runner's World* because the miles matter, not the product.

TOM ELIA, JUPITER, FLORIDA

Send comments to [letters@runnersworld.com](mailto:letters@runnersworld.com). If your letter is published, you'll receive an RW T-shirt.

RUNNER'S WORLD reserves the right to edit readers' submissions. All readers' submissions become the sole property of RUNNER'S WORLD and may be published in any medium and for any use worldwide.

## THE LATEST

At Boston's New Balance Grand Prix in February, **Bernard Lagat** ("2015 Heroes of Running," January/February) smashed the indoor masters record of 8:01.44 when he ran 7:48.33 in the 3000 meters. It was his first such record since turning 40 in December. "I want to do the best I can to influence people," he says. "Masters runners tell me, 'You make us old folks proud.' I'm like, 'That's awesome.'"

Last July, steeplechaser **Emma Coburn** ("2015 Heroes of Running") ran 9:11.42 in Glasgow, then an American record. But in February, USA Track & Field refused to ratify it as she wasn't drug-tested post-race. The record stays at 9:12.50.



Lagat finished 0.14 behind winner Dejen Gebremeskel, who is 25 years old.

## THE GALLERY

## #RWDIRTYRUN



"#FlashbackFriday to cross-country races that turned into mud runs." —@fuelingfab



Find 11 trail shoes just right for getting dirty on page 89.



"I'd take these shoes, in this condition, over fancy heels any day." —@haften

Next month, show us a photo of your first race and tag it #RWFIRSTRace.

## THE STATS

# 73

Percent of runners who say it's easier to exercise more than to eat less when trying to lose weight.

# 9

Percent who spend their entire workday on their feet. 12% spend the whole day on their butts.

# 36

Percent who said they could add an extra 15 to 30 minutes of exercise to their day.

Based on three online polls and 19,536 responses

In "A Weight-Loss Manifesto" (page 60), Amby Burfoot explains why, if we want to stay slim, we need to move a *lot* more. As a writer with a standing desk, Burfoot says, "I decided I needed to do more than just stand during the workday. So I do push-ups or crunches every half-hour, and go for a 10-minute walk every hour or two."

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## THE OUTTAKE

It requires a special talent to drive 25,000 miles over 622 days following a runner averaging 13 minutes per mile. "If he had a wife who wasn't interested in photography, she would have thrown it in straight away," says **Carmel Denniss**, whose husband, **Tom Denniss**, holds the record for the fastest world run (see "40 Million Steps around the Globe," page 83). For Carmel, a teacher and amateur photographer from Sydney, Australia, the task was a dream come true: the opportunity to take photos all day, every day. Here, her take.



"My subject was hard because he remained the same. Eventually, I got into making him smaller and getting the landscape and showing everybody where he was running.

"I'd drive ahead, plant myself, shoot him as he's running past, then hop back in the car. It was the challenge of the day trying to shoot something different.

"I'd get up, go into the bathroom with my computer, put the lid down on the toilet seat, and do some work on my photos. I didn't want to wake him up. I spent a lot of time in the bathrooms.

"He'd head off about 8, and I'd go to the supermarket for

water and food. All our crockery, knives and forks, were in the back of the car, like a **little kitchen**. I'd catch up with him about 10 or 11, and spend four, sometimes five hours with him, then go find the room for the night.

"Sometimes I'd say, 'Ah, that's enough, Tom, come on.' He'd say, 'No, I've got to keep going. I've got a job to do.'

"The heat in the U.S. was horrendous. The day it got up to 140°F, he would run a mile, then stop, and I'd wrap wet towels and ice around his head, shoulders, and neck. Then he'd get in the car with the air conditioning. He'd do the same thing, every mile. It was very hard to watch.

"I think I did a good job because he couldn't have done it without me. My mother would say, 'Behind every great man is an even greater woman.' That's me."

\*To hear the full story, go to [runnersworld.com/40millionsteps](http://runnersworld.com/40millionsteps).

## THE COVER

**Anne Jones**, 24, knows her town lives up to its motto, "Keep Austin Weird." The former collegiate cross-country and track runner was at a shoot for "Run This City: Austin" (page 66) when a guy wearing nothing but a nude-colored thong walked by with his bike. "He's pretty well known around here," says Jones. "But I think some members of the production team were a little taken aback." Jones currently trains with Rogue Athletic Club and holds a 17:03 5-K PR. Cover photo by Larsen & Talbert.



Jones is a graduate student at the University of Texas at Austin College of Pharmacy. "School keeps my life balanced," she says. "I'm able to enjoy running a little more because it's an escape."



Taking a lunch break near Dole, France.

## THE TWEET

**GREAT UNBIASED ARTICLE FOR GETTING UP TO SPEED ON THE NOT SO CLEAR CUT USATF ISSUES/RESOLUTIONS.**  
@MollyHuddle

We posted Nick Weldon's feature about USA Track & Field (page 72) on our website in February when yet another row occurred between athletes and USATF—this time, about the organization's "You're Welcome" commercial. Says Weldon: "USATF leaders aren't the villains they're often portrayed as, and their detractors aren't just a shouting, uneducated mob. I hope this helps both sides find common ground in the shared passion they have for the sport."



One of Carmel's favorite shots, while en route to Hinckley, Minnesota. "I don't know how he got up every morning and put his shoes on. He never complained; he just put them on, did them up, and ran out the door."

## BY THE NUMBERS

250,000

Total number of photos taken

50,000

TOTAL THAT SURVIVED EDITING

400

Approximate number of photos taken per day

2

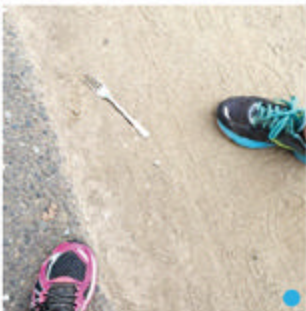
NUMBER OF TIMES SHE HAD A RIFLE POINTED AT HER (BOTH IN THE U.S.)\*

FOUR

Hours spent per day editing and uploading

THE QUESTION

# f WHAT'S THE WEIRDEST THING YOU'VE EVER WITNESSED ON A RUN?



● "This Robin following me, saying, 'I will catch you! Ah-ha!'"

—Nira Lima

● "A cockatoo on a leash."

—Meredith Sawyer

● "This wee lamb that followed me for a mile!"

—Alan Kerr

● "A pig on the beach."

—Laura Garner

● "A fork in the road."

—Michele Groenewold Edwards

● "An armadillo drinking a Red Bull! Guess he ran out of energy!"

—Erin McLaughlin Sigler

"In the middle of nowhere, three stark-naked oldies wandering around through the brambles!"

—Emma Jones (Editor's note: Use your imagination.)

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RUNNING OFF 80 POUNDS p20 + NEWBIE'S LAST LAP! p32

# HUMAN( )RACE

NEWS, TRENDS, AND REGULAR RUNNERS *doing* AMAZING THINGS



**SOCIAL  
MOVEMENT**

## LEADER OF THE PACK

A runner-vet starts a club for dogs and their best friends.

**After veterinary neurosurgeon Lauren Talarico** performed back surgery on Casey, a 5-year-old golden retriever, she recommended running as part of the pooch's rehab. That was a daunting proposal for Casey's owner, Robert Fulton, who was at the time an overweight smoker. But Talarico was prepared to transform both man and dog into →

Talarico cares for her patients in (below) and out (right) of the veterinary office.





runners. It wasn't the first time Talarico introduced a patient (and person) to her favorite sport. In July 2013, the runner founded We RUFF DC, a Washington, D.C.-based running club that provides free training programs and support to help dogs and their owners get fit, lose weight, and feel good. The idea came to Talarico on a run, naturally. "I realized I could make my patients and their owners happier and healthier if I got a group of us together to run," says the 33-year-old who practices at VCA SouthPaws Veterinary Specialists & Emergency Center in Fairfax, Virginia.

In her introductory program, Loose Leashes, Talarico teaches people how to work



Talarico (in pink socks, above and below) leads about 40 dog and runner duos on group runs three times a week through Washington, D.C. "My tights are usually covered with dog hair and drool," she says. "I do a lot of laundry."

with a leash and teaches dogs how to stay focused. "We have an Australian Shepherd in the group who used to run off after squirrels," she says. "He'd tangle everybody up and take down his owner." The next group, Leashes & Laces, is for those who want to run two to three miles two or three times a week; Miles & Milkbones members log five- and six-milers two or three times a week; Prefontaine Puppies run more than 10 miles and meet on weekends.



Help your dog stretch before and after a run by having him move from a sitting position to a standing position and then back down again. This flexes the hip and knee joints, while extending ligaments and tendons.



As paws and shoes pound the pavement together, Talarico monitors the dogs and corrects any behavioral issues. "The male dogs will often lift a leg and try to pee on me to show that they're dominant in the group," Talarico says. "I call it being in the strike zone."

The workouts yield instantaneous benefits. "When that dog gets home, he's tired," she says. "So he sleeps and doesn't misbehave. The reason dogs act out—chewing on the furniture—is often because they're bored. They need an outlet."

Fulton and Casey were starting from scratch when they joined, so Talarico had them walk/jog a gentle two-mile loop. When that became comfortable, Talarico increased their distance every two weeks. Casey made a full recovery—and also became more obedient and lost seven pounds. Fulton himself dropped 10 pounds and quit smoking. "There's no doubt about it," Fulton says. "She saved my dog and helped me, too." The devoted partners log about 30 miles a week together.

Today, Talarico is working with a new recruit—her own red Labrador retriever pup, named Prefontaine—and experiencing the sweet reward her club is all about. "Achieving a goal together and spending time together," she says, "is an instant happiness."

—NEVIN MARTELL

## RUN WITH ROVER

Advice from the running vet



1/ Attach the leash to a body harness on the dog; yanking on a neck collar can cause disc issues.

2/ Small snacks are fine, but don't let your dog eat a meal within two hours before a run. And don't feed him until two hours after you're finished.



3/ Clip the dog's nails if they're overgrown, so their paws strike the ground flat.

4/ Give your dog water an hour before heading out. Immediately following a workout, he can drink a small amount of water from an elevated bowl or poured out from your bottle. Gulping can cause potentially fatal GI distress, so dole out only a little at a time.



5/ On hot, humid days, run under the cover of darkness and allow your dog to drink small portions frequently.



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40 MINUTES FREE

WHO WILL YOU BE?

EVERY SEASON STARTS AT  
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STREET STYLE

# TONI CAREY

31, COFOUNDER OF BLACK GIRLS RUN, ATLANTA

Carey started running in 2008 with her sorority sister Ashley Hicks. “We were like, ‘We love this!’” Carey says. “Why aren’t there more black women out there doing this?” Now Carey and Hicks have *lots* of company: In 2009, they launched Black Girls Run (BGR), a crusade to inspire African-American women to be healthy and active. Today, there are 70 BGR chapters with 150,000 members who run to the motto of “Preserve the sexy.” “It’s about being strong and feeling fierce,” says Carey. “You can see the transformation: Women start with baggy sweats, and then they slowly graduate into more stylish gear. I love seeing ladies gain confidence.”

—KATIE NEITZ

“This Brooks Run Happy shirt is one of my favorites. It’s breathable and warm, but what I really like is how good I feel wearing it. How can I not feel confident and sexy in this? I definitely get looks when I wear this.”

“Hair is a common reason black women don’t work out. I struggled with it, too, when I used to have it chemically straightened. I decided to go natural because I was running so much and refused to let my hair be an excuse.”

“A running buddy sent me this Garmin 910XT for my birthday. We ran together when I lived in Virginia; we want to do a triathlon together. This model is really cool because it’s for triathletes, so I can wear it swimming and cycling—it tracks it all.”

“I love my Under Armour bra; it’s so supportive. I’ve had it for two years, and it’s held its shape. There’s no uni-boob. It’s amazing.”

“Running shorts can be tricky for black women; we tend to be hippy. I’m usually in pants or capris. I got these because I was going to be on stage with Jackie Joyner-Kersey. So I had to wear something cute that’s also good for running. These Lululemon capris were perfect.”

“Kathrine Switzer gave me this ‘Marathon Woman’ hairband. I wear it on my wrist as a reminder of her. And if I want to pull my hair up midrun, I can.”

“I set a PR in these New Balance 860v5’s at the Walt Disney World 10-K in January. I hadn’t trained for the race, so these are keepers.”

“When I first started running, I lost some toenails. These Wrightsocks were the first proper running socks I bought, so now I’m superstitious about them. They are my go-to race socks—even though my dogs have chewed holes in them.”



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# GOING TO EXTREMES

A physical therapist drops 80 pounds and gains ultrarunning fame.

→ **For 48 hours in** August, Traci Falbo ran until she couldn't. The 43-year-old mother of two circled an indoor track in Anchorage 942 times before collapsing. Her total distance—242.093 miles—broke both an American and a world record and earned her a spot on the U.S. 24-Hour World Championships Team, which will compete in Italy April 11. It was a dramatic finish for anyone, let alone a woman who not long ago considered a half-hour jog “exhausting.”

In 2003, Falbo, a pediatric physical therapist from Charlestown, Indiana, returned from Hawaii with an unwanted souvenir. “I saw a photo of me and thought, *Heavy chick in a swimsuit*—not who I strived to be,” she says.

A former high school and college cross-country runner, Falbo had stopped exercising and didn't quite notice as her weight crept up. When her marriage soured, Falbo sought

comfort in food. The more she ate, the worse she felt. And the worse she felt, the more she ate. “It was a bad cycle,” says Falbo, who eventually carried 213 pounds on her 5'6" frame.

Determined to make a change, she stepped on a treadmill and struggled through a two-mile walk/run. She cut out junk food and reduced portion sizes, and about a year later, she was down 80 pounds.

Soon after, Falbo's marriage ended. She resisted old habits and joined a running group that encouraged positive ones. She ran her first marathon in 3:32, joined the 50 States Marathon Club, ran a 50-miler, and then won a 100-miler.

Today, Falbo is happily remarried, with 96 marathons and 25 ultras on her résumé. She was named 2014's USATF Women's Masters Ultra Runner of the Year. “If you're determined,” she says, “you can do whatever you want to do.” —JESSICA MIGALA



**TRACI FALBO**  
**BEFORE** 213 LBS. (above)  
**TODAY** 133 LBS. (in Indiana)



## THE MAKEOVER

### LUNCH

#### BACK THEN

A quarter-pounder with cheese, large fries, Coke. “I didn't realize how many calories that was.” (It's 1,290!)

#### TODAY

Turkey-and-ham sandwich with pretzels or Baked Lays and a diet Mountain Dew. “I still eat some of my favorite foods, I just scale back portions. I used to drink a lot of regular pop. Diet pop is my compromise.”

### EXERCISE

#### BACK THEN

Occasional recreational softball games



#### TODAY

65 to 90 weekly miles. She has won 19 marathons, including the 2011 Big Island Marathon (above), where she ran a 3:14.

### OUTLOOK

#### BACK THEN

“I felt depressed, tired, reserved. I didn't feel attractive in any way.”

#### TODAY

“I'm happy. I have a lot more energy, confidence, and self-esteem. Today I'll put myself out there to meet people.”



The ASICS logo, consisting of the word "asics" in a lowercase, italicized sans-serif font, preceded by a stylized "S" symbol.A full-page advertisement featuring two runners on a paved road. In the foreground, a woman in a blue ASICS t-shirt and black leggings with a blue stripe is running towards the camera. In the background, a man in a green ASICS t-shirt and black shorts is running. The background shows a scenic landscape with a lake, mountains, and a clear sky. The ASICS logo is visible on the woman's t-shirt and the man's t-shirt.

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## RUNNER BY THE NUMBERS

# KATHY MARTIN

63, NORTHPORT, NEW YORK

Ten minutes in to her very first run, Martin, then 30, lay down in the street to catch her breath. It was a reality check. Though she was trim, 100 pounds at almost 5'2", she was unfit. So she started to train. Soon she was winning local events, and at her first track meet, she discovered she wasn't far off record times. She's now one of the country's most accomplished masters runners and will attempt to break her own record (1:28:26) at the NYC Half-Marathon in March. "I want to keep running forever," she says. —McKENZIE MAXSON



# 3:10:27

MARTIN'S AMERICAN RECORD MARATHON TIME FOR WOMEN 60-64, SET AT HER THIRD MARATHON

# 4

Number of world records she's set

# THREE

Number of miles she ran in her first race, in 1981. She can't recall her finish time but says she was "hooked."

# 57

AGE SHE TOOK UP A NEW EVENT, THE STEEPLECHASE

# 2002

YEAR SHE APPEARED IN A NIKE AD, IN WHICH THE VOICE-OVER SAID, "SEE THAT, THAT'S 51 YEARS OLD, AND IT CAN RUN A 5:08 MILE."

# 38



Number of years she has been married to her husband and coach, Chuck, who manages her racing career

# EIGHT HUNDRED

Number of career races she's run, in distances ranging from 400 meters to 50-K

# 9

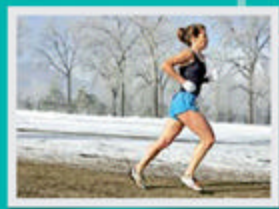
Number of American running records she's broken

# 60-70

HOURS SHE WORKS EACH WEEK AS A REAL ESTATE AGENT

# 2012

YEAR SHE WAS INDUCTED INTO THE USATF MASTERS HALL OF FAME



## Runners who inspire us



**GREGORY CASTLE**  
*Achieving a grand feat*

In September, Castle, 72, became the oldest person ever to complete the Grand to Grand Ultra, a 170-mile race from the north rim of the Grand Canyon to the Pink Cliffs of the Grand Staircase. For seven days, Castle carried a 20-pound backpack filled with supplies over rugged terrain as he endured temperatures that climbed into the 90s. "You're going to hit times where you really feel that you're crazy," he says. "You have to just push through that." Castle, who is CEO of Best Friends Animal Society, raised \$200,000 for the Utah-based animal rescue organization. —BECCA BEDNARZ



**BRITTNEY OLINGER**  
*Outfitting young runners in need*

Thanks to Olinger's efforts, more than 3,000 pairs of running shoes have been distributed to underprivileged athletes. In 2012, as a high-schooler in Gainesville, Florida, Olinger founded ReRun Sneakers, an organization that collects lightly used running shoes and sends them to needy teens and kids in Haiti, El Salvador, and Ghana. Although the 18-year-old is now attending the University of Oxford in England, she still manages the nonprofit and travels on some distribution trips. This year, she plans to hand out shoes at a Jamaican orphanage. "I hope we can help these athletes by providing them with the simple gift of shoes," she says. —KATHERINE DEMPSEY

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Solomon races through the HR logo

### BIG BREAK

The greatest moment of my career was making the 2012 U.S. Olympic team. I had everything to lose. If I didn't make the team, I was contemplating giving up racing.

### HOOP DREAMS

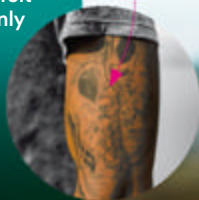
My first love was basketball. But there was this Turkey Trot half-miler I'd always win in school, so I knew I had running in me.

### FRONT RUNNER

When I learned the history of track, I discovered Johnny Gray [fastest 800 runner in U.S. history]. I respected that in every race he'd go to the front. That's what I try to do—go out and lead.

### IN INK

I have a tattoo of the Saucony Kinvaras I wore in the Olympics. There's no medal I can carry around, so I felt like this was the only way I could have that moment with me forever.



### RUNS IN THE FAMILY

Being a father is such a joy. I love it. My 1-year-old son, Liam, crawls as fast as I jog. I believe he'll have some speed in his legs.

### INSPIRATION

I travel with a toy monkey of Liam's so I feel like he's with me. I'm more motivated than ever to perform my best so I can provide for my family.



### CALL HIM "BANG"

My nickname says, I have the speed, I have the power. I put it out there, and it stuck (@Dbang800).

### BACK STORY

## DUANE SOLOMON

30, ORLANDO

The second-fastest 800-meter runner in U.S. history and reigning national champ is spending the spring prepping for a run at gold at the IAAF World Championships in Beijing in August. —NICK WELDON

### FREEMY

Nick Symmonds and I are cordial; it's a good rivalry. I won't go back and forth with him like it's a boxing match. On race day, I just do what I have to do.

### ALL OR NOTHING

I want to be the best in 2015. I feel like people are sleeping on me, and I'm gonna wake them up.



### OFF TRACK

#### ZOMBIE WATCHING

I'm a die-hard fan of *The Walking Dead*. I lose my mind when I have to wait for the new season to start.



#### SPLURGING

I think everybody can agree with me when I say that In-N-Out Burger is the best. I get a burger and vanilla shake.

#### MUSIC MIXING

I've done music production in my spare time. I've worked with indie, underground, not really well-known artists. It's something I could do later on.

#### MODELING

I had such a fun time doing the shoot for Saucony's Whoa! campaign (below). I had to keep making that "Whoa!" face for about an hour, and I had so much makeup on, it felt a little uncomfortable. But it's awesome that they are using real athletes and people recognize me from that.



PHOTOGRAPHS COURTESY OF IN-N-OUT BURGER (BURGER AND SHAKE)

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## Life & Times

BY TISH HAMILTON



### FRIEND IN DEED

After a devastating breakup, a running buddy helps navigate a fresh course.

**T**ap, tap, tap, on my left shoulder. I turned, and there was my friend, her smile big in the bright sunshine, her hair stiff with sweat, her face rimed with salt—as I’m sure mine was, too. We were coming up on mile 23 of the Boston Marathon; who knows how long she’d been chasing me down. The journey to this point had begun, depending on how you looked at it, either three-plus hours or three-plus years ago. I was both delighted to see her and, truth be told, a little dismayed.

“Hi, Friend,” she said.

If you’ve ever had a running buddy, you know how valuable she is. You don’t ignore the alarm clock when she’s meeting you on a dark and cold morning; the last miles of a long run aren’t as painful when you’re gossiping about your neighbors. But the talk isn’t always Botox and minivans. On a run, it’s easier to share embarrassing secrets and parse painful subjects because you’re not looking directly into someone’s eyes. Run with a good friend for many miles and eventually you’ll reveal something you’ve never told anyone, with the understanding that your secret is safe. What’s said on the run stays on the run.

All that aside, a truly good running friend is hard to find.

Which is what makes them so special. As with any successful relationship, much has to be compatible, starting with how far and how fast you both can run and—critical for all mothers—the time of day at which you both can get out. And, of course, the elusive factor in the equation: You have to simply like each other, especially when you’re meeting in the dark before coffee and spending up to three hours together on weekend long runs. The stars have to align.

Three years earlier, my marriage had fallen apart. My oldest friend (a runner, of course, but not the one in Boston) was away on a momentous trip to Hawaii to complete her quest to run a marathon in all 50 states. I was too upset to wrap my head around the time difference and whether she was running at that very minute, so I texted instead of calling. “Congratulations on your 50th state!” I typed and waited about two seconds, my hands shaking, before typing again. “I’m getting divorced.” (Imagine receiving that text. I’m still apologizing.)

Every divorcee will tell you how important friends are during the dissolution of her marriage. You lose a lot when you lose a partner, including the person with whom you’ve navigated every situation, big and small, at a time when you most need someone to help you steer your course. Move closer to work or stay in the current school district? Buy the house with the attached garage and 1970s cabin kitchen, or the newer kitchen but falling-down shed-garage? Queen bed or full? Decisions became paralyzing. Forward motion kept me going.

During this difficult time, I was lucky to have a collection of good friends to join me on healing runs. On my first solo beach vacation, a friend who truly prefers to run by herself came out with me in a torrential down- ➔



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## ASK MILES

He's been around the block a few times—  
and he's got answers.

→ pour. “Was that thunder?” A triathlete mom invited my daughter for a playdate so I could sneak in a six-miler. On a Sunday morning rail-to-trail run, while her husband minded our kids, my social worker friend let me complain about a therapist who'd advised me to keep my problems in perspective. “Think of all the people in India who don't have indoor plumbing,” the therapist had chirped, which irked me, given that the toilet in my new little house clogged so frequently I had to snake it after every poop.

**It was during** this maelstrom that I found myself folded into a pint-size chair in a conference with my daughter's first-grade teacher. I had just told her about our family situation, and I was trying not to cry. She took pity and changed the subject, saying: “You run marathons, right? There's a teacher on the first-grade team who runs marathons, too. You should get together!”

As it happens, the little house my daughter and I had moved into was about a half mile from the first-grade teacher who also ran marathons. “We should run together sometime!” we said when we saw each other in the school hallway or at the grocery store, until one of us—probably desperate me—finally said, “Okay, how about Saturday?”

The first few runs with a new buddy can be as awkward as a first date. You have to find your pace, your route, your rhythm. And quite frankly, I was intimidated. She was a popular teacher, after all, which is like being a local celebrity, with all the respect and scrutiny that the position commands. Tall and thin, with piercing blue eyes. And thanks to race results on the Internet, I knew she was younger and slightly faster than me.

At first, I was vulnerable, cautious, and unforthcoming. Honestly, it was a relief not to have a shared past that had to be dissected and revised. Unlike my other running friends, she and her husband hadn't known Ex, so we didn't have to worry about divided loyalties or feel rueful about not having him around anymore. A brand-new friendship allowed me to start the difficult



**I ran a half-marathon in 2:03, and there was a super-intense dude next to me who leaned across the finish. I know how precious seconds are, but c'mon. When is a lean appropriate?**

—Samir M., Philadelphia

It's appropriate when you're vying to break the tape—and that's it. A lean doesn't get you precious seconds. It gets you a fraction of a second, at best. This is assuming that your timing device is on your bib, and your bib is on your chest. If not, leaning is even sillier.

**A runner at my local track walks 100 yards backward after each lap. What on earth is she doing?**

—Kevin W., Quincy, Massachusetts

Maybe she's trying to take mileage off her internal odometer, à la Ferris and Cameron with that vintage Ferrari in *Ferris Bueller's Day Off*. Maybe she's doing performance art. But my best guess is that she's loosening up her hips or hamstrings. Walking backward can increase flexibility in these common tight spots. Smart move—even if it looks strange.

Have a question for Miles? E-mail him at [askmiles@runnersworld.com](mailto:askmiles@runnersworld.com) and follow [@askmiles](https://twitter.com/askmiles) on Twitter.

## MILES ASKS

**Is it ever okay to drop someone on a group run?**

**No! Leave no runner behind!**

@Inrbailey

**Only if you make sure they're not injured, they know the route, and they're cool with being dropped. Bottom line: Be nice!**

@DylanNelson

**I am the slow one. If I can't keep up, I expect to be left behind. 10 people not getting their workout in because of me? Not cool.**

@J\_Keegan

task of shaping an identity independent of the past, a process made more endurable with the tonic of a run.

Soon enough, Fast Teacher Friend—my nickname for her, which she objects to—and I settled into a routine of running once a week before school, on the morning my daughter was at her dad's house. Then we started adding

miles to a Saturday long run. Then we put a marathon on the calendar and trained together, gradually building up the miles, the conversations, the confidence.

Three years later, we meet up whenever our schedules mesh. We have a Friday loop, a Sunday loop. We leave our houses at an agreed-upon time, →

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# THE INTERSECTION

Where running and culture collide

## MOMENTOUS



When a photo of a snow shoveler clearing Boston's finish line goes viral, accused bomber Dzhokhar Tsarnaev's defense team cites it as an example of how the city is biased and unable to hold a fair trial.



Charleston Marathon's lead car takes a wrong turn, causing runners to tack on an extra .1918 mile.

Death Cab for Cutie frontman Ben Gibbard breaks wrist during 50-K: "I banana-peeled on a superslick bridge around mile 20. This will heal and I'll be back soon."



Boston champ Meb Keflezighi's Red Sox debut is featured in the 2015 Topps baseball card set "First Pitch," featuring ceremonial first pitches.

Juli Windsor, a dwarf who finished the Boston Marathon, is the subject of a new documentary, *Undaunted*.



The Pacers wear throwback uniforms called "Flo-Jos" for six games this spring. Florence Griffith Joyner designed the look for the NBA team in 1990.



Deena Kastor is named an executive producer of the film *Boston*, set for release before the 2016 Boston Marathon.



## STOP!

Tough Mudder launches Fruit Shoot Mini Mudder, an obstacle racecourse for 7- to 12-year-olds. Rings of fire (hopefully) not included.



A sub-2-hour marathon is run—via relay. A group of 105 Irish runners each ran 400 meters (plus an extra 200 meters) to total 26.2 miles around a track, averaging a 4:26-mile pace.



At the Army Track Invitational, five mascots raced in a 55-meter dash. Princeton's Tiger had such a lead, he had time to cartwheel across the finish before winning in 8.4 seconds.

A *New York Times* profile of Mark Helfrich notes that the University of Oregon football coach is a Pre fan, with photos of the track icon on his play sheets and outside his office.



From shirtless to shoeless? Matthew McConaughey is cast to star in the film adaptation of the best-selling book *Born to Run*.

Usain Bolt evaluates babies' ability to strike his "lightning bolt" pose. He comments on parents' Twitter submissions: "Perfect," "Sweet," "Epic," and "A natural."



## FRIVOLOUS



Airpnp, a toilet rental app, lets users pay to use strangers' private bathrooms. Cost is \$1 to \$100 per use, and customers can rate the facilities. Beware: Toilet owners can also rate users.



Stella Graf, RW video producer's 2-week-old daughter

and meet in the middle. And I can tell you there is no happier sight on a dark 10-degree morning at 5:30 than a smiling runner coming toward you, arms outstretched for a greeting hug—remember, she's a teacher. "I'm so glad to see you!" We notice each other's new shoes, compliment the cute top. The distance of the Saturday run depends on marathon training plans. We could do the 12-mile flat Swamp Loop (yes, please!) or the punishing hills of the 15-mile Jacob's Ladder (groan). One of us will drop Gatorade and water the night before. Negotiations begin Friday night, via text: "How far are we going tomorrow? What route should we run? What time can you start?"

Without my even noticing, she—and her family—gradually wove a tight web of support around my daughter and me that went way beyond running. She sent her husband over when the roof leaked, and when the pipes burst, and when the pull-out pantry cabinet fell off its track. They invited us over for afternoon BBQs and to her father-in-law's lake house in the summer. Her teenage kids gamely absorbed my younger-than-them daughter into their fold. My daughter and I were discussing our relationship with them one day, and she said they weren't exactly friends, they were more than that.

"They're family."

**Tap, tap, tap.** My pal greeting me at mile 23 of the Boston Marathon was a good one, a keeper. Willing, gracious, smart, funny: all the things you treasure in a friend and hope to give back to her. You'd think I'd be overjoyed to see the person who'd paced me through nearly every step of the way of the past three difficult years. So why did my heart sink, just a little?

This was our third marathon together, which fortuitously landed during spring break, so our families came along. We'd done every long run together in preparation—through a record-setting snowy winter—but we'd also readily agreed we'd each run our own races, as we had the previous two.

The race was huge for Boston—36,000 people—and the tempera-

ture a bright 67, though it felt hotter in the unshaded spring sun. Given our 11:00 a.m. start, we ran through the heat of the day. I kept my eye on my watch, trying not to get carried away on the early downhill miles, and stuck to my plan of sipping Gatorade every two miles. Along the way, a running-club acquaintance fell in step with me for a few miles, but I wasn't in the mood to chat about my recent history. Indeed, I was annoyed—a sign, in retrospect, that I was already getting dehydrated and cranky. Which is one of the reasons why when I saw Fast Teacher Friend on the other side of the course around the halfway mark, I didn't make the effort to cross the sea of runners to reach her.

So I passed her, but I was running scared as the sun beamed down through leafless spring trees. How long could I hold her off? In the first marathon we'd



**Tell us all about your best running friends!**

Join the conversation on Twitter using #RWFriend and by following @RWTish

too enthusiastically. If her pace was falling off, it was not falling off precipitously. I thought, *Wouldn't it be nice if I could keep up with her and finish the last three miles of the Boston Marathon together?*

Well, that would've been a nice story, but it didn't play out that way. I had nothing left, which is why my heart sank. She did, and she pulled away to finish a full three minutes ahead of me. In three miles. You don't have to be a teacher to do that math. *Ouch.*

After crossing the finish line, we wound our separate ways through Back Bay to our prearranged meeting spot in a hotel lobby to join our families, change clothes (no shower!), and make our way back to her car for the five-hour drive home. We both had to go to work the next day—though I thankfully didn't have to manage a class full of 6-year-olds. We stopped for sandwiches along the way, and bored our

**“Tish is just in front of you,” my friend’s husband told her at mile 23 of the marathon. “GO GET HER!”**

run together, she'd started and stayed ahead of me the whole time, as expected. The second one was hot and humid, and she suffered more than me, so I passed her around mile 18 and finished slightly ahead; both of our times were slower than hoped. This day was only growing warmer.

At mile 22 on the sidelines, I saw my daughter and Fast Teacher Friend's husband and kids. *Hello! Hello! Hello!* In their photos of me, which I'd see later, I look happy, if a little fried. But I could feel my pace falling off precipitously. I would also learn later that when she passed by our crew a few paces behind me, her husband had said, “Tish is just in front of you. GO GET HER!”

Hi, Friend! We ran about a half mile together to the next aid station, where we grabbed Gatorade to sip and water to pour on our heads. “How are you doing?” I asked. “Good!” she said, a little

families with our mile-by-mile race recap. We were gritty, sticky, exhilarated. We'd done it—together!—the Boston Marathon.

What comes next for me? I'm still not sure. When you spend more than 20 years with one person, it takes a while to figure out. But one thing I am quite sure of: As I keep moving forward, I am grateful for every shared mile—with the 50-stater, the triathlete, the social worker, the reluctant partner. And even if Fast Teacher Friend sprints—or shuffles—by me in the last miles of the next marathon, knowing she'll be there at the finish with a sweaty hug is comfort enough for now. 📖



Adapted from *Tales from Another Mother Runner: Triumphs, Trials, Tips, and Tricks from the Road*, edited by Dimity McDowell and Sarah Bowen Shea (Andrews McMeel Publishing).

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## The Newbie Chronicles

BY MARC PARENT



### THE HOME STRETCH

After six years, thousands of miles, and countless milestones, you are no longer a newbie. A look back—and forward.

I had been running only a few weeks and was at the point where in order to make it real, I had to tell other people what I was doing. Everyone I told turned his face up as if waiting for a punch line. I didn't look like someone who might start running. "I'm not joking," I had to say every time. "I'm running, I'm not joking," I told friends, family, mailmen, cash register ladies. Six months later, I told the editors of this magazine over a cheeseburger and encrusted salmon on baby greens (guess who had the burger) that I thought I could do a good column about my attempt to become a runner. I couldn't guarantee the results of the attempt, but I promised it would be interesting. We raised our glasses and at the sound of a clink, *The Newbie Chronicles* began.

When we parted, I jogged away and waved behind me. I wasn't in a hurry and had nowhere else to go, but jogging to a parked car after lunch was just the kind of thing a newly minted columnist for the country's premier running

magazine was supposed to do, I thought. I swung my arms wide and lifted my knees in what I imagined as a leaping, runnerly maneuver that would assure my new editors I was their man. By the middle of the second block, the cheeseburger was flapping against the top of my stomach and I was panting against tiny icicles glazing my windpipe. I thought that if I threw up because I had tried to run back to the car, we would all have to rethink what we had just agreed to. It hit me then that the tremendous opportunity to write a column only slightly outweighed the downside that in order to do so, I'd have to run, for real. Arching my back and pushing two fingers into a side-stitch, I thought, *I'll do this for a year—no more.*

That was over six years ago.

**My friend Anna** told me before I published my first nonfiction book, "People will accuse you of making it up. And then when you write fiction one day, they will all say it really happened." Early on in this column, I wrote about how hard running was for me. I was so explicit in that hardship that even my wife, Susan, doubted me. After one piece where I'd run my first really long run without eating or drinking anything beforehand and had to crawl back onto the porch, she asked, "Marc—you really had to crawl?" And in another installment where I wrote about digging down to keep going, she asked, "You really sang 'Ooga-chaka' out loud?" But I did much worse than crawl and sing Ooga-chaka (ooga-ooga). I was a newbie, and newbie runners do lots of stupid things. They experience failure, injure themselves, get brilliant ideas, eat more calories than they burn, wear the wrong shoes, feel ridiculous, and constantly teeter on the cusp of sticking it out or quitting—the most stupid thing many of us often do.

Because of those attributes, the newbie label can carry negative connotations. But I've always thought that the newbie designation, applied to running, should be worn like a badge of honor. With the exception of professional athletes who chase record-breaking goals with unimaginable sacrifice, no one is running harder than the

newbie. Regardless of how far or how fast he goes, no one is more exhausted, more courageous, or more determined in his most difficult run than the newbie is in his first mile. I've run distances that have put me through as much pain as any nonprofessional runner can experience and can honestly say no mile was ever more difficult, more painful, or more unlikely than my first.

At some point when I wasn't looking, though, running got easy. That's my dirty little secret. But it gets dirtier than that—today I enjoy running. Before my picture ran in the magazine, people I met were always surprised that I wasn't as fat and sloppy as they had always imagined. After running with serial marathoners for a running camp story, one of them leaned in and said in the hushed tone you would use to tell someone his zipper is open, "You know, you're a much better runner than you sound like in your column."

For a long time, I tried to believe I could stay a newbie in spir-

it, but at some point, doing so begins to disrespect the challenges that newbie runners endure. You don't get to call yourself a newbie unless running is very, very hard for you. I have plenty of hardship and lots more to say, but the perspective won't be that of a newbie.

Because there is nothing worse than the advice of a newbie, I've tried to resist the urge to offer any. I've hoped the bad example of my misguided efforts would provide at least a little direction. But since I've successfully made it from the couch to the road, let me leave you with this advice in the form of a promise: No matter how big and inactive you are, no matter how long-standing your hatred of running or exercise of any kind, if you give it a try and stick to it, the day will come when it no longer sucks, no longer feels like a crazy idea, no longer makes you want to die—when life itself no longer sucks, and you no longer feel like you're crazy. If you stick with running, the day will come when you'll want to live forever.

**Never stop hoping for more, expecting the best, pushing harder, and celebrating early and often.**



**What's your advice for a newbie?**

Join the conversation on Twitter using **#RWNewbie** and by following **@Newbiechronicle**

Always run as strong and as long and as fast as you can. Always be patient with injury. Always invite a nonrunner to join you, and don't forget to tell him how beautiful he looks running. Always look for running partners, but never tolerate anyone who makes you feel unworthy. Don't ever let yourself believe you've had a bad run. Cross into the far lane before the car passes you. Wave. Run with a dog. Buy running gear you want and don't need. Race. Do anything to keep running. Never stop hoping for more, expecting the best, celebrating early (and often!), pushing harder. And to those of you who started with me, I hope that you're still running. We're all so much better-looking than we once were. Thanks for getting out with me. It's been so tremendous.

Let's never, ever stop.

Rest easy, loyal readers: Marc Parent will continue to write for *Runner's World*. Soon we'll relaunch *The Newbie Chronicles* with a new runner-writer.



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## TRAIL BLAZER

"Forest Park is one of the largest urban forests in the country, and it's in my backyard," says **Gregory Gourdet**, executive chef at Departure Restaurant and Lounge in Portland, Oregon. "I train here all the time." That's no exaggeration: He runs 12 to 15 miles most weekday mornings before heading to his pan-Asian (and Paleo-influenced) restaurant at noon. Gourdet, who placed second in the most recent season of *Top Chef*, is training for his first 100-miler. He dedicates his weekends to long runs, tackling 30 miles one day and 20 the next, toting liquids, fuel, and BodyGlide in a Camelbak hydration system like the one on page 58. For more of what Gourdet eats, drinks, and cooks, see "Hungry for Change" (page 48).

# FAIR AND BALANCED

*Determine how many running (and rest) days you need each week to stay healthy and happy.*

By Cindy Kuzma

**FIGURING OUT HOW MANY** days to run per week often feels more complex than simple addition. For some athletes, four weekday runs plus one weekend run equals a fitter body and faster times. For others, lacing up more than three days a week yields stress that multiplies injury risk.

The right number of workouts each week depends on your running goals as well as your job, your kids, and other demands on your time. You need to find a balance, says Scott Murr, Ed.D., of the Furman Institute of Running and Scientific Training (FIRST). Jeff Gaudette, owner and head coach of RunnersConnect in Boston, agrees: "Make your running schedule fit around your life, rather than saying, 'Let's fit my life around this running schedule.'"

Here, some help finding a frequency that's right for you.


## ONE OR TWO DAYS PER WEEK

**WHO DOES IT?** Brand-new or recently injured runners, trauma surgeons with newborns (or others with similarly packed schedules)

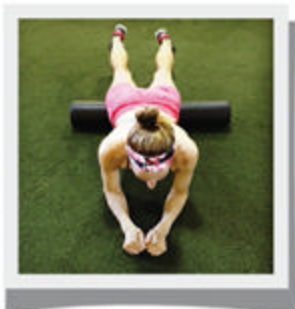
**WHY?** When you're just starting out, one or two one-mile jogs per week (rightly) feel like huge accomplishments, says Katie McGregor, two-time U.S.

10-K champion and a coach in Minnesota. Keep it up and you'll be able to handle more, provided you can clear the space on your calendar. Better yet: Start with three run-walks per week and build up from there.

**CONSIDER IT IF** The alternative is not running at all. Supplement with cross-training to boost your fitness and protect your overall health, McGregor says.



*Running (like this duo in Salt Lake City) is not your only workout option (above right).*



### THREE DAYS PER WEEK

**WHO DOES IT?** Triathletes, people who race shorter distances or not at all, or those who follow the FIRST Run Less, Run Faster plan

**WHY?** Lower-mileage runners should stick to this frequency so each run lasts at least 20 minutes, long enough to stimulate fitness-boosting changes in the cardiovascular system. Some, including Murr, argue that higher-mileage runners can also follow a three-day approach to train for long distances (including marathons). He and fellow researchers at FIRST advocate a plan that includes three quality runs plus cross-training each week to

prepare for distances from 5-K to the marathon.

**CONSIDER IT IF** Your weekly mileage totals less than 20, you have a history of injuries, or you like to run hard but you need a day or more to recover afterward.

### FOUR OR FIVE DAYS PER WEEK

**WHO DOES IT?** Most nonelite runners who've been at it for a while, those who log 30 to 50 miles per week

**WHY?** You can reap benefits of hard training—a stronger heart, more efficient usage of fuel and oxygen, and improved lung capacity—with ample time for recovery and a normal life. “Four to five is right in that sweet spot,” Gaudette says. Plus,

as your weekly mileage increases, distributing it across more days reduces your injury risk.

**CONSIDER IT IF** You already run three days per week, want to increase your fitness or mileage without adding too much extra running time each day, and aren't injured.

### SIX DAYS PER WEEK

**WHO DOES IT?** Advanced runners

**WHY?** If you have the time—and your body can handle it—your performance will probably improve if you run more often, Gaudette says. Younger runners often can absorb more run training with less recovery time, Murr says, while older runners may need more rest days.

**CONSIDER IT IF** You want to—and aren't limited by your schedule, injuries, or energy level. Also, if you're looking to log upward of 50 miles per week en route to a half or full marathon PR.

### SEVEN DAYS PER WEEK

**WHO DOES IT?** Streakers, elites

**WHY?** People whose bodies can handle this load—typically young athletes and pro runners—might run every day because they feel worse when they don't.

**CONSIDER IT IF** You have Olympic ambitions, no issues with injury, and a running compulsion. 🏃‍♂️

## FOLLOW THE LEADER

### Advice from the world's best runners

**TOM MCCORMACK**, 61, of Johnson City, Tennessee, the 2014 USA Track & Field Masters Male Athlete of the Year, set U.S. age-group records in the 5-K (16:58) and 12-K (42:55) last fall.

**LOAD EVOLUTION**  
“I'm running fewer miles at a faster pace—and racing shorter distances—than when I was younger. I think the emphasis on quality over quantity has made me less injury-prone and prolonged my career.”

**LIQUID SOLUTION**  
“In the last hour before all speed workouts and races, I soak my legs in hot water for 10 minutes in the bathtub or a spa tub. This lets me perform more smoothly and efficiently.”

**THE WORKOUT**  
“Once a week, I do a 50-minute spin class followed by a six-mile run at 6:15 mile pace or faster. It's a hard, approximately 90-minute effort that doesn't pound my legs the whole time.”  
—BOB COOPER

## Coach Jeff Gaudette explains how to add a running day to your weekly total.

**TIME IT RIGHT**  
Try it either in your off-season or early in a new training plan. “This gives you the most opportunity to experiment without ruining race-specific preparation,” Gaudette says.

**TEST IT**  
Start by adding a short, easy run—about half the distance of a typical easy day for you. Injuries, anxiety, or bad sleep should prompt a return to your previous schedule.

**ASSESS IT**  
After two to three weeks, the new frequency should seem normal. Maintain it if you feel good—scale back if you note signs of overtraining like stale legs, fatigue, or slow performances.

**STEP IT UP**  
Once you know that the extra day won't break you, add a mile every two weeks until you match your other easy days. Then, you can add in short bursts of faster running if you'd like.

**RACE PREP**

# UP TO SPEED

*The right warmup helps you finish any distance stronger and faster.*

BY EMILY ABBATE

*On race day, time your warmup so you finish as close to the starting gun as possible.*



**NEGLECTING TO** warm up on race day is like toeing the line in a pair of worn-out running shoes—you'll finish, but you won't run your best. That's because warming up prepares both body and mind for the task at hand. "It serves as a signal that you're about to become an athlete," says Chris Bennett, Nike+ Running Global Head Coach. "You're no longer at work or on the subway. You're about to put in an effort."

The warmup (which is also critical before hard workouts) increases your heart rate, body temperature, and bloodflow. Blood transports oxygen to working muscles more efficiently when it is warm, and a warm body can break down and utilize glucose better than a body at rest. Plus, some fast running can burn off nervous energy and help you focus.

Of course, how long you need to warm up depends on how fast and far you're planning to go—the faster and shorter you're running, the longer you need to warm up. Here's how to get it right, every time.

## ONE MILE

**THE WARMUP** Jog for about 25 minutes, then do five to eight strides (gradual accelerations from a jog to race pace over 80 to 90 meters). "You want to get your legs turning over faster and familiarize your body with the pace it's about to run," says Todd Weisse, head coach and founder of New York City's Williamsburg Track Club. He also

notes the importance of dynamic stretching. "The body needs elasticity when it runs, and moving stretches assist with that," says Weisse. "Your routine can include skips, walking toe touches, walking lunges, and leg swings."

**ALSO GOOD FOR** 100-meter to 400-meter sprint workouts

## 5-K/10-K

**THE WARMUP** Start with a 15-minute jog, then complete six to eight strides, starting at 200 meters (accelerating slowly and gradually to race pace) and working down to 50 meters (accelerating rapidly to race pace). This series will prime you to start strong, says Bennett. "When that gun goes off, you won't be shocked by what you are asking your body to do."

**ALSO GOOD FOR** 400-meter to one-mile repeat workouts

## HALF-MARATHON

**THE WARMUP** Do some light jogging for 10 to 15 minutes, then do two to four 200-meter strides, accelerating slowly until you reach your planned half-marathon race pace. Because the half-marathon is fairly long, you won't need to shoot off the line—you can ease into your goal pace over the first mile or two, Weisse says.

**ALSO GOOD FOR** Tempo runs

## MARATHON

Unless you're an elite athlete, you should skip the warmup before a marathon. Run the first couple of miles two to five percent slower than goal pace, then settle into the pace you're hoping to maintain.

**ALSO GOOD FOR** Long runs





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# THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY



*Tracks, grass, sidewalks, and packed-dirt trails all have a place in your running life.*



## You Asked Me Jeff answers your questions.

### How can I adjust my treadmill to prepare for road running?

Simulate the hills you'll find outdoors: Stay in the range of a one-percent decline and a three-percent incline, and change the grade every few minutes. Adjust your speed to simulate the uphill slowdowns and downhill accelerations you'll experience.

### Is it better to run on the sidewalk or the shoulder?

Though asphalt tends to be a bit softer than concrete, stick to the sidewalk if it's available. Shoulders are often slightly slanted, which can throw off your stride, and it's safer to be off the road.

## Fact or Fiction The softer the surface you run on, the less likely you are to get injured.

### FICTION

While it's true that your legs absorb fewer impact forces on soft surfaces, the softest ones (trails and grass) are also the most likely to have hidden uneven spots. Walk breaks can prevent stress injuries due to running on hard surfaces.

## GROUND ADVICE

*Run on different surfaces to stay healthy and have fun.*

➔ If you run on the same terrain every day, you're risking more than just boredom. Hard surfaces tax your muscles, joints, and bones, while soft ones leave your body unprepared for events like road races. It's best to vary where you run at least once per week. Take frequent walk breaks (20 to 60 seconds for every 10 to 20 seconds of running) as your body adapts, and mind these tips as you transition to...

### ROADS

Run facing traffic, choose roads with a sidewalk or wide shoulder, and leave at least one ear headphone-free to listen for danger. If you're running in the dark, wear reflective gear and lights. And if you're accustomed to the treadmill, expect changes in weather and terrain to slow you.

### TRAILS

Smooth crushed-gravel or wood-chip trails are best for beginners. If you're on a rougher trail, stay alert for potholes, roots, rocks, and slippery surfaces. Leaves and other debris may cover up obstacles, so walk through sections where there might be hidden challenges.

### TRACKS

For the most part, you'll be expected to run counter-clockwise, unless signs say otherwise. Leave the two inside lanes for faster runners, and move to the outer lanes to take walk breaks. Keep in mind that banked or slanted indoor tracks could stress your ankles or other joints.

### GRASS

If you have a history of ankle instability, stay away—grass covers up ruts and holes. If you don't, doing short runs on a smooth grass surface can help strengthen feet and legs. A short stretch on grass at the end of a normal road, trail, or track run is all you need to do to see benefits. 🏃

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## RACE AND RALLY

*Why do a hard workout after a finish line?*

➔ Galen Rupp's American indoor two-mile record of 8:07.41 was impressive, but it's what he did *after*—a tough interval session—that really raised eyebrows. Instead of taking days to recover, he took 15 minutes. Is this crazy, or the secret to his success? Before emulating the postrace workouts of Alberto Salazar's group, which includes Rupp and teen phenom Mary Cain, consider the pros and cons to determine whether they may work for you—and if you try them, keep these tips in mind.

### WHEN TO DO IT

There are two reasons to consider working out after a race. First, short midseason races are sometimes hard enough that you can't do another workout the next day or day after, but they don't cover enough distance to give you the same training stimulus as

a regular interval workout. Adding some intervals raises the total amount of hard running you've done that day, and gets you through it before delayed-onset muscle soreness from the race sets in. Then you can follow up with a few easy recovery days instead of rushing your next workout.

Second, the physical and emotional high of racing may leave you primed to push harder than you'd normally be able to. You'll still have elevated levels of adrenaline and other hormones coursing through your system, allowing you to dig deeper into fatigue.

### WHEN TO SKIP IT

The obvious risk with postrace workouts is that you'll overdo it and leave yourself overtrained or even injured. Avoid problems by following this rule: If the total distance of your warm-up, race, and cooldown adds up to or exceeds how far you'd run on an average day, don't add a workout.

The more subtle risk is that you'll unconsciously hold back in your race to

save energy. Ideally, a coach would tell you the workout only after you complete the race, with the details modified depending on how the race went. If you're coaching yourself, make sure you have the discipline to forget about the workout until after the race—and don't use workouts as punishment for bad races. If the race went poorly because you weren't feeling great, shorten or cancel the workout.

### ACTION PLAN

Take a 15- to 30-minute break after your race, including a jog to loosen up the legs. If a track isn't available, find a nearby park, trail, or road, and run by time instead of distance. In general, only plan postrace workouts after 5-K or shorter races. An exception: If you're training for a marathon, you could consider doing 100- or 200-meter strides after a 10-K race.

Steve Magness, a former assistant coach with Salazar's group, suggests doing workouts that provide a different challenge from the race you've just run. After a relatively long race like a 5-K, do short intervals; after a short race like a mile, do a tempo run.

The aim of a postrace workout is to build fitness toward a more important goal race. Galen Rupp's postrace workouts during the indoor season set the stage for an American outdoor record of 26:44.36 over 10,000 meters a few months later. Scrap the workout if your goal race is within the next month. **AW**



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**ASK THE EXPERTS**

**Which drills are best for power?**

Try fast skips—five rapid skips, three sets—and lunge jumps (three sets of four) after a warmup or an easy run two or three times per week. Rest one to two minutes between sets.

—*Jim Radcliffe is head strength and conditioning coach at the University of Oregon and coauthor of High-Powered Plyometrics: Second Edition (2015).*

**How does pushing my child in a stroller affect my running?**

Pushing 25 or so pounds of stroller plus the weight of your child will, of course, slow you down—by about 30 seconds per mile. But then when you do run or race solo, it will feel so much easier. Be mindful of your form: Don't hunch over the handlebar, and alternate pushing with your right and left hands so your other arm can maintain a pumping motion.

—*Rhonda McEntee, a mother of twins in Norfolk, Virginia, is an RRCA-certified online coach (therunningblonde.com).*

**How high does my weekly mileage need to be before I start speedwork?**

You should be logging at least 15 to 20 miles and three weekly runs. If you're not there, increase gradually. This "base," ideally accompanied by twice-weekly strength training, will allow you to begin speedwork with minimal injury risk. Still, ease in with a few weeks of midrun pace pick-ups (fartleks).

—*Claire Shorestein, R.D., is an RRCA-certified coach (thefightandflightresponse.com) at Manhattan's Physical Equilibrium (physeq.com).*



*Plyometric drills (like fast skips) boost speed, strength, and flexibility.*

**The Explainer**  
**Why are most women, on average, slower than men?**

At every distance up to the marathon, the gap between men's and women's world record times is nine to 10 percent—and it's a similar or even higher percentage among recreational runners. The cause: differences in body composition and function. "Faster men's times for 100 to 800 meters are mostly due to men, on average, having greater muscle mass—and a larger portion of it is fast-twitch, which allows them to generate greater force, speed, and anaerobically produced energy," says Chris Schwirian, a runner, triathlete, and exercise physiology lecturer at Ohio University. "At all distances beyond 800 meters, the main reason for the gap is men's higher aerobic capacity [VO<sub>2</sub> max], on average, which is due to their typically having less body fat, more hemoglobin and muscle mass, and larger hearts and lungs than women."

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THE RUNNER'S PANTRY

## A SWEET POUR

Olympic medalist and American marathon record holder **Deena Kastor** shares her favorite ways to use balsamic vinegar.

TRUE BALSAMIC VINEGAR, made from pressed Italian grapes, gets its dark color and sweet flavor from aging in barrels. The best are labeled “of Modena” or “of Reggio Emilia,” designating production in one of those regions in Italy. (Some U.S. balsamics are actually a blend of wine vinegar, grape juice, and coloring.) The good stuff is a staple in Deena Kastor’s kitchen. “I incorporate it into every meal,” says Kastor, who last fall set the masters world record in the women’s half-marathon. Research shows that balsamic vinegar may help stabilize blood sugar, reduce blood pressure, and lower the risk of hardening of the arteries. —YISHANE LEE

One teaspoon contains just five calories.

### BALSAMIC REDUCTION

“This goes great on grilled asparagus, spring frittatas, and garden-fresh greens. I drizzle it over vanilla ice cream with mixed berries for dessert.”

- 2 cups balsamic vinegar
- 1 tablespoon brown sugar
- 1 sprig rosemary

Place the vinegar, sugar, and rosemary in a saucepan over medium-high heat. Bring to a boil, then lower heat and simmer for 15 minutes, or until reduced by half. For a thicker glaze, continue simmering until it reaches desired consistency. Discard rosemary. Store reduction in an airtight container. Makes 1 cup.

### OIL AND VINEGAR BLEND

“This is an extraordinary dip for a fresh baguette. I also use it for salad dressing and marinades.”

- ½ cup extra-virgin olive oil
- ½ cup balsamic vinegar
- 2 cloves garlic, crushed and minced
- 2 teaspoons honey
- 1 teaspoon Dijon mustard
- 2 teaspoons rosemary, finely chopped
- 2 teaspoons thyme, finely chopped
- ½ teaspoon red pepper flakes

Add the oil to a bowl. Rapidly whisk the oil while slowly pouring in the vinegar. Add the garlic, honey, mustard, rosemary, thyme, and red pepper flakes. Mix well. Store in an airtight container on a counter. Makes about 1 cup.



*fig 1: Soba Noodle Bowl with Chicken*

An exotic blend of ingredients just waiting to be explored.

1: Soy-Miso Broth

2: Soba Noodles

3: Spinach



4: Chicken

5: Oversized Spoon

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NEW BROTH BOWLS**



# HUNGRY FOR CHANGE

*Chef Gregory Gourdet overcame addiction to become an ultrarunner. Now the recent Top Chef runner-up fuels his busy days with Paleo-inspired cuisine.*

By Yishane Lee



**A DECADE AGO**, a seemingly inexhaustible Gregory Gourdet followed long hours in some of New York City's top kitchens with long nights of partying, drinking, and drugs. Today, the recovering addict has found two healthier ways to harness his hard-charging energy: As executive chef at Departure Restaurant and Lounge, in Portland, Oregon, he crafts health-conscious, innovative cuisine, which he showcased on the most recent season of *Top Chef*, where he finished in second place. And he runs—a lot.

Gourdet's road from addict to ultrarunner wasn't smooth. In 2007, after nearly losing his job because of his drug use, he moved home with his parents in Queens, New York, and started outpatient rehab while working part-time. "I had nothing to do all day," says Gourdet, 39, "so I ran two miles to a park. It hurt." But the change didn't last. He soon quit rehab for a job in San Diego and then Portland, and relapsed into drinking and drug abuse. "After a few months, I realized I had to stop lying to myself about what control I had over my life," he says. "So I joined AA. And I attacked the gym."

Gourdet trained for a 10-K, then a half-marathon, and took up CrossFit and Bikram yoga. "Running →

Gourdet often serves Paleo, gluten-free, and vegan dishes at Departure Restaurant and Lounge (above and inset), in Portland, Oregon.

**Caveman Swaps**  
Gourdet's dietary choices means he eats no dairy and very few grains.



**NO Spaghetti**  
**YES Rice noodles**

"They come in lots of cuts and cook faster than pasta. I eat white rice, which is gluten-free, for carbs, too."



**NO Milk**  
**YES Coconut milk**

"For cooking, it's the richest and most versatile milk alternative. I also like almond, hemp, and rice milk."



**NO Yogurt**  
**YES Coconut yogurt**

"Delicious and dairy-free, it comes in all the same flavors as dairy. It's also very easy to make at home."



**NO Quinoa and oats**  
**YES Seeds and nuts**

"Chia, sunflower, and sesame seeds and nuts add texture and depth to dishes and provide healthy fats."

PHOTOGRAPHS BY MITCH MANDEL (NOODLES, MILK, YOGURT), MATT RAINEY (CASHEWS)

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➔ became my outlet,” he says. “It was the perfect thing to do at night after work in my first few months of sobriety while everyone else went to the bar.” He ran his first marathon in Seattle in 2009. “I felt for the first time that I had worked really hard at something to make up for my past, to separate myself from the person I used to be. At mile 23, when I knew I would be able to finish, I broke into tears of gratitude and joy.” A year later he set a marathon PR of 3:40 and completed his first ultra, a 50-K—in the same week.

At the same time, Gourdet changed what he ate, at the suggestion of his trainer. He started a modified Paleo diet, giving up most grains, dairy, processed foods, and refined sugars. “It’s not enough for food to be delicious,” says Gourdet. “It also has to be good for you.” His style—influenced by Paleo, his Haitian background, and his experience at high-end



Gourdet trains for his spring ultras on trails in Portland’s Forest Park (left, and bottom left).



2

## Snacks for the (Really) Long Haul

### How a wheat-free ultrarunner tops his tank

#### PRERUN

**SB&J (1)**  
“Sunflower butter and jam on gluten-free bread.”



1

**BANANA AND SPOONFULS OF NUT BUTTER**  
“For shorter runs.”

**GLUTEN-FREE TOASTER WAFFLES WITH NUT BUTTER AND COCONUT OIL**  
“The fat helps me stay fuller for longer runs.”



**DATES**  
“A great source of carbs and quick energy.”

**FRIED-EGG SANDWICH**  
“I fry the egg in olive oil and use gluten-free bread.”

#### MIDRUN

**BOGG’S TRAIL BUTTER (2)**  
“It’s my favorite running fuel. It’s a locally made blend of nuts that’s high in fat and flavor and sustains great on long runs.”

**ORGANIC FOOD BAR**  
“I always have one in my Camelbak. I precut the bar so it’s ready to eat in case my fingers are numb from cold or fatigue.”

#### POSTRUN

**VEGA PROTEIN POWDER SMOOTHIE**  
“Always with banana and a milk alternative plus whatever fruit is lying around. I add fresh ginger and

nuts to my protein shakes for extra calories and flavor.”

**BAKED FISH IN OLIVE OIL**  
“Fish is a simple, clean protein. I use whatever is fresh. Salmon and cod are delicious. I add togarashi, the Japanese chili blend, for flavor.”

**FRIED EGGS WITH ONIONS AND CHILIES (3)**  
“Eggs are a quick, flavorful protein and fat source. I have this over sliced avocado and sautéed greens.”

**“DIRTY” MASHED POTATOES**  
“Skin-on potatoes cooked with coconut milk, onions, and jalapeño, mashed with tons of olive oil for a very comforting carb reload.”

**CHIPS AND AVOCADO DIP**  
“I always want salt and fat after a long run. Mash an avocado with sea salt, olive oil, and your favorite hot sauce, and dip away!”

Asian restaurants—caught the attention of Bravo’s *Top Chef* producers, who cast him in season 12 of the hit show, set in Boston.

Summer is the busy season at Departure, so Gourdet front-loads his spring calendar with ultras. This year he’ll run the Gorge Waterfalls 100-K in March and the Peterson Ridge Rumble 40-Miler in April. They’re “tune-ups” for the Bryce 100-Miler in Utah in June, which will fulfill his goal of completing a 100-miler before turning 40 in July. “As a trail runner, I can literally climb mountains, and that thrill and significance has been amazing to behold,” says Gourdet. “I really just try to stay outside in nature and run as long and far as my legs let me. I’ve gone farther than I ever thought possible.”



3





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## SECRET INGREDIENTS

Many runners fall short on under-the-radar nutrients essential for performance. Here's how to eat what you need.

### FOR HEALTHY BONES

**GET MORE** Magnesium

**EAT IT** Swiss chard, tofu, cashews

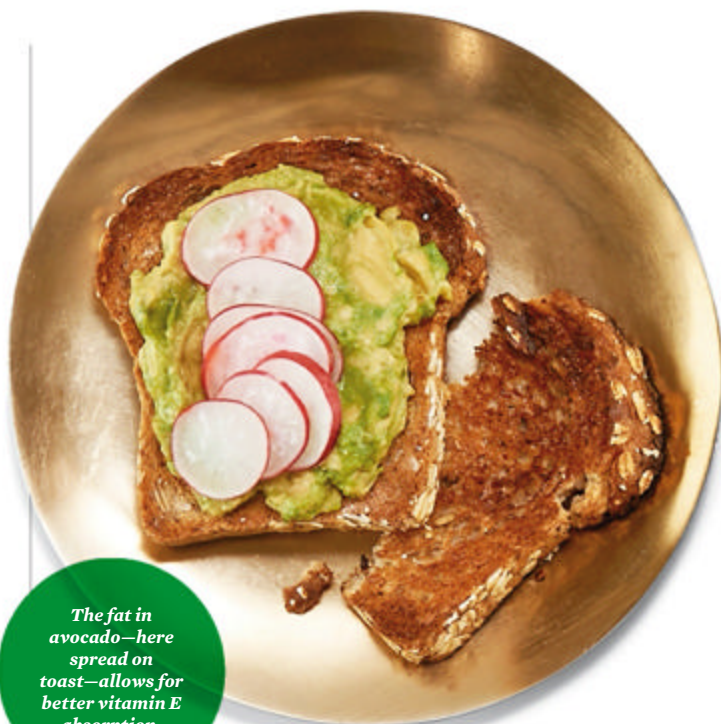
This mineral plays a crucial role in processing carbs and fats for fuel, and supports bone health. Studies show many runners and nonrunners alike have marginal magnesium intake. Eating refined grains (which lack the mineral) can contribute to the problem. Drinking alcohol routinely also leads to magnesium loss. Studies show that lifelong low magnesium levels may increase risk for poor bone health, heart disease, and high blood pressure.



*The chlorophyll pigments in dark leafy greens, such as Swiss chard and kale, are high in magnesium.*



*Add ½ cup tofu and 1 ounce cashews to a stir-fry for 30 percent of your daily magnesium need.*



*The fat in avocado—here spread on toast—allows for better vitamin E absorption.*

### FOR LUNG AND MUSCLE REPAIR

**GET MORE** Vitamin E

**EAT IT** Almonds, frozen spinach, avocado

Vitamin E acts as a potent antioxidant that protects cells (particularly lung and muscle cells) from microscopic oxidative damage that occurs during intense exercise. The key is to get the vitamin from whole food sources—not from supplements, which do not appear to offer the same protection and can be harmful in large doses.



*Per ½ cup, frozen spinach provides more vitamin E than fresh leaves.*



*An ounce of almonds (23 nuts) packs 37 percent of your daily vitamin E need.*

## FOR MUSCLE MOVEMENT

### GET MORE Choline

#### EAT IT Eggs, bison, peanuts

Choline helps relay information from your brain and nerves to your muscles, letting them know to contract. Some research suggests that endurance training and intense running may deplete choline levels and potentially contribute to fatigue. Your body makes some choline, but eating foods that contain it can help keep your levels high (avoid supplements, which may cause GI distress).



*Eat a handful of peanuts or a spoonful of PB for a midday snack.*

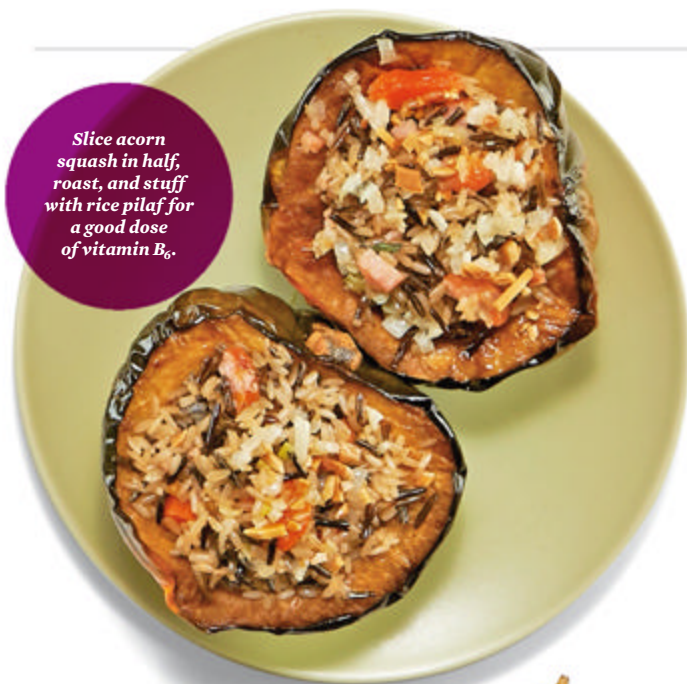


*Egg yolks are one of the richest dietary sources of choline.*



*Three ounces of ground bison, which is a leaner choice than beef, provides 83 mg of choline.*

*Slice acorn squash in half, roast, and stuff with rice pilaf for a good dose of vitamin B<sub>6</sub>.*



## FOR PROTEIN PROCESSING

### GET MORE Vitamin B<sub>6</sub>

#### EAT IT Bananas, chicken, acorn squash

When your training increases in intensity and your protein needs go up, so does your need for vitamin B<sub>6</sub>. This nutrient helps clear potentially harmful protein by-products, such as homocysteine. Researchers have noticed that levels of this compound rapidly increase after hard runs, such as marathons. Homocysteine damages blood vessel walls and may be partially to blame for some sudden cardiac events seen in runners.



*One banana packs 22 percent of your daily vitamin B<sub>6</sub> need.*



*Use leftover grilled chicken in salads, sandwiches, or soup.*

## FOR STRONG JOINTS

### GET MORE Copper

#### EAT IT Clams, sunflower seeds, beans

Copper plays a role in forming collagen, a component of connective tissue. It also promotes healthy red blood cells and helps prevent anemia. Runners who take iron or zinc are prone to copper deficiency because high amounts of either mineral block copper absorption.

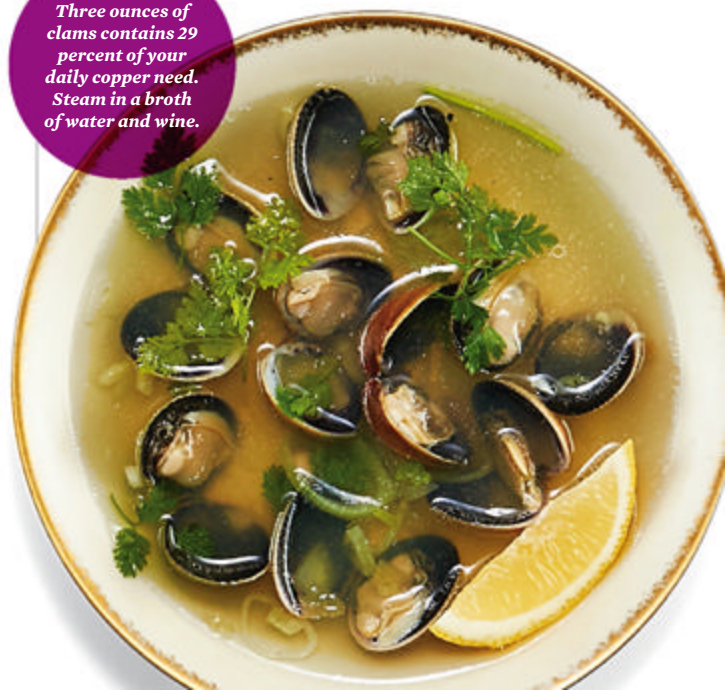


*An ounce of sunflower seeds provides a quarter of your daily need.*



*Aim for at least five servings of beans or lentils per week.*

*Three ounces of clams contains 29 percent of your daily copper need. Steam in a broth of water and wine.*



THE BODY SHOP

# WHAT YOUR KNEES NEED

A top sports doc on how to keep a commonly injured joint healthy

By Jordan Metz, M.D.

**WHY DO YOU RUN?** Because it feels good. Because it relieves stress. Because it enables you to eat pie. I get that, because running is also important to me. I'm a 32-time marathoner and 12-time Ironman triathlete who knows it's hell to be injured. It's the reason I became a sports doc. Ripping my ACL playing soccer in med school was devastating, but it was the single most important event to influence my work. It's what drives me to help my patients. If you spend a day in my office, you will see plenty of runners with achy knees. Many are freaked out: *Can I still run? Will I have to switch to swimming?* Thankfully, most knee injuries won't keep you off the road for long. Here's what you need to know about the most common knee injuries.

## 1234

### RUNNER'S KNEE

#### What's Going On?

When the patella moves out of alignment during running, the cartilage beneath it becomes irritated.

#### TREAT IT

- ▶ Reduce mileage. Cross-train with activities that don't aggravate your knee.
- ▶ Apply ice for 15 minutes five times a day.
- ▶ Take an anti-inflammatory.
- ▶ Foam roll your quads.
- ▶ If pain continues, see a doctor.

#### PREVENT IT

- ▶ Strength-train (see page 56).
- ▶ Foam roll daily.
- ▶ Shortening your stride can take pressure off your knees. Aim for 170 to 180 footsteps per minute.

**Where Does It Hurt?**  
 Pain underneath your kneecap that tends to feel the worst after running and when you go up or down stairs.

---

DIAGNOSIS ▶ RUNNER'S KNEE (1)

**Where Does It Hurt?**  
 Pain below your kneecap and at the top of your shin that sharpens during running. Also hurts when going up or down stairs.

---

DIAGNOSIS ▶ PATELLAR TENDINITIS (2)

## 1234

### PATELLAR TENDINITIS

#### What's Going On?

The force placed on the knee during running can sometimes put too much strain on the patellar tendon.

#### TREAT IT

- ▶ Stop running until you can do so pain-free; cross-train instead.
- ▶ Apply ice for 15 minutes five times a day.
- ▶ A patellar tendon strap can reduce pain.
- ▶ If you don't improve, see a doctor.

#### PREVENT IT

- ▶ Strength-train (see page 56).
- ▶ Stretch your quads and hamstrings.
- ▶ Foam roll daily.



Adapted from *Running Strong: The Sports Doctor's Complete Guide to Injury-Free Running for Life*, by Jordan Metz, M.D. This book includes video links that take you right into Dr. Metz's office. Download the app Blipper on your smartphone, scan book pages that have this icon (see far left), and a video will appear on your phone. Blipp this magazine page, too, to get more info about knee pain.



**Where Does it Hurt?**  
Pain, swelling, and stiffness throughout your knee during running and everyday activities.

DIAGNOSIS ▶ OSTEOARTHRITIS (4)

# 1234

## OSTEOARTHRITIS

**What's Going On?**  
The wearing out of hyaline cartilage (lining of the joint), leaves bone to grind on bone.

- TREAT IT**
- ▶ Keep moving. Activity keeps joints lubricated.
  - ▶ Take an anti-inflammatory.
  - ▶ Strength-train (see page 56).
  - ▶ Run on soft surfaces.
  - ▶ See a doctor.
- PREVENT IT**
- ▶ Strength-train.

**Where Does It Hurt?**  
Pain on the outside of your knee. It usually comes on five minutes into a run and then subsides after you're done. Normal daily activities don't irritate it.

DIAGNOSIS ▶ ILIOTIBIAL-BAND SYNDROME (3)

# 1234

## ILIOTIBIAL-BAND SYNDROME

**What's Going On?**  
The iliotibial band (ITB) runs from your hip to your knee, crossing the knee joint. A fluid-filled sac called the bursa sits between the ITB and the

outside of your femur near your knee. When the ITB is tight, the bursa gets squeezed, causing pain.

- TREAT IT**
- ▶ You can run unless pain forces a change in your form. Reduce your mileage and cross-train.
  - ▶ Foam roll your ITB—on the soft part of your outer

- thigh, not on the hip bone. This will be uncomfortable.
  - ▶ If you overpronate, wear motion-control shoes.
  - ▶ See a doctor if it persists.
- PREVENT IT**
- ▶ Strong glute and core muscles are key (see page 56).
  - ▶ Foam roll your ITB daily.
  - ▶ A shorter, quicker stride can help. Aim for 170 to 180 footstrikes per minute.

The exercises on page 56 will help you prevent and treat knee injuries. ➔

# STRONG IN THE KNEES

*Dr. Metz's strength plan to keep your vulnerable joints healthy*

**MY PRESCRIPTION PLAN** for pain-free knees: strength training. Your feet, lower legs, knees, thighs, hips, lower back, core, and arms are all part of your running kinetic chain, and when one link isn't working, the repercussions can be felt all the way up or down the chain. Strong quads will help stabilize your knee, and strong hips, glutes, and core muscles prevent your hip from dropping and your knee from caving in. Doing these exercises twice a week (or more if you are injury-prone) will keep your knees—and the rest of your body—in proper working order.



## JUMP SQUAT

Extend your arms in front of you. Squat down, pushing your butt back. Explode up as high as you can and land softly. Maintain good anatomical position and keep the motion controlled, landing softly. Do 4 sets of 15.



## WALKING LUNGE

Step forward and lunge down. Then bring your back foot forward and swing it in front, lunging with that leg. Continue lunging forward, alternating legs. Do 3 sets of 15 reps, counting right and left together as 1 rep.



## LOW SIDE-TO-SIDE LUNGE

Clasp your hands and shift your weight to your left leg and lower your body, bending your left knee and pushing your butt back. Without raising yourself all the way to standing, shift to the right. Alternate back and forth for 15 reps on each side. Do 3 sets.



## MOUNTAIN CLIMBERS

Get into a push-up position. Bring your right knee in, then extend it back. Bring your left knee in, then back. Alternate legs and move as fast as you can while maintaining good form. Do 3 sets of 15 reps, counting right and left together as 1 rep.



## LATERAL BAND WALKS

Place a resistance band around your thighs. Keeping your feet apart so there's tension on the band, take 20 steps to the left. Then side-step back. Do 3 sets.



## REVERSE HIP RAISE

Lie facedown on a stability ball (or bench). Keeping your legs nearly straight, lift your hips and legs until they are in line with your torso. Squeeze your glutes and pause. Lower to the starting position. Do 3 sets of 15 reps.



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---

*forever west.*

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## PORTABLE POTABLES

Running for an hour-plus? Carry fluids—your way.

By Jonathan Beverly

**1 / FITLETIC QUENCH RETRACTABLE HYDRATION BELT | \$49**

Two retractable pockets unfold to carry bottles. Toggles for a bib mean you can race with it.

**2 / SALOMON S-LAB SENSE SET | \$120**

A light vest made of breathable mesh keeps you cool, while two collapsible water flasks in front pockets let you lean in to sip.

**3 / MOUNTAINSMITH DART TLS LUMBAR BELT | \$35**

The classically styled Dart TLS (Technical Lumbar System) secures your bottle low, stable, and angled for easy retrieval.

**4 / AVEZ BRAZOS AUTOSEAL STAINLESS WATER BOTTLE | \$30**

This 24-ounce stainless steel Avex bottle has a spill-proof system that lets you take a sip with a one-handed squeeze.

**5 / SALOMON PARK HYDRO HANDSET | \$42**

The soft-sided 18-ounce flask collapses as you drink, while the stretchy glove/strap system has small pockets to hold stuff.

**6 / CAMELBAK CIRCUIT VEST | \$85**

Camelbak's lightest pack holds 1.5 liters with a tube and bite valve. Mesh panels allow the reservoir to cool your back.

**7 / NATHAN SPEED DRAW PLUS INSULATED | \$35**

This ergonomically shaped, insulated, reflective (!) 18-ounce bottle comes with an adjustable hand strap and a big pocket.

**8 / FUELBELT HELIUM H30 | \$52**

A foam belt distributes three 7-ounce bottles around your waist. Its plastic holsters provide easy yet secure access.



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**IT AIN'T (JUST)  
THE CALORIES,**

**IT'S THE  
CONVENIENCE.**



**TO LOSE WEIGHT  
(AND KEEP IT OFF)  
YOU NEED TO  
DROP THE REMOTE  
AND MOVE.**

**SO STAND.  
STRETCH.  
WALK. AND RUN.  
AND THEN, RUN  
SOME MORE.**



**A  
WEIGHT-LOSS  
MANIFESTO**

---

**BY  
AMBY  
BURFOOT**

**PHOTOGRAPHS BY  
ANAIS & DAX**

**ILLUSTRATIONS BY  
MARK MATCHO**



We live in a culture obsessed with food. It's everywhere. Buildings formerly known as "gas stations" now tantalize customers with racks of junk food. On the same block, you can order stay-seated-on-your-tush fast food from your car. In every direction, you'll encounter Big Gulps, super sizes, and Extra Value Meals—more for less. But always more.

Health experts have a name for this environment: obesogenic. It's when food advertising, sedentary lifestyles, and often poverty conspire in a perfect storm to make us gain weight. And it works: More than two-thirds of adults in the United States are overweight or obese. Healthcare economists put the public toll of our expanding waistlines at nearly \$210 billion per year, 21 percent of all health-care spending.

And that's just the tip of the iceberg. Some experts predict that soaring rates of diabetes and other weight-related ills could crater the U.S. economy by 2030. Worldwide, the McKinsey Global Institute places obesity directly behind smoking and war as the planet's most expensive bad habits—about \$2 trillion per year.

Kinda tempts you to scream: "C'mon people! Quit shoveling down the calories!"

Except calorie reduction is not the answer. In fact, there's scant evidence that gluttony is our problem. Convincing data point to the other side of the calories in/calories out equation—physical activity. We're not eating too much, we're moving too little.

**LAST FALL**, determined to cut through the swirls of confusion surrounding the root causes of obesity, I read a half-dozen metabolism tomes and about 100 research papers on exercise, nutrition, and obesity. When my research was complete, I booked a flight to the Pennington Biomedical Research Center in Baton Rouge, Louisiana. The center has a worldwide reputation for its all-star faculty and meticulous studies.

My first day began at 6 a.m. when

Pennington's executive director, Will Cefalu, M.D., met me for a pitch-black run around the research campus. Cefalu is a short, soft-spoken diabetes expert with a smooth stride who had, just 36 hours earlier, run Pennington's first Doc's Dash 5-K. "Obesity is at the epicenter of the metabolic diseases, including diabetes, high blood pressure, and heart disease," he says. "That makes it a huge area of interest to all of us here."

After a quick shower and breakfast, I fiddled nervously before my first interview. For the last five years, I've been referring to Eric Ravussin, Ph.D., as "Public Enemy #1," even though I've never met him. He's a metabolism expert, who in 2009 told *Time* magazine: "In general, for weight loss, exercise is pretty useless."

Ravussin is not alone in his thinking. Among obesity experts, it's a nearly universal belief: Exercise is not a great tool for weight loss. Still, I secretly hoped that Ravussin would be asthmatic and wide as a piano bench. He's not. He's a spry 64-year-old with a lively glint in his eyes. That day, however, he hobbled

toward me, one leg dragging behind the other. Even before we could greet each other, he offered an explanation. "I pulled a calf muscle at the two-mile mark of the Doc's Dash on Saturday," he says. "It was so bad I had to stop."

Hmmm, maybe I should re-evaluate his bad-guy status. An injured runner? Sounds honorable to me. Moments later, Ravussin was regaling me with stories about his track days in Switzerland. Ravussin, it turns out, is actually a big fan of running and exercise. "Exercise is great for your metabolic health, and for your weight maintenance down the road," he tells me.

However, he won't back off his *Time* statement. "Exercise isn't very useful for weight loss," he says. "You just can't burn enough calories—not as many as you can eliminate by diet."

This fact is illustrated in a popular YouTube video. One guy is running hard on a treadmill while his sidekick downs thick slices of pizza. Both count calories aloud. "That's five calories burned," pants the runner. A few moments pass: "That's 10 calories." Meanwhile, after

OPENING SPREAD: STYLIST: SAMANTHA BAKER; HAIR/MAKEUP: NICOLE SERVIN/OK ARTISTS; CLOTHING: NEW BALANCE SHORTS AND BRA TOP; ADIDAS TANK; MIZUNO SHOES; THIS PAGE: SAUCONY TANK (MAN)

## SEVEN STEPS TO STAYING SLIM AND HEALTHY



### 1. HIT THE SCALE

Most Americans gain two pounds per year in midlife; even runners gain 3.3 pounds per decade, reports the National Runners' Health Study. It's easier to keep weight off than to lose it, so successful losers from the National Weight Control Registry weigh themselves often to spot pound creep, then take action.



### 2. RUN AN EXTRA MILE (OR 10 TO 15 MINUTES)

It's a surefire way to increase your weekly calories out. Do it by adding a half-mile warmup and cooldown to every run, or simply by taking more walk breaks to increase the time on your feet.

each swallow, his friend crows: “That’s one hundred calories, that’s two hundred, that’s three hundred, that’s...”

The video is true to a point: We can consume calories faster than we can burn them. But diets don’t work; they have a failure rate of 80 to 90 percent. It’s not because people can’t lose weight on them; it’s because they can’t stop the pounds from creeping back. As the researchers like to say: “Anyone can lose weight, but few can keep the weight off.”

So okay, exercise doesn’t work. Diets don’t work. What, pray tell, does? The answer might be a thing called energy flux, where the secret is to move (read: run) *more*.

**ENERGY FLUX** is a new term for an old hypothesis. In the early 1950s, Harvard nutrition professor Jean Mayer, Ph.D., investigated the diet, exercise, and weight of 213 male laborers at the Ludlow Jute Company in West Bengal. The workers were divided into five groups according to the physical demands of their jobs: from sedentary (1), to light work (2), all the way up to “very heavy” work (5).

Mayer’s results, published in 1956 by *The American Journal of Clinical Nutrition*, showed workers in groups 2 through 5 weighed about the same. These men somehow achieved a natural balance between calories in and calories out. The content of their diets didn’t matter—what mattered was they ate just enough to satisfy their needs. Their weight remained healthy.

The sedentary workers in group 1 found no such balance. Despite sitting all day, they ate more than they needed, and grew fatter than the others.

Mayer deduced that humans have evolved to exercise a certain amount every day. When we do, all is well. A balanced body tells us how much to eat, just as it tells us how much to drink.

Unfortunately, the weight-control system appears to malfunction without daily exercise. When you sit most of the day, everything falls apart. “In his hundreds of thousands of years of evolution, man did not have any opportunity for sedentary life except very recently,” Mayer wrote. “An inactive life for man is as recent (and as abnormal) as caging

is for an animal. In this light, it is not surprising that some of the usual [metabolic] adjustment mechanisms would prove inadequate.”

As obesity specialists have struggled to explain the failure of diets, they have increasingly championed Mayer’s work, referring to it now as the energy flux hypothesis. The hypothesis says: Don’t focus on reducing the number of calories you eat, or calories in. Focus instead on increasing the number of calories you burn, or calories out (by, of course, running more). In doing so, your body will find an ideal balance point that naturally promotes weight loss and will help you maintain a healthy weight.

James O. Hill, Ph.D., has spent 30 years in the exercise and obesity field. Back in 1994, Hill cofounded the National Weight Control Registry, and he’s been tracking successful long-term weight losers ever since. On average, registry members have lost 66 pounds, and kept it off for more than five years. There is considerable variety among them, but most follow a low-fat, low-calorie diet. They also exercise a



### 3. ADD FUN TO YOUR RUN

Researchers found runners who rated their race as fun were more likely to choose a healthy bar over a chocolate bar when offered a post-event snack. The expert take? “Listening to music during a run or watching a video [on] a treadmill may be more related to weight-loss success than previously thought.”

### 4. GO LIGHT ON THE REFUEL

After you run, drink water and maybe eat a little fruit. And that’s it. Otherwise, you’re likely to go overboard. “Most people are very bad at estimating how many calories they consume,” notes Pennington’s Leanne Redman, Ph.D. “You have to be careful not to over-reward yourself after a workout.”

### 5. STRENGTH-TRAIN

Your metabolism slows with age in large part because you lose muscle mass. Muscle itself doesn’t burn many more calories, despite common thinking. But it keeps you moving, and movement burns calories.



lot—more than an hour a day in many cases, which has led Hill to conclude that exercise represents the best way forward. “We believe that those who rely more on increasing physical activity than food restriction will be more successful in long-term weight-loss maintenance,” he wrote in a 2006 analysis for *Endocrine Reviews*.

In a 2014 review of energy flux, epidemiologists Gregory Hand and Steven Blair agreed with others that exercise only slightly improved weight-loss results. In their paper in *European Endocrinology*, they noted that exercise nevertheless has an even more important health benefit: It has a profoundly positive effect on visceral fat and insulin sensitivity, two of the most important markers of metabolic well-being. “Energy flux, therefore, has an impact not only on weight change, but also on general health,” they wrote. “An understanding of energy flux is crucial to the design of interventions to combat obesity. In fact, high energy flux appears to be an optimal strategy for maintaining weight while improving metabolic strategies.”

In short, according to the energy flux theory, we shouldn't cut calories. Rather,

we runners should increase total calorie turnover—calories in and calories out—to help our body find its balance point.

**TO UNDERSTAND** why our future depends on moving more, consider our past. Specifically, the evolution—over 2 million years of human history—of the “work day,” the roughly nine hours when humans scratch out a living. For 99.5 percent of those 2 million years, work (aka survival) meant hunting and gathering. Ten thousand years ago, we switched to subsistence farming; about 200 years ago, to industrial labor. A mere 35 to 40 years ago, we entered the digital age, and nothing will ever be the same. Now everything happens faster, we are all interconnected, and there's little reason to get up and move.

To a physicist, work is Force x Distance. Movement must happen, and it can be measured in calories burned. As hunter-gatherers, then as farmers, then as laborers, we burned lots of calories. Today we don't. It's inaccurate to say that we “go to work.” In fact, we go to sit. We are not office workers; we are office sitters.

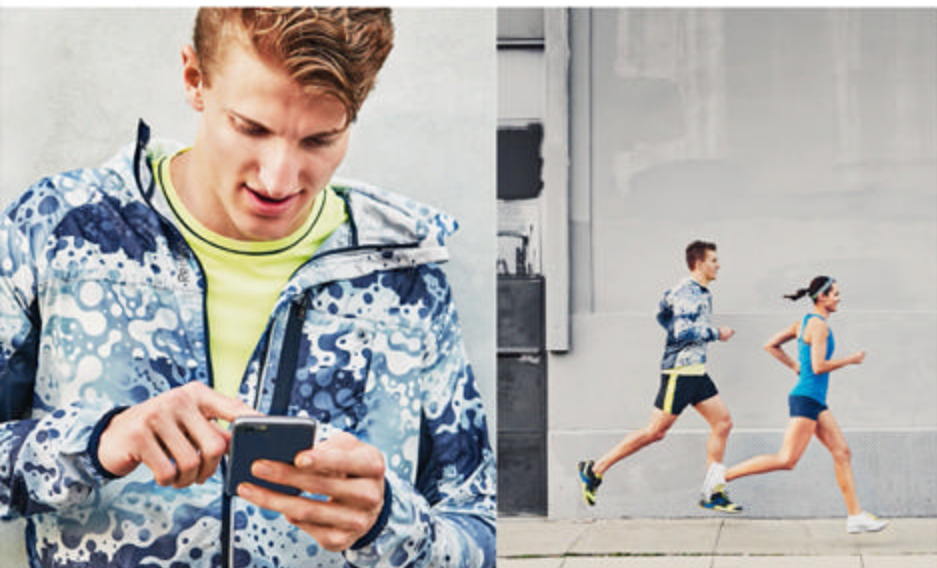
As a result, we burn far fewer calories

during the work day than our ancestors did. Let's do the math. Physiologists measure relative work with a unit called the MET. When you are sitting, you expend 1 MET per hour, when walking slowly, 3 METs, when running slowly, 7 METs. Between sitting in the car, in meetings, and in front of the computer, the typical office person expends about 1.5 METs per hour.

It's safe to assume our forebears expended at least another MET per hour doing their real-work labor. What's the calorie out difference of one additional MET per hour over a 10-hour period? If you weigh 170 pounds, it's 765 calories. If you weigh 140, it's 630 calories. That's a lot of daily calories your grandparents burned that you don't. To compensate for your office “work,” you'd have to run about six miles every day.

Researchers have only recently begun scrutinizing the data around daytime calorie burn. In 2011, Pennington's Timothy Church, M.D., M.P.H., Ph.D., found that U.S. private industry jobs now require 142 fewer calories per day than they did 50 years ago. Church and colleagues, many from Pennington, also determined that this drop in calories out explained 88 percent of the national weight gain over the four-plus decades. In 2013, Edward Archer, Ph.D., then from the University of South Carolina, showed that mothers of young children now burn 225 fewer calories per day than they did in 1965, thanks to labor-saving devices like dishwashers and washing machines that, in turn, have enabled more TV watching.

The most startling revelation appeared last August in *The American Journal of Medicine*. After analyzing trends in caloric intake, physical activity, and obesity from 1988 to 2010, Uri Ladabaum, M.D., of Stanford University found that Americans 18 and older exhibited increased rates of obesity—particularly belly fat, the most dangerous kind—during a 22-year period when calorie intake “did not change substantially.” In fact, over that stretch, calories in actually decreased for some groups: Women ages 18 to 39 reported eating 68 fewer calories per day in 2010 compared with 1988, but the percentage of that population who were overweight increased by more than 20 percent, while those who were obese soared by 56 percent (see table on next page). In his paper, Ladabaum wrote: “Our findings do not support the popular



## → 6. INVEST IN TECH

Apps and wearable tech that tally things like mileage, calories burned, and sleep time can help guide, reinforce, and reward your weight-loss efforts. “It might even help us show people that exercise is more palatable—more fun—than calorie-restricted diets,” says Pennington's Robert Newton, Ph.D.

## 7. JOIN A SUPPORT GROUP

Obesity has been shown to act like the flu: If a lot of people around you are overweight, you face an increased risk of catching their disease. Surrounding yourself, physically or virtually, with healthy people can inoculate you. Join a run club or an online group focused on weight loss and/or fitness goals.

notion that the increase in obesity in the United States can be attributed primarily to an increase over time in the average daily caloric intake of Americans.”

Find it hard to believe we’re not eating more? Consider another 2014 study, this one in the *British Journal of Nutrition*. Researchers with the widely respected Framingham Heart Study assessed the same 2,732 individuals over a 17-year period, and found their daily calories in had increased by just 10 calories.

How is this possible? If we’re not eating significantly more, why are we getting significantly fatter? Simple. We’re not burning enough calories on a daily basis. In fact, a depressing number of Americans do little physical activity at all. In a 2008 study, National Institutes of Health researcher Richard Troiano put accelerometers on a sample of adults in the U.S., and found that only 3.7 percent reached the recommended 150 minutes a week of moderate activity.

In other words, our energy flux is out of whack. Our sedentary lives have pushed our calories out so low that we can’t locate the appropriate balance with calories in.

**NO REPUTABLE DOCTOR** or metabolism expert would ever suggest that exercise alone can stop obesity. It must be paired with a simple, healthful diet that focuses on a reduction of low-hanging calories—the high-fat and high-sugar ones. It’s just that exercise has been undervalued, and diet overexposed. Consider diet’s dismal track record. Why are we so intent on repeating past failures?

Just before noon on my last day at Pennington, I manage to squeeze into Tim Church’s office. It’s not easy. He’s been in meetings all morning, keeps getting calls about meetings, and is grumbling about his computer and smartphone, which aren’t syncing calendars.

Church figures he has performed more maximal aerobic tests than anyone else—as many as 200,000. After conducting all these tests, he and colleagues correlated the results with a dizzying array of health outcomes, including obesity. The power of exercise never fails to impress him. “It’s just so freakin’ protective against so many things,” he tells me.

Church has less enthusiasm for weight-loss theories. There are said to be a thousand weight-loss programs at loose in the land, and Church has fielded media calls about most of them. This

hasn’t slowed the rate of calls, or lessened his frustration over the lack of simple answers. “I’m not sure we have a clue about obesity,” he tells me.

Of course, I have traveled all the way to Baton Rouge to ask him the same tired questions. I worry that he’s going to bark at me, but force myself to carry on. “What do you think is causing so much obesity?” I ask.

Church sighs, takes a long breath, sighs again, and then his face unexpectedly brightens. “I’ll tell you the one thing I’ve learned about diets and weight loss,” he says. “Diets are like politics and religion. People believe what they want to believe, and nothing is going to change their minds. The best diet is the one a person happens to believe in, because that’s the only one they might stick to.”

The same is true for exercise: Do whatever excites you, be it yoga, CrossFit, strength training, 5-Ks, triathlons, or around-the-block walks with the mutt. If you get tired of one exercise, switch to another. Just don’t stop—ever. As Joseph S. Alpert, M.D., editor in chief of the *American Journal of Medicine*, says: “You only have to exercise on the days that you eat.”

Move more at work, too. You’ve heard it all before, but it bears repeat-

ing: Take the stairs, take short walks, stand, stretch, fidget. Sitting is the new smoking, and we all need to cut back—way back. Exercise does so much more than burn calories; it also releases a cascade of hormones, enzymes, and proteins that improve your glucose control, blood pressure, heart health, mood, and more. The key to lifelong weight control is finding the right balance between diet and exercise, with plenty of exercise.

Eight years ago, writer Michael Pollan added pith and insight to the national nutrition debate with his often cited seven-word coda: “Eat food. Not too much. Mostly plants.” Short, simple instructions have great power; we remember them, and they move us to action. Whether we admit it or not, we all seek a few maxims to guide our chaotic lives.

Pollan didn’t intend it, but he ignited a modest parlor-game competition among other health advocates. Many have mimicked his effort, always trying for fewer words.

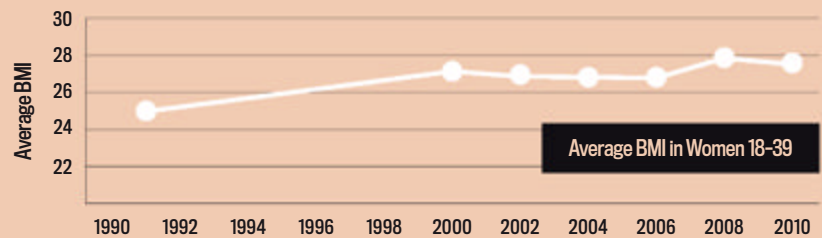
Since this is a parlor game, anyone can play. You. Me. Here’s my contribution—four words relating to diet, health, weight, and exercise. The words include, importantly I think, a nod to the eternal cycles of Nature.

Food. Feet. Water. Repeat. 🍷

## EATING LESS, BUT WEIGHING MORE

Despite eating fewer calories, women 18-39 are gaining weight—particularly belly fat. This can only be happening because they are exercising much less.

American Women 18-39	Average calories consumed per day	Average BMI	Average waist circumference (cm)	% of population obese	% of population overweight
1988-1994	1,941	25.2	83.2	20	19.4
2009-2010	1,873	27.8	91.3	31.2	23.4
% change	-3.5	+10.3	+9.7	+56	+20.6



Adapted from Ladabaum et al., *The American Journal of Medicine*, 2014



RUN THIS CITY

# AUSTIN

Looking for fit, friendly people? Parks just steps from downtown? Beer runs, breakfast tacos, and weird summertime rituals? Welcome to Austin.

*Members of the Austin Beer Run Club head out for their Wednesday night 5-K from Uncle Billy's Brewery and Smokehouse.*



By Robyn Ross

PHOTOGRAPHS BY SARAH WILSON



A

ustin is a college town, the Texas state capital, the Live Music Capital of the World, and as of 2014, the country's 11th largest city. It's also home to a huge running

community that trains hard—and plays hard. In keeping with the city's unofficial slogan, "Keep Austin Weird," the inaugural Beer Mile World Championships were held here last December. "I mean, who wants to guzzle four beers and run around the track four times?" says Austinite Chris Kimbrough, the 45-year-old mother of six who apparently had no problem doing exactly that when she ran a 6:28 world record in the event in November before finishing fourth at the championships.

There's even a Keep Austin Weird 5-K in June. The "water stops" at this untimed race offer ice cream and vodka shots. The more mainstream Statesman Capitol 10,000, the largest 10-K in Texas, is April 12; up to 16,000 runners follow a course lined with live music that tours downtown and Lady Bird Lake. All told, the local racing scene boasts more than 100 events a year.

Visitors will find no shortage of training/eating/drinking buddies here. Gilbert's Gazelles and Rogue Training Systems cater to first-timers and PR-seekers. The Austin Runners Club coordinates the annual Distance Challenge, a series of six races that progress from an 8-K to the marathon over five months. If you want French toast with your fartleks—or longnecks after your long runs—connect with the local chapter of bRUNch Running, Team Spiridon's charity pub runs, and the Austin Beer Run Club.

Or just head to the Ann and Roy Butler Hike-and-Bike Trail. The 10.1-mile path around Lady Bird Lake is the city's most popular running route. Bridges make it easy to run loops from a 5-K to the full 10 miles. The Trail Foundation, a nonprofit trail steward, estimates that it's used by up to 15,000 people each day—including unicyclists, slack-liners, and the occasional theater artist belting opera through a megaphone.

Here's a guide. Just keep it weird, y'all.



1

## JuiceLand

After you loop around the Ann and Roy Butler Hike-and-Bike Trail, head up the hill from “The Rock” (under the bridge from the mile 2 marker) to this hole-in-the-wall juice bar for a recovery drink (that’s our cover model, Anne Jones, up there). The menu offers more than 60 juices, smoothies, and *aguas frescas*. Need a protein fix? Try the *Triple Double*, with rice, hemp, and whey proteins, bananas, and almond milk. [juicelandaustin.com](http://juicelandaustin.com) Twelve locations, including 2307 Lake Austin Blvd.



## 2/ TOYS “R” US HILL

Meet the Hills and Pilz (as in pilsner) crew Mondays at 6 p.m. in the back parking lot of The Park on South Lamar, then tackle this brutally steep, nearly half-mile-long hill topped by the big-box toy store in south Austin. After three to eight repeats, rehydrate at The Park’s happy hour. Find the group at [facebook.com/groups/runningtribe](https://facebook.com/groups/runningtribe). 4024 South Lamar Blvd.



**3/ AUSTIN BEER RUN CLUB**  
In three years, this group has grown to more than 1,000 members on Meetup.com. Join them Wednesday nights at 6:30 at Uncle Billy’s Brewery and Smokehouse, where prerun you can order off-menu, discounted, beer-runner specials. Your mug and grub will be waiting for you after the 5-K. [austinbeerclub.com](http://austinbeerclub.com) Uncle Billy’s, 1530 Barton Springs Rd.



## 4/ Jack and Adam’s Bicycles

Originally a triathlon-focused bicycle shop, the store has since expanded its running business. The place boasts showers, a Daily Juice smoothie and juice bar, and local beer on tap. It also hosts RAW—Runners Anonymous Workout—on Tuesday nights at 7. Owner Jack Murray’s Hi-Five Events company runs a popular triathlon series each summer and, last December, produced the inaugural Beer Mile World Championships in Austin. [jackandadams.com](http://jackandadams.com) 300 South Lamar Blvd., Suite L

PHOTOGRAPHS BY LARSEN & TALBERT (ANNIE WITH JUICE); STEVE HOPSON (BARTON SPRINGS POOL); MAP BY THOMAS POROSTOCKY

# 5



## Rogue Running

Rogue was founded a decade ago to teach elite training strategies to weekend warriors. It has since evolved into a running club, a travel company, and a specialty shoe store. Its in-store café, the 410 Fuel Bar, serves smoothies and coffee by day, wine and beer by night. [roguerunning.com](http://roguerunning.com)  
410 Pressler St.



## 6/ TACODELI

Breakfast tacos are Austin's signature cuisine. Tacodeli's Spyglass location, at one of the Barton Creek Greenbelt entrances, has become a weekend hub for runners looking to refuel. Try the Otto, with refried black beans, bacon, avocado, and cheese, or the *Freakin' Vegan*, with refried black beans, avocado, and pico de gallo. [tacodeli.com](http://tacodeli.com) *Five locations, including 1500 Spyglass Dr.*



## 7/ BARTON CREEK GREENBELT

This roughly eight-mile trail is an urban oasis: a rugged path along a creek lined with dense vegetation and cliff walls. The western edge includes the notoriously steep Hill of Life, a quad-burning ascent that gains 300 feet in less than half a mile. [texasoutside.com/bartongreenbelt.htm](http://texasoutside.com/bartongreenbelt.htm) *Several access points, including: parking lot at 3753 S. Capital of Texas Hwy.*



## Sugar Mama's Bakeshop

The "official cupcake of the Austin Marathon" earned its title when co-owner Olivia Guerra O'Neal started offering free treats to runners passing her store at mile six. Flavors change daily, but we love the *Champion Carrot Cake cupcake* with vanilla cream cheese frosting. [sugarmamasbakeshop.com](http://sugarmamasbakeshop.com) *Two locations, including 1905 South First St.*

## 9/ BARTON SPRINGS POOL

Take a postrun splash in this spring-fed pool, where the water stays a head-clearing 68 to 70 degrees. On summer nights, come for the "free swim" from 9 to 10; gathering here to howl at the full moon is a tradition. \$3 admission fee March through October. [austintexas.gov/department/barton-springs-pool](http://austintexas.gov/department/barton-springs-pool)  
2201 Barton Springs Rd.



## 10/ O. Henry Middle School track

Open to the public before 8:15 a.m. and after about 6 p.m., the track hosts up to 70 members of AI's Ship of Fools for Tuesday-night speedwork starting at 5:45. (They do Thursday night hill or tempo runs and Saturday long runs, too.) [alsshippoffools.com](http://alsshippoffools.com) 2610 W. 10th St. (track entrance on Exposition Blvd.)



## 11/ LUKE'S LOCKER

The Austin outpost of this family-owned Texas chain sponsors training groups, free Sunday morning yoga, weekday core classes, and occasional 5-K Happy Hours. Tuesday mornings at 6, up to 40 runners of all levels meet for a 4.5- or seven-mile "Taco run" that tours the city and ends with complimentary breakfast tacos from Tacodeli. [lukeslocker.com](http://lukeslocker.com)  
115 Sandra Muraida Way, Suite 102

# THE ANN AND ROY BUTLER HIKE-AND-BIKE TRAIL

10 miles, 7 highlights

**1) Mile 2.1**  
(running clockwise)  
**“The Rock”**

Located across the bridge from the mile 2 marker, this common starting spot has plentiful parking (as opposed to at the 0 mile mark), drinking fountains, and the eponymous granite marker.



1



2

**2) Mile 3.5**  
**Pfluger Bridge**

To run the 5-K loop, cross here. Take in great views of the train bridge, a favorite landmark with graffiti messages like, “I’ve got ninja style kung fu grip.”



3

**3) Mile 4**  
**Bat Colony**

Cross the Ann W. Richards Congress Avenue Bridge for the 4.8-mile loop. At dusk, watch Mexican free-tailed bats emerge from below for their nightly hunt.



4



5



6

**4) Mile 8**  
**Boardwalk**

This mile-long walkway features some of the trail’s best photo ops of downtown Austin.



7

**5) Mile 0**  
**Auditorium Shores**

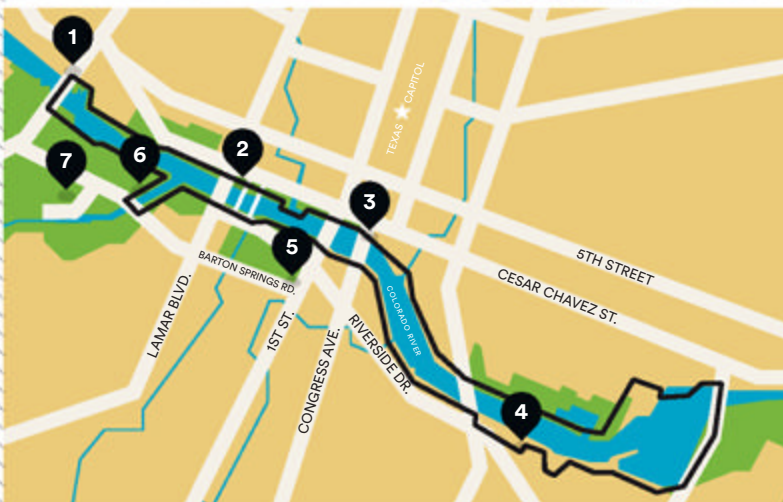
Includes new restrooms and a statue of the great blues guitarist Stevie Ray Vaughan.

**6) Miles 1–1.25**  
**Lou Neff Point**

Look for local musician Woode Wood, who has been playing guitar by the trail for 10 years.

**7) Mile 1.5**  
**Zilker Park**

On your left is one of Austin’s biggest parks. At 351 acres, it has a playground, botanical garden, outdoor theater, and science center.



**RUN MORE CITIES**

Go to [runnersworld.com/austin](http://runnersworld.com/austin) for an interactive tour of all 10 miles of the Ann and Roy Butler Hike-and-Bike Trail. And check out our online collection of other great running cities (like Chicago) at [runnersworld.com/runningcities](http://runnersworld.com/runningcities). Next up: Philly.

PHOTOGRAPHS BY PATRICK BYRD/GETTY (BAT COLONY); BEE CREEK PHOTOGRAPHY (ZILKER PARK); MAP BY THOMAS POROSTOCKY

THIS FLIGHT

THIS FLIGHT

OR THIS ONE

EVEN THIS FLIGHT

THIS FLIGHT

OR THIS ONE

OR THIS ONE

OR THIS ONE



SO MANY FLIGHTS. CAN YOUR AIRLINE REWARD MILES GET YOU WHICHEVER ONE YOU WANT?



**VENTURE<sup>®</sup> MILES CAN.** No matter which flight you want, no matter which airline it's on, you can get it using Venture miles. Just book any flight, then use your miles to cover the cost. It's that easy. So, ready to switch?

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To critics, the leaders of running's governing body have spent the last year operating imperiously, bungling race decisions and alienating elite athletes. To others, any missteps pale in the face of \$500 million the organization raised to secure the sport's future. Who's right? Who's wrong? It might be a photo finish... **By Nick Weldon**

**T**o the average runner, the acronym USATF—short for USA Track & Field—doesn't mean much. The organization was chartered in 1979 (under the name The Athletics Congress) by the United States Olympic Committee (USOC) to govern the whole of American "Athletics," meaning track and field, long-distance running, cross-country, road races, and race walking—and within those disciplines, participants ranging from Olympic athletes to kids. Today, its stated mission is to "[drive] competitive

excellence and popular engagement in our sport."

Structurally, USATF is something of a representative democracy. At the top is a 15-member volunteer board of directors, a volunteer president, and a board-appointed CEO who leads a small, paid national staff in Indianapolis. The base of the pyramid, USATF's constituency, is a legion of more than 126,000 registered members, nearly two-thirds of whom are kids (USATF's youth initiatives are particularly robust). Others include athletes of all skill levels, race officials, and coaches. An individual—any adult, really—can register as a member for \$30 a year (which comes with discounts on merchandise, sport-accident insurance, and other miscellaneous perks). Local running clubs, such as New York Road Runners, also have memberships. USATF counts 3,475 such



clubs, which are grouped into 57 regional associations, such as USATF Oregon and USATF New England. Organizations such as the NCAA and Running USA are affiliate members as well. All of these myriad constituencies choose officers, members, and delegates—about 1,000 total—who represent their interests at USATF's Annual Meeting. These are the folks who most directly fuel the volunteer engine of USATF, who, through various committees, organize USATF championship meets, make the rules, and propose other recommendations to the board.

No doubt, the organization is a behemoth. Currently at the reins of the volunteer pyramid is Stephanie Hightower, who was first elected president in 2008, then re-elected in 2012. (By day, Hightower is the president and CEO of the Columbus Urban League in Ohio.) Her counterpart, based in the national office, is CEO Max Siegel, who was hired in May 2012. On paper, Siegel is accountable to the president and board. As volunteer leaders, the president and board are, in turn, accountable to the membership.

Right now, you're probably thinking: *Why should I care about any of this?*

Well, you should care first and foremost because USATF has an important role in events you enjoy, creating rules and sanctioning races. Many of those who help stage USATF-sanctioned road races are, in fact, volunteers who need and deserve our support.

Moreover, the organization is responsible for developing and supporting our elite athletes, which includes the important tasks of enforcing competition rules and adjudicating related disputes and, every four years, putting together an Olympic team. "USATF is the governing body for road racing," says Lauren Fleshman, a top 5000-meter runner and frequent commentator on the actions of the organization (as well as a *Runner's World* contributor). "They are in charge of certifying just about every major and minor racecourse you've run. They make the rules. They make the decisions that make our sport cool or not, accessible or not, a viable profession or not."

But for years now, USATF has been hammered by increasing—and increasingly harsh—criticism. Last year was especially bad. In episode after episode, its leaders bungled the handling of race rulings and ignored the wishes of its members, especially its top athletes. The relationship with some of these athletes has soured to the point

that Olympian 800-meter runner Nick Symmonds says, "There are days I contemplate boycotting USATF meets for the rest of my career."

David Greifinger, USATF's counsel to the board from 1996 to 2008 and still an active committee member, blames the disconnect on the volunteer leadership. "The disease is a board of directors that will not listen to its membership and thinks it knows better."

Siegel's predecessor as CEO, Doug Logan, who was bounced out after two years on the job, suggests that the flaws begin with the organization's power structure. "There is a schizophrenic architecture to USATF that is meant to serve both a volunteer membership and a professional sport," he says. "That causes a lot of wacky behavior."

The fact is, the sport USATF is tasked to govern has evolved dramatically since 1979, particularly at the elite end, and the organization hasn't adapted at the same rate. To borrow a phrase meant to denigrate certain kinds of athletes: USATF is big but slow. Back at its inception, USATF didn't have a professional sport to manage on top of everything else, but now it does. Today, the revenue USATF brings in from sponsorships fuels its very existence. The paradox, and the root of USATF's "schizophrenia," is that the elite and professional sport still represents only a sliver of the constituency USATF was chartered to

struggle between USATF's leaders and volunteer base.

So what should USATF be doing, and how did things get so sideways? Has the immense criticism levied against its leaders been fair? For answers, a look at the past year is in order.

## JANUARY 2014: A DEFIANT DECISION



USATF leaders and their constituents did not ring in the year on a harmonious note. The previous month had seen a fractious annual meeting, in particular a squabble about where

the 2016 U.S. Olympic Marathon Trials should be held. A volunteer committee of five distance-running leaders wanted it back in Houston, where the 2012 Marathon Trials took place, in part because that city offered more prize money. CEO Max Siegel wanted it held in Los Angeles for the increased exposure and sponsorship opportunities he believed that city offered.

The dispute revolved around who had the authority to make the call. The rule on the books gave it to the CEO, but at the meeting, the membership voted to change the wording that explicitly did so. The meeting ended without a decision, but on January 29, USATF an-

**"THE DISEASE IS A BOARD THAT WON'T LISTEN," SAYS GREIFINGER, "AND THINKS IT KNOWS BETTER."**

serve. (Which athletes qualify as "elite" and which are "professionals"—and thereby are arguably entitled to more financial support—is a hotly debated topic in its own right.) It's not a stretch to say that no other governing body in America is tasked to manage a pro sport the way USATF has been, and likewise, no other pro sport is so awkwardly hitched to this kind of bureaucracy. The CEO's job—bringing in sponsorships, expanding the business of USATF—has become more important than it was perhaps ever intended to be. In recent years, it follows that the president and board have often behaved in lockstep with the CEO in a way that has often alienated the membership. The result: a contentious power

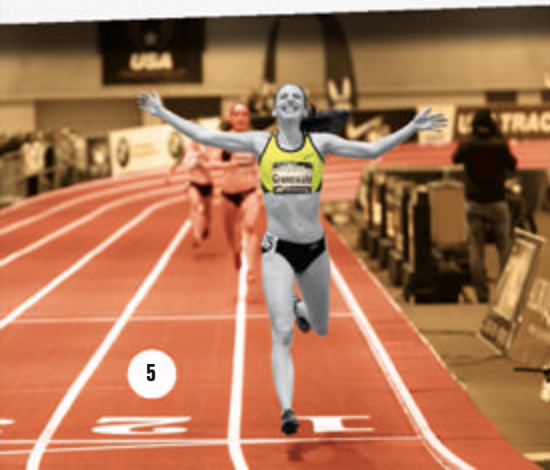
nounced that the Trials were going to L.A., with Siegel assuming the authority to make the final call.

Rank and file USATF distance runners were outraged, of course—and not for the first time. The internal power struggle between the USATF's vast membership base and its top leaders, the CEO and the board, dates to 2008, when the USOC threatened to decertify the organization if it didn't drastically shape up. At the time, ironically, it was the organization's zealous effort to satisfy its myriad constituencies that had bloated the board to 32 members, hampering its ability to accomplish anything of value.

Bill Roe, a revered leader in the distance-running community and founder

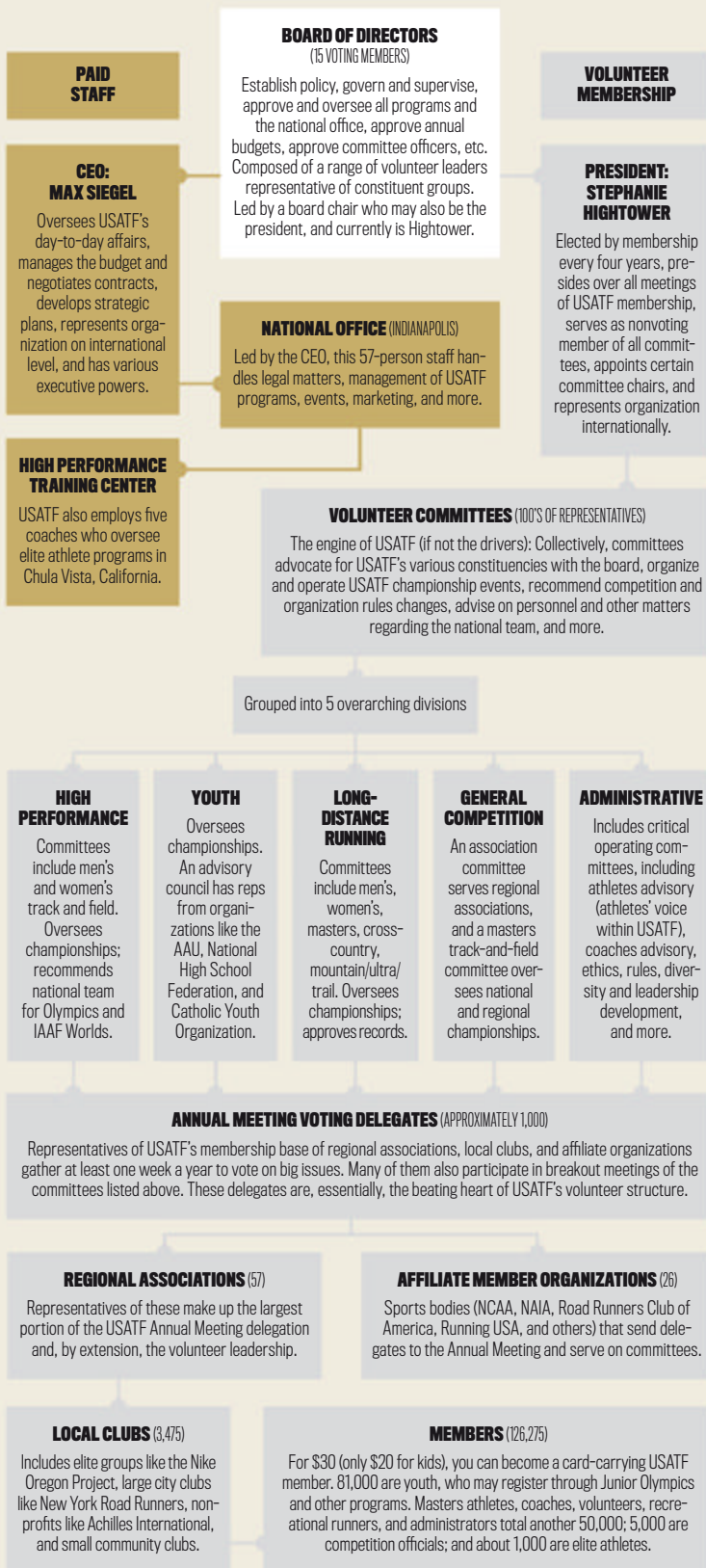


Top U.S. runners Nick Symmonds (1) and Lauren Fleshman (2) have been outspoken critics of current USATF leadership. CEO Max Siegel and President Stephanie Hightower at the 2014 USATF Outdoor Championships (3). Alberto Salazar (4) at USATF Indoor Championships last year, where his protests against Gabe Grunewald (5) and Andrew Bumbalough (6) led to their dubious disqualifications.



# BREAKING DOWN THE BEHEMOTH

Who makes up USATF, anyway, and what do they do? Here, an untangling of the organization's dense bureaucracy.



of Seattle's Club Northwest, has seen the evolution of the organization from its inception. He was on the first board of directors, and rose through the ranks to become Hightower's predecessor as president, reigning from 2000 to 2008. In one of his final efforts as president, Roe helped author the sweeping governance changes that empower Siegel today. "The USOC wanted the leadership staff to have more responsibility," he says, "so when Max made the final decision on the Marathon Trials for 2016, he was acting within the scope of the model we approved."

In 2008, Roe and the board hired an outsider as CEO, former Major League Soccer commissioner Doug Logan, who oversaw the slashing of the board to 15 members as well as dramatic bylaw revisions. He also established USATF's Project 30, setting a 2012 Olympic medals goal of 30, after Team USA earned 23 in track and field in 2008, and set about achieving it by taking the responsibility of elite athlete development away from volunteer committees and vesting it in paid professionals. Logan's brash style wore thin, and the board fired him in 2010. The model from the USOC mandate to centralize power still existed, however, when Siegel took over in 2012.

A former sports and entertainment attorney and exec, and—notably—USATF board member since 2009, Siegel wasn't the board's first choice to replace Logan. That was University of Oregon track-and-field director Vin Lananna, who turned down the job. Several months after Lananna passed on it, Siegel resigned from the board to contract with USATF as a marketing consultant. Not even six months later, the board hired him as CEO. Some observers decried the move as an inside job. But the board cited his entertainment and sports marketing credentials as compelling enough for them to move forward. "We needed new revenues, we needed to develop new relationships, we needed to rebuild the brand both domestically and internationally," Hightower said. "Hiring Max was one of our first accomplishments in being able to do that."

Thus, when Siegel and the board thought Los Angeles presented the best opportunity to build the brand long-term, too bad if some members got their feelings hurt. Or, as Hightower put it to me: "Touchy, feel-good stuff doesn't work in the world anymore. This was about economics. Max had to weigh, from a commercial standpoint, what was the best venue. That's the bottom line."

**U**S Indoor Track & Field Championships, Albuquerque, New Mexico: Gabe Grunewald and Andrew Bumbalough are both dubiously disqualified for illegal contact in their respective 3000-meter finals—and both DQs come after protests are filed by Nike Oregon Project coach Alberto Salazar. In Grunewald's case, she had won her race and the national title when an umpire reported that she had illegally bumped Salazar's athlete, Jordan Hasay. After a video review, the referee ruled that she had not.

Salazar argued forcefully with officials and filed an appeal, but further review failed to change the ruling. However, at some point a technician had officials view the incident on a laptop—the initial review was of a projection onto a bed sheet—and this time, Grunewald was disqualified. Salazar could be seen interacting with officials as he stuck his head into the area where they were reviewing the clearer video. That, paired with his earlier arguing, led some observers to suspect that he was exerting unfair influence as an employee of Nike, USATF's most powerful and long-standing commercial partner.

Bumbalough's case was one of mistaken identity. An umpire observed an athlete, who turned out to be Ryan Hill, bumping Salazar's athlete, Galen Rupp, and reported that it was Bumbalough. Salazar again filed a protest, and a referee, assuming the umpire's identification of Bumbalough was correct even after a video review, disqualified him. (Bumbalough, it should be noted, is also a Nike-sponsored athlete, though he has a different coach.)

The public backlash was swift, and some runners in the women's 1500 the next day exited the track after the event in silent, hand-in-hand protest of the USATF's decision to DQ Grunewald. The nascent Track and Field Athletes Association, formed in 2010 to function as a collective voice for professional track-and-field athletes, petitioned the USATF for an explanation, and a few athletes even discussed boycotting outdoor nationals in June.

Two days after Grunewald's disqualification, Siegel spoke with all parties, Salazar withdrew his appeal, and Grunewald was reinstated as champi-

## FUN & GAMES

*A new league could support U.S. elites, foster new fan enthusiasm, and—yes—take some heat off of USATF.*

It's a brisk spring morning in Richmond, Virginia, cherry blossom petals dusting the road, and as you make the final turn into the stadium, you can hear the bass thumping from the 10-K finish line. You burst onto the track and take in the scene: thousands of spectators in the stands, a DJ, cheerleaders—and did Lolo Jones just high-five you from the sideline? You cross the finish, grab a water and a program, and as you cool off you check out what's next: eight pro track-and-field teams squaring off for the season's final meet. Pole vault and high jump kick things off, followed by a series of races ending with a relay, all in less than two hours. Lastly a meet and greet with Lolo (that was her) and other athletes on the track. A friend texts you: "I can see you! I'm watching on Netflix!"

If Paul Doyle has his way, this will be the way U.S. pro track meets will run in the near future. It's an idea the Atlanta-based agent to star athletes such as Jones has been tinkering with

**Elite runners, fans, cheerleaders, and musicians at last year's ATL events.**



since 1999. Last year, he test-drove some of the elements in a five-event series dubbed the American Track League, with meets in Indiana, Virginia, Georgia, and Texas in May and June. Without much press coverage they averaged 2,000 spectators, though they failed to attract any sponsors.

Doyle is partnering with the Track and Field Athletes Association, which now counts 171 members from Shalane Flanagan to Allyson Felix, established in 2010 by pro athletes to help them advocate for themselves. "The ATL is truly aspiring to be a professional circuit, not an extension of the [USATF] national championships," says TFAA president Adam Nelson. "It's going to create more opportunities and more visibility for our athletes and their sponsors."

Doyle envisions teams based in large and midsize cities. Team owners would contribute \$1 million a year to cover operating costs. One home meet per team, then a championship meet at the end.

Teams would be 15 athletes—sprinters, distance runners, and field athletes, selected in a five-round draft followed by a free-agency period to fill out rosters. First-round draft choices would sign contracts worth up to \$17,000 per meet, and there would be bonuses for event victories and nearly \$100,000 at year's end for league champions.

When possible, each meet would be tied to a road race, and Doyle sees potential for live online broadcasts. He's talking with a dozen potential owners and expects at least six to buy in for year one. And he has met with Max Siegel, who has offered USATF promotional support but who has no intention of getting overinvolved.

Every component of Doyle's plan is unlikely to come to fruition. But something is about to happen. Its success may come down to how runners, sports fans, and parents looking for a family-friendly weekend diversion answer a simple question.

When the party starts, will you be there? —N.W.

on. Bumbalough, who finished eighth and never filed an appeal, was left in limbo. About a month after the meet, Hightower convened a working group to examine the incidents, but its report wasn't released until July. Their findings: Bumbalough was wronged, Salazar was assertive but did not receive deference, and the rules related to disqualifications and appeals needed revisions.

"I kept thinking, this is 'coin flip' all over again," Nick Symmonds told me several weeks after USATF released its report, echoing the sentiments of many athletes. "In Andy Bumbalough's situation, it took three months to even acknowledge that a mistake was made. It's just so disrespectful."

The "coin flip" incident happened at the 2012 U.S. Olympic Trials, and was the first major crisis Siegel had to confront as USATF CEO. In the women's 100-meter final, there was a dead heat for third place, the final spot on the Olympic team. USATF's dense handbook didn't have a single rule for how to handle a dead heat, a fact laced with irony since the last time a Trials tie occurred was the four-way deadlock in the women's 100 hurdles in 1984—when the odd woman out was none other than future USATF president Stephanie Hightower. (She was ruled in fourth place after photo review.)

At the 2012 Trials, Siegel deferred to a large group of experts, who took more than 24 hours to come up with a solution: the runners could choose between a run-off and a coin flip. The solution was rendered moot when one of the athletes, Jeneba Tarmoh, conceded the spot in frustration. Siegel received the brunt of the ensuing criticism. In an interview at USATF headquarters in Indianapolis in August, he gave me his reasons for not taking control in that instance.

"We had the USOC, the IAAF, the athlete representation, legal counsel, high performance, the president of the organization—we had every group sitting around to come up with the decision," he said. "Why should I speak about something because I'm the CEO? Who is the most appropriate person to speak on that issue with authority, experience, and within the purview of their function in this organization? The president."

In the wake of Albuquerque, USATF made an effort in press releases and interviews given by spokesperson Geer, as she told me, "to delineate the lines of responsibility and accountability and authority for these issues, which is that

Field of Play decisions are under the jurisdiction of our volunteer committees."

Albuquerque had the effect of discrediting the whole body of passionate USATF volunteers who help put on dozens of championship meets of all kinds that usually go off without a hitch. Like the popular USATF Junior Olympics series of meets, or the USATF National Club Cross-Country Championships held in Bethlehem, Pennsylvania, in December, which was generally well-regarded by participants and fans.

Kim Keenan-Kirkpatrick, chair of USATF's women's long-distance running committee and, by day, senior associate athletic director at Seton Hall University, attended the Bethlehem meet (at which *Runner's World* was a sponsor), and she laments that the successful volunteer-run events get overshadowed by larger controversies. "I've been involved for over 20 years with USATF," Keenan-Kirkpatrick says, "and it's disappointing that the first time people hear something and they don't understand

issue—how to resolve faulty disqualifications—became a raging inferno.

## MAY: CASH AND CONTROVERSY

**A**t least on one level, Siegel has done exactly what he was hired to do: bring in more money. He's grown USATF's budget from \$19 million the year before he was hired to \$35 million for 2014. He also has overseen a doubling of U.S. outdoor championship prize money, and helped direct a record \$11 million toward elite athletes last year, with \$9 million more to be doled out over the next five years. He's done it all with a flurry of new sponsorships, including a seven-year multimillion dollar deal with Hershey; a six-figure deal with Neustar to sponsor a national 12-K championship; a deal with Subway of unspecified value for support

## TO SYMMONDS AND OTHER ELITES, THE ALBUQUERQUE DQ'S WERE "‘COIN FLIP’ ALL OVER AGAIN."

the decision, they say, 'Oh, USATF is terrible, it's dysfunctional.' Part of it is making sure the organization communicates well. Constituents want to know how you got from Point A to Point B. USATF can improve in this area."

Yes, Siegel made the phone calls and got Grunewald's DQ sorted out, but in the immediate aftermath of Albuquerque, USATF's leaders were silent. That creates the kind of vacuum that gets filled with anger, anger that leads to rumors—like those about Nike's influence on the proceedings. But Siegel has operated since day one with a clear notion of what his mandate is, and he does not believe that includes being a public figure. He calls Hightower USATF's "fearless leader." Siegel prefers to conduct his business out of the spotlight.

"None of these people in the general public talk to my commercial partners," he said. "That's me. I'm *their* face."

A more proactive philosophy when it comes to public visibility and accountability, however, may have served Siegel and the organization better in the case of Albuquerque. Instead, a small-fire

with a youth health initiative; and the crowning achievement of his tenure, announced less than two months after the Albuquerque debacle: a new 23-year deal with longtime USATF sponsor Nike worth a reported \$500 million.

The windfall ensured the USATF-Nike relationship through 2040, almost a half-century after the organization entered into its first deal with the corporation to sponsor the national team uniform in 1991. When it kicks in in 2018, it will be worth roughly \$20 million a year, double the value of the previous USATF-Nike contract, which was negotiated by Logan in 2009.

Half a billion—all good, right? Like so many USATF decisions, however, it was immediately picked apart by people such as David Greifinger, longtime legal counsel to USATF's board and current counsel to its Athletes Advisory Committee. Greifinger's critique for *Track and Field News* focused on "present value" of money—a dollar today is worth more than a dollar tomorrow, because it can be invested—making the case that the deal's ultimate value could be far

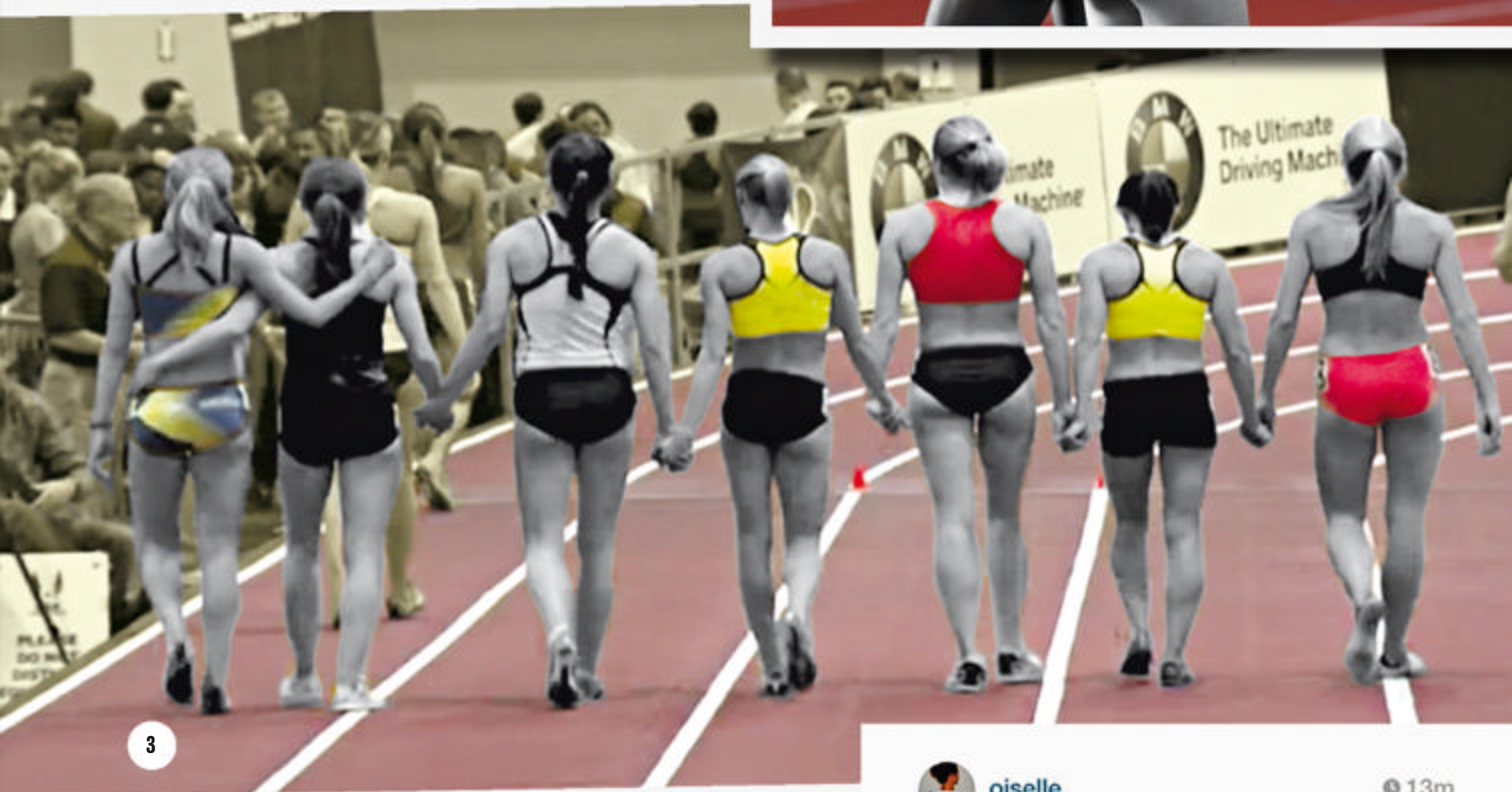


1

USATF's invite of Adam Goucher (1) to the 2008 Marathon Trials ahead of faster qualifiers raised concern about Nike's influence. The 100-meter tie between Jeneba Tarmoh and Allyson Felix (2) at the 2012 Trials led to the "coin flip" debacle. The protest of Grunewald's DQ at Indoors (3), Oiselle CEO Sally Bergesen with Kara Goucher (4), and the notorious doctored photo (5).



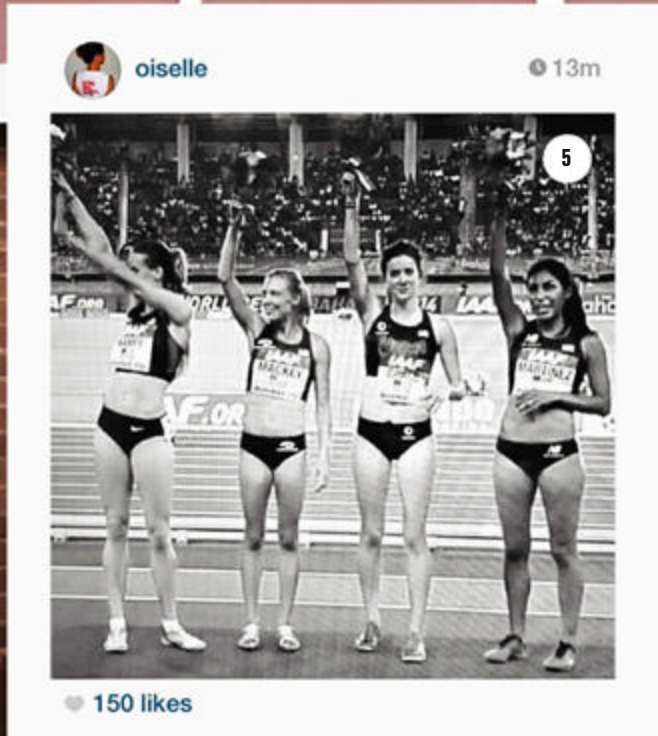
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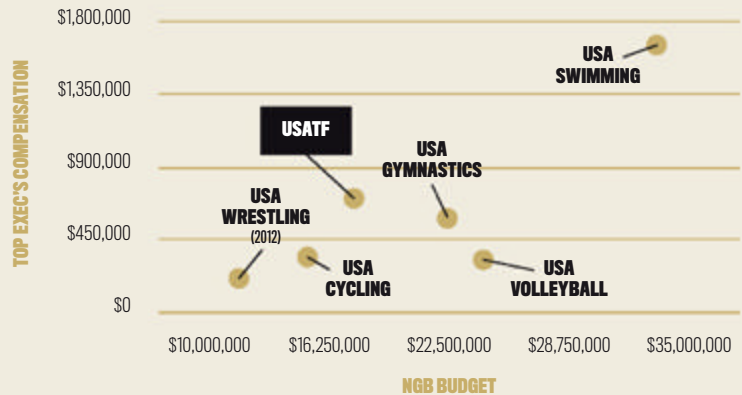
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5

150 likes

## WHO MAKES THE BIG BUCKS?

A common complaint levied against USATF is that its CEO, Max Siegel, is overpaid relative to the budget of the organization as a whole. But Siegel's compensation is commensurate with his peers at similarly sized U.S. national governing bodies (NGBs) of Olympic sports; those calling for reform may be better served by expressing their concerns to the USOC, which has some general authority over all NGBs. (Note: Figures are from 2013 except for USA Wrestling, which is 2012. USATF's budget increased significantly in 2014, and this does not reflect that.)



less due to its extreme length. “In the name of supposed long-term security of the organization, we’ve mortgaged our future,” Greifinger told me. He emphasized the value of the national team uniform. Because most of the world only pays attention to track and field during the Olympics—other team sports get year-round coverage through lucrative leagues—the branding of the sports’ national team’s uniforms is uniquely valuable. That red, white, and blue laundry has always been USATF’s golden goose.

The USATF-Nike relationship has long invited speculation that reared its head in Albuquerque, and more recently in late January, when USATF aired a commercial on NBC Sports Network. The ad featured the slogan “You’re Welcome” and numerous athletes speaking to the camera about how the skills of track and field translate to other sports; Nike athletes were predominantly featured, as was the Swoosh on their clothing, while some non-Nike athletes had their screenshots cropped or shot in such a way that the branding of other sponsors was obscured. Lauren Fleshman, the 5000-meter runner and USATF gadfly, wrote an impassioned critique of the ad, citing the symbolism of the imbalance. Not all athletes held Fleshman’s view: Brenda Martinez, a New Balance–sponsored middle-distance runner who was featured in one of those tight shots—and whom Fleshman referenced in her blog post—made an equally passionate defense of USATF on Instagram and asked that Fleshman detach her name from her screed. USATF’s Geer explained that the archival footage in the ad was owned by the USOC and the IOC, and thus came with restrictions and that, “because of those restrictions, we could not show logos outside the Olympic family.”

But controversies surrounding the USATF-Nike partnership—rooted in actual misconduct or not—are not new, or even unique to the Siegel/Hightower administration. One such incident led to threats of legal action by several runners when USATF officials allowed Nike athlete Adam Goucher into the 25-man 10,000-meter field at the 2008 Olympic Trials despite him having the 32nd-fastest qualifying time. USATF explained to seven uninvited athletes, who all had faster times than Goucher, that its bylaws permitted entry of former national champions such as Goucher. Another tie that binds: Craig Masback, USATF’s popular CEO from 1997 to 2008, left the post to take an executive

position with Nike, where he remains today. (Masback, citing Nike policy, declined to speak for this story.)

Meanwhile, other brands that would like to be more involved in the sport view Nike as a bully. “If you’re not at the table, you’re on the menu,” says Sally Bergesen, founder and CEO of Oiselle, an upstart women’s running apparel company that sponsors Fleshman, among other elites. “Everybody’s dealing with the same problem [of feeling] disenfranchised from their sport.”

Still, the fact remains that the sport as we know it would likely cease to exist without Nike’s support. “Nike has been a partner of ours for [almost 25] years, and the foundation of that company was built on running,” Siegel said. Perhaps symbolic of this amicable relationship, on the day I met Siegel he wore a Nike+ FuelBand on one wrist and a Nike+ SportWatch on the other. “I would challenge anyone who is in the business of cultivating and developing and signing deals with new partners to talk about how easy it is to go out and find a partner,” he said. “We’ve had a partner that understands the sport, supports the sport, and is one of the biggest stakeholders in the sport. It was important to us to figure out how we could expand our relationship, create

economic stability for the organization, and give ourselves a platform to bring in more partners.”

At the very least, the USATF-Nike relationship makes some folks uncomfortable. And it breeds contempt when USATF does things like quarrel with Oiselle over Instagram posts made in May and June. That flap started when Oiselle posted a doctored photo of the U.S. women’s 4 x 1500-meter team at the IAAF World Relays Championship, replacing Nike’s logo on the uniforms of three of the athletes with those of the runners’ individual sponsors (Brooks, New Balance, and Oiselle). USATF responded with a cease-and-desist letter. A month later, Oiselle posted video snippets from the finishes of two races at the outdoor national championships; Instagram took them down at the request of USATF who, according to spokeswoman Geer, says using USATF footage or footage of USATF events is another violation of its intellectual property rights.

“It definitely was a message,” Bergesen says. “The main point we were making is that there’s a disconnect between the requirements to wear the national team uniform, which happens to be a Nike uniform, and the compensation level to the athletes. Other than their travel being (Continued on page 109)

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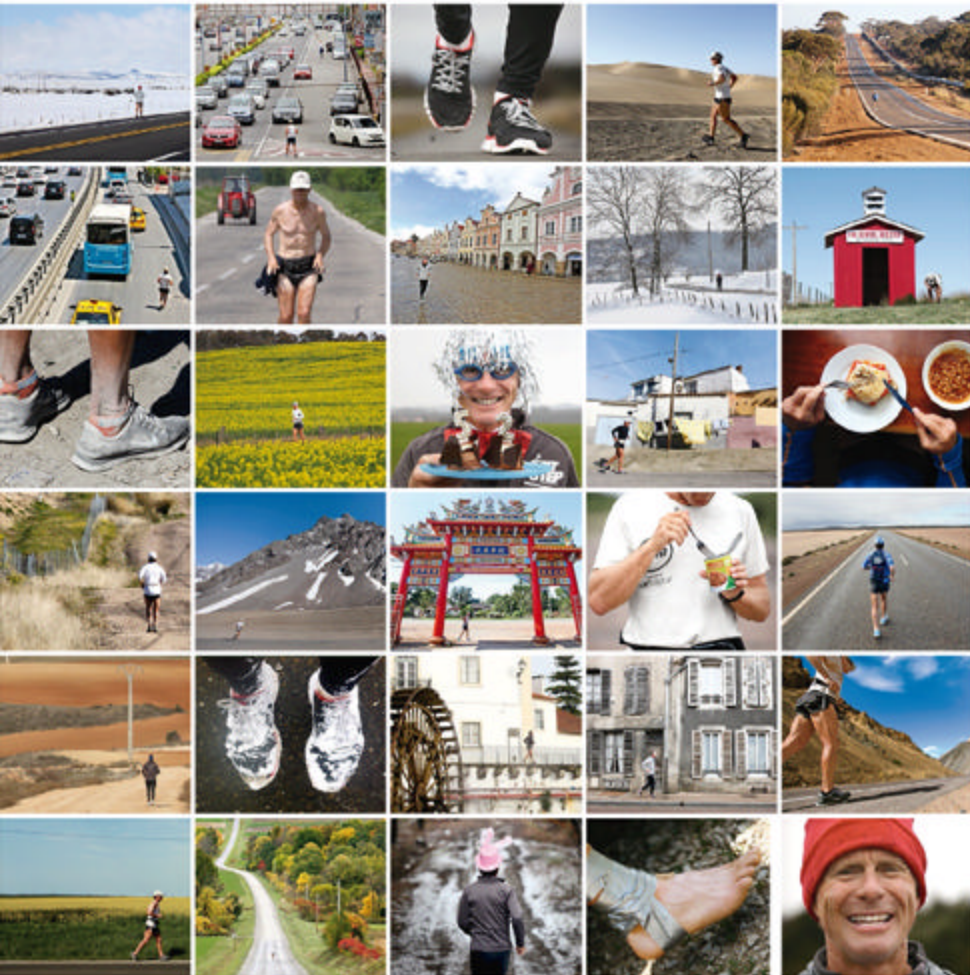
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RUNNING *the* WORLD

# 40 MILLION STEPS

**IT TOOK TOM DENNISS 622 DAYS TO RUN 16,300 MILES THROUGH 18 COUNTRIES. WHICH, FOR A WORLD RUN, HAPPENS TO BE A WORLD RECORD. FOR NOW.**

BY RACHEL SWABY  
PHOTOGRAPHS BY CARMEL DENNISS



ON DECEMBER 31, 2011, at 2:23 p.m., near the Sydney Opera House, Tom Dennis started running east. Just over two hours later, Dennis, then age 50, reached Bondi Beach on the South Pacific Ocean and completed the first leg of what would become a 622-day journey around the world. He isn't the first to do such a thing, but he's the fastest. His run broke the previous record by 40 days, but England's Kevin Carr is due to end his own world tour this month, and may take the title.

An endurance junkie, Dennis ran a 100-kilometer (62 miles) ultra in 2008, and wanted more. He considered a run across his native Australia, but scrapped the idea for a more global ambition. As the founder of a clean-energy company, he had the time and resources to go for a very long run. He persuaded a digital marketing company to cover a quarter of the \$175,000 total cost, dedicated the journey

# AROUND THE GLOBE

to Oxfam (ultimately raising \$60,000), and set out with his wife, Carmel, who served as photographer and support crew. Denniss, who has a Ph.D. in mathematics and oceanography, vowed to “meticulously document every kilometer”: He blogged, tweeted, and posted links to his Garmin-recorded data, his real-time tracker, thousands of photos, and nearly 400 videos. He calls it “the most comprehensive exposition of data ever made public by a multiday journey runner.”

So what’s it like to run a record measured in months rather than minutes? Forget pace. Running around the world is about braving wild weather, pushing through thorns, evil dogs, and “the runs,” and having the route sense to (sometimes) avoid parkouring your way across busy bridges. According to Denniss, gels and lube are unnecessary aids; it’s the epic views, good food, great wine, and sense of humor that get you through the equivalent of 622 marathons (and a cumulative elevation gain equal to 25 trips from sea level to the summit of Mount Everest). On these pages, you’ll get a glimpse of the time he spent in our part of the world.

But this is just a trailer to the full story. Thanks to Denniss’s more than 3 million GPS data points, we’ve plotted every leg on our website. Trace his route from Australia to New Zealand, North America, South America, Europe, Malaysia, and back to Oz. You’ll find photos, videos, and audio clips that capture the close calls, the milestones, and the random stuff that falls from the sky when you’re on a run around the world. Go to [runnersworld.com/40millionsteps](http://runnersworld.com/40millionsteps).

## WORLD RUN RULES

When Denniss set out, he followed Guinness World Record guidelines; 11 months later, Guinness informed him that it prohibited midtrip travel—a fact not explicit in Denniss’s initial guidelines packet. So, with the support of the world running community, including Tony Mangan from Ireland (who completed his four-year run last fall), two-time runner Jesper Olsen from Denmark, and Phil Essam, an advocate of the sport, Denniss decided to follow the **guidelines implicit in Olsen’s first world run** (right), which were similar to the Guinness guidelines. (Olsen is widely considered by the ultrarunning community to be the first person to do a world run in a rigorously documented manner.) Last October, the foursome helped found the World Runners Association as an “international governing body for the sport of multiday solo running and walking events that involve a circumnavigation of the Earth on foot.”

CALIFORNIA  
DAY 44



ARIZONA  
DAY 75



UTAH  
DAY 85



- Begin and end in same place. • Hit two antipodal (opposite sides of earth) points.
- Maintain an easterly or westerly direction, with no backtracking. • Run ocean-to-ocean and over 1,000 km on at least four continents.
- Cover a minimum of 16,300 miles on foot.
- On breaks, the clock keeps ticking.

NEW MEXICO  
DAY 92



COLORADO  
DAY 106



**SOUTH DAKOTA**  
DAY 156



**MINNESOTA**  
DAY 181



**NORTH DAKOTA**  
DAY 159



**ILLINOIS**  
DAY 205



*Dennis chose his route based on weather, safety, mileage, sights, and ease of entry. He spent the most time in the U.S. because he wanted to see so much of it (and so had to fly home twice to renew his American visa), and to time his South America leg with the end of winter there. He had planned to run through Asia, but visa requirements for Russia meant another trip home at considerable time and expense. So he added Malaysia to get his Asia fix.*

**FOUR CONTINENTS, 17 PAIRS OF RUNNING SHOES**

START/FINISH: SYDNEY, AUSTRALIA (★) DIRECTION OF TRAVEL: EAST



**BURGERS, SNAKES, AND MOONSHINE**

DENNIS TOOK 242 DAYS TO RUN 7,478 MILES ACROSS THE STATES. HERE, CARMEL'S IMAGES (LEFT) AND EXCERPTS FROM HIS BLOG (BELOW).

02.28.2012

DAY 60

LAT 34.0760  
LONG -118.3644

**HOLLYWOOD, CA**

"I am struggling to find much to eat during the day other than burgers. I may be the first person ever to run 50+ kilometers per day for months and put on weight."

03.10.2012

DAY 71

LAT 33.6738  
LONG -114.1342

**QUARTZSITE, AZ**

"Awoke with a bad case of 'the runs.' At the 34-km mark, I had to make a pit stop in the bushes, only I stood on cactus thorns, which went through my shoes. I spent 20 minutes digging them out."

05.16.2012

DAY 138

LAT 41.8221  
LONG -103.6625

**GERING, NE**

"Just in front of me on the road, a very angry [rattle]snake was ready to strike. If I hadn't looked up when I did, I would have stepped on it and been bitten for sure."

06.20.2012

DAY 173

LAT 46.7846  
LONG -92.1013

**DULUTH, MN**

"A day to remember! I managed to arrive in Duluth the day of their worst floods in over 40 years."



07.05.2012 ▶ DAY 188

LAT 44.0245  
LONG -90.1061

**NECEDAH, WI**

“In the sun, the thermometer read 137°F. I covered [31 miles]. I would never have considered it possible; I hope I don’t have to do it again.”

08.27.2012 ▶ DAY 241

LAT 35.0917  
LONG -87.4241

**LORETTO, TN**

*Crosses a half-mile-long bridge with no shoulder during rush hour.* “When cars came, I’d jump on the rail of the bridge and make myself scarce. They were missing my knees by about 20 centimeters.”

09.04.2012 ▶ DAY 249

LAT 37.1529  
LONG -85.3084

**COLUMBIA, KY**

*Enters a dry county.* “Carmel was informed there was a bootlegger in town. We found the joint—a drive-thru speakeasy on the edge of town—and made some covert purchases. It was hilarious.”

10.29.2012 ▶ DAY 304

LAT 42.2984  
LONG -71.4456

**FRAMINGHAM, MA**

“What a way to conclude the U.S leg. Today’s slog through Hurricane Sandy was a change. It was as wild as any weather I’ve run in.”



**Go for a (Global) Run**

Take an interactive tour of Tom Denniss’s route through all 18 countries at [runnersworld.com/40millionsteps](http://runnersworld.com/40millionsteps).



**ALABAMA**  
DAY 225



**KENTUCKY**  
DAY 238



**PENNSYLVANIA**  
DAY 255



**NEW YORK**  
DAY 261

**WORLD RUN BY THE NUMBERS**

- 16,300.1 Total mileage
- 31 Average mileage per run day
- 13 minutes Average pace per mile
- 43.5 miles Longest running day
- 746,463 feet Cumulative ascent
- 6,690 feet Max altitude gained in a single day (Andes mountains)
- 15 Pounds lost
- 0 Number of energy bars/gels consumed
- 1 Nights without wine
- 2 Number of injuries
- 80 Estimated number of days running with pain
- 621 days, 22 hrs, 46 min. Official finish time

To verify his run, Denniss offered 3,002,806 GPS data points from his Garmin, approximately 45,000 real-time updates from the tracker on his phone, 1,500 receipts, 526 blog posts, and 510 signatures of people he met along the way to the U.K.-based *The Book of Alternative Records*.



**MASSACHUSETTS**  
DAY 283

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TRAIL SHOES TO FIND  
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COMFORTABLE,  
AGGRESSIVE MODELS  
FOR TAKING ON  
LOW-KEY TOWPATHS,  
ROCKY SINGLETRACK,  
OR MUDDY OBSTACLE  
COURSES.**

**BY JONATHAN BEVERLY  
& MARTYN SHORTEN, PH.D.**

**PHOTOGRAPHS BY  
NICK FERRARI**

**OFF-ROAD  
READY**

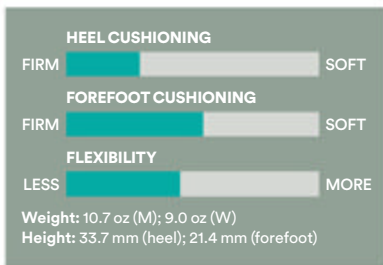
**CROSSOVER**  
BEST FOR ROAD AND TRAIL



**Salomon X-Scream 3D** \$125

The X-Scream 3D is meant for urban runs that involve both road and easy trails. Testers felt it did best on the road, citing minimal traction and a high, firm heel that felt shaky on rough terrain. And they appreciated its durable, responsive ride. The fit is comfortable but felt overly generous to some testers who had a hard time dialing in the pull-cord lacing system. Some even wished they had selected a half size smaller.

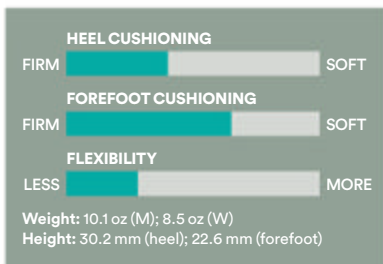
**BOTTOM LINE:** *Sturdy multitasker.*



**Saucony Peregrine 5** \$110

Testers raved about the Peregrine's traction. In this version, more-flexible V-shaped lugs rim the outsole, providing better grip, while firmer, more-durable lugs in the center dig deeper into the dirt. The shoe's light, low midsole and nylon-fiber rock plate also boosted confidence on tough terrain. Some testers praised the more flexible forefoot, while others felt the external heel wrap made the rear foot feel loose.

**BOTTOM LINE:** *Grab the trail and hang on.*

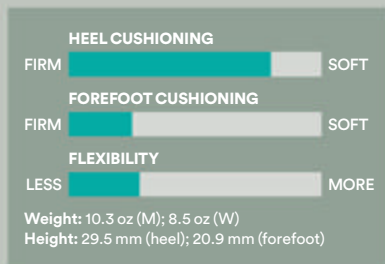


**THE NORTH FACE ULTRA CARDIAC** \$110

With a comfy upper, smooth ride, and great traction, "this shoe did everything well," says Andy Keegan of Reading, Pennsylvania. A layer of foam in the midsole provides neutral cushioning that flexes well over uneven terrain, while a plastic cradle around the back of the shoe cups your heel. The mostly mesh upper breathes well, and the

combo of overlays and a thick collar and tongue secures the foot. Rocky singletrack might prove challenging, as testers reported feeling everything underfoot, thanks to the thin midsole and lack of a rock plate (a puncture-resistant layer in the midsole). Still, it's a great shoe for most terrain, from road to smooth trails.

**BOTTOM LINE:** *Versatile comfort for all but the gnarliest trails.*



**TESTER'S TAKE**

**NAME:** Joseph Long  
**AGE:** 43  
**HEIGHT:** 5'8"  
**WEIGHT:** 145 lbs.  
**MILES PER WEEK:** 20–29  
**YEARS RUNNING:** 6  
**HOME:** Reading, PA  
**OCCUPATION:** Billing specialist



"The North Face Ultra Cardiac was comfortable, and I was out in the rain on both trail and road and didn't have any slippage issues. It had a nice grip on wet roads, even heading up some decent hills. I could really feel the ground well."

PHOTOGRAPHS BY MITCH MANDEL (SHOES ON WHITE); ILLUSTRATIONS BY JOEL KIMMEL

# ON THE RUN



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[www.marinemarathon.com](http://www.marinemarathon.com)



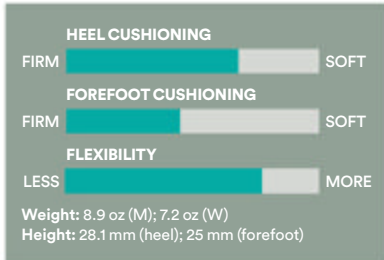
**ULTRALIGHT**  
BEST FOR FAST-PACED  
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**Montrail Fluidflex ST** \$95

The original Fluidflex lived up a little too well to its name, being so flexible it felt squishy and unstable. Montrail made amends by increasing torsional stability and guidance in the midfoot. Additional support comes from enhanced structural overlays in the upper. The result is a shoe that, while still light and flexible, handles technical terrain much better. Testers found the shoe comfortable and supportive, with excellent traction.

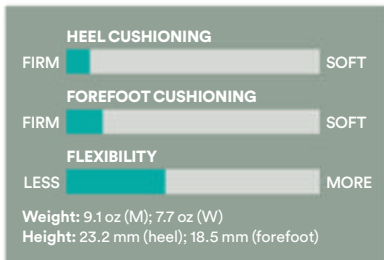
**BOTTOM LINE:** Featherweight protection.



**Topo Runventure** \$110

Testers gave the Topo props for its wide toebox and aggressive tread. It's a light-weight, low-profile shoe with a stable platform and full-length rock plate that doesn't let anything through. Even the upper is rugged, with a large rubber toe cap, tear-resistant mesh, and overlays that help secure the foot. While the midsole felt hard to some testers, they appreciated the shoe most on wet, loose, unstable terrain.

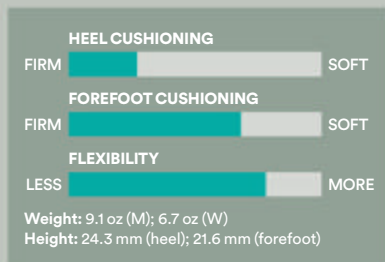
**BOTTOM LINE:** Tough-trail tackler.



**ALTRA SUPERIOR 2.0** \$110

Great cushioning and exceptional traction set this light and flexible shoe apart for the runner who wants to dance over the trail. In this update, Altra added deeper outsole lugs for better traction, boosted the cushioning, and dropped some weight. The shoe earned rave reviews with its unique fit—narrow heel; wide, squared-off

toe—that molds to your foot. Great shock absorption, a high natural arch, and a wide base of support all combine to create a comfortable, stable, surprisingly light shoe. For added terrain protection, insert the thin rock plate (included) beneath the sockliner. Note: The shoe runs a bit short, so go a half size up if you have long toes.  
**BOTTOM LINE:** Be one with the trail without getting beat up by it.



**TESTER'S TAKE**

**NAME:** Michelle Swiatek  
**AGE:** 29  
**HEIGHT:** 5'5"  
**WEIGHT:** 140 lbs.  
**MILES PER WEEK:** 20–29  
**YEARS RUNNING:** 16  
**HOME:** Reading, PA  
**OCCUPATION:** Physical therapist



"The Superior 2.0 fit well: I liked the wide toebox, and the cushioning was enough to protect but not interfere with feeling the trail. There was adequate arch support and enough of a sole to encourage proper mechanics. The traction was amazing on all surfaces. I felt like a mountain goat."

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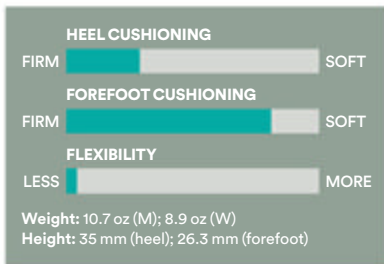
**BACKCOUNTRY**  
BEST FOR ROUGH OR  
MUDDY TRAILS



**New Balance Leadville 1210v2** \$125

For this version, our lab measured improved cushioning in the forefoot, and testers praised how well the upper's overlays support the foot. A diamond-shaped post under the heel provides moderate pronation control. "The stability was right where I needed it," says Donald Rochford of East Lansing, Michigan. With a stiff sole, these shoes aren't built for speed but for long hauls—like their 100-mile namesake.

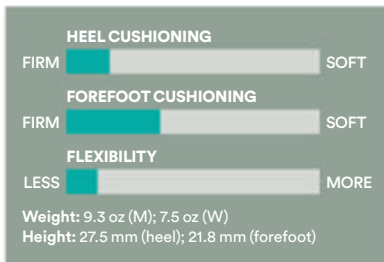
**BOTTOM LINE:** Control for the long run.



**Asics Gel-FujiRunnegade** \$100

The FujiRunnegade is made for one purpose: going fast on rough terrain. A booty-and-ankle-collar construction keeps debris out, and the closed-mesh upper sheds mud on the run. Underfoot, you'll find a minimally cushioned, low-profile midsole that keeps you close to the trail, and oversized lugs on the sole that bite into the dirt. Testers found the fit to be comfortably tight, causing no irritation or hot spots.

**BOTTOM LINE:** Fast racers for mud runs.



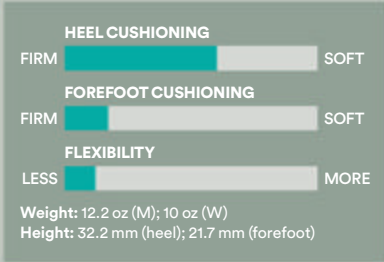
Pivot posts on each corner work like independent suspension.

**BROOKS CASCADIA 10** \$120

Exceptional stability and rugged durability have defined the Cascadia for a decade. This version has a better-fitting upper, which combines more pliable materials with a plastic midfoot saddle that comfortably wraps the foot and stabilizes it on variable terrain. The sole further adds stability: pivot posts—wedges of firm material on

each corner of the shoe—act like outriggers to keep the foot from rolling. Testers reported that the cushioning hits a great balance between protection and a firm, responsive trail feel. It's the heaviest shoe in this guide, but it runs smoothly whether you're heading to the park or doing a 50-miler over technical singletrack.

**BOTTOM LINE:** Unmatched trail stability, with a better fit.



**TESTER'S TAKE**

**NAME:** Rique Campa  
**AGE:** 58  
**HEIGHT:** 5'7"  
**WEIGHT:** 150 lbs.  
**MILES PER WEEK:** 20–29  
**YEARS RUNNING:** 40  
**HOME:** East Lansing, MI  
**OCCUPATION:** Professor



"The Cascadia 10 provides great traction and protection in a diversity of trail conditions. The new lacing system wraps the mid-foot extremely well. Out of five previous versions of the Cascadia, I would have to say this is the best I've run in."

**CUSHIONED**  
BEST FOR LONG AND  
EASY RUNS



Large, soft outsole lugs adapt to the trail.



**Hoka One One Challenger ATR** \$130

A curious thing happened when we tested this shoe: While our Shoe Lab results found the thick midsole nearly impossible to bend (scoring 1 on a scale of 1 to 100), testers perceived it as the most flexible in this guide. Credit that sensation to the pronounced rocker shape that starts under the ball of the foot and allows you to roll off the toe quickly. Another surprise? How stable it felt. Dave Deeds of Reading says, “I hit every rock and root I could find, and the Challenger ATR soaked them all up while never compromising my footing.”

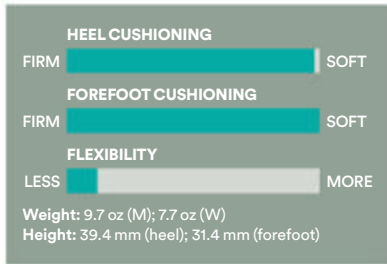
**BOTTOM LINE:** *Float above the trail.*



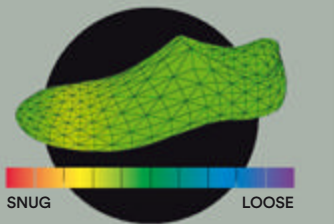
**Skechers GOrun Ultra 2** \$85

This ultracushioned shoe has a bouncier feel than other shoes in the maximal category, which is noticeable when you roll off the high arch and onto the ball of your foot. A soft layer of foam maxes out our cushioning score, while a dense outer layer with deep traction lugs keeps the ride stable. This version has a more flexible upper and tongue that hug the foot better, and more support around the heel. “The upper was very accommodating on long runs—when your feet swell,” says Jose Brown of East Lansing.

**BOTTOM LINE:** *Ultracushioned, fast feel.*



**HOW IT FITS:** Scans from Shoefitr, a company that makes 3-D images of shoes, show that the Hoka One One Challenger ATR fits average to slightly snug throughout, holding the foot securely without cramping it (right). Testers agreed. “It’s like a glove on my foot,” says Jill Spengler of Reading. “Snug but not too tight.” See scans of all shoes here at [runnersworld.com/shoefinder](http://runnersworld.com/shoefinder).



**STABILIZE THIS**  
HOW YOUR SHOES  
KEEP YOU UPRIGHT  
ON THE TRAIL

To make a road shoe stable, engineers typically add devices to control pronation—the inward rolling of the foot. Such strategies assume a stable, level platform underfoot and a consistent stride pattern. Achieving stability off-road, however, is a challenge. Even the tamest towpath invites a variety of touchdown angles and has a surface that constantly shifts during push-off. Stability features come in several forms.



**LOWER PLATFORM**

Building shoes low to the ground decreases the twisting force on your ankle. The Topo Runventure and the Asics Gel-FujiRun-negade both have a firm, thin platform that helps you better feel the trail and adapt to roots, rocks, and slopes.

**FLEXIBLE BASE**

The Altra Superior is low to the ground, but it’s squishier, so you don’t feel the trail as easily. However, its wide, flexible base of support wraps the foot and helps it adapt to the terrain.

**OUTRIGGERS**

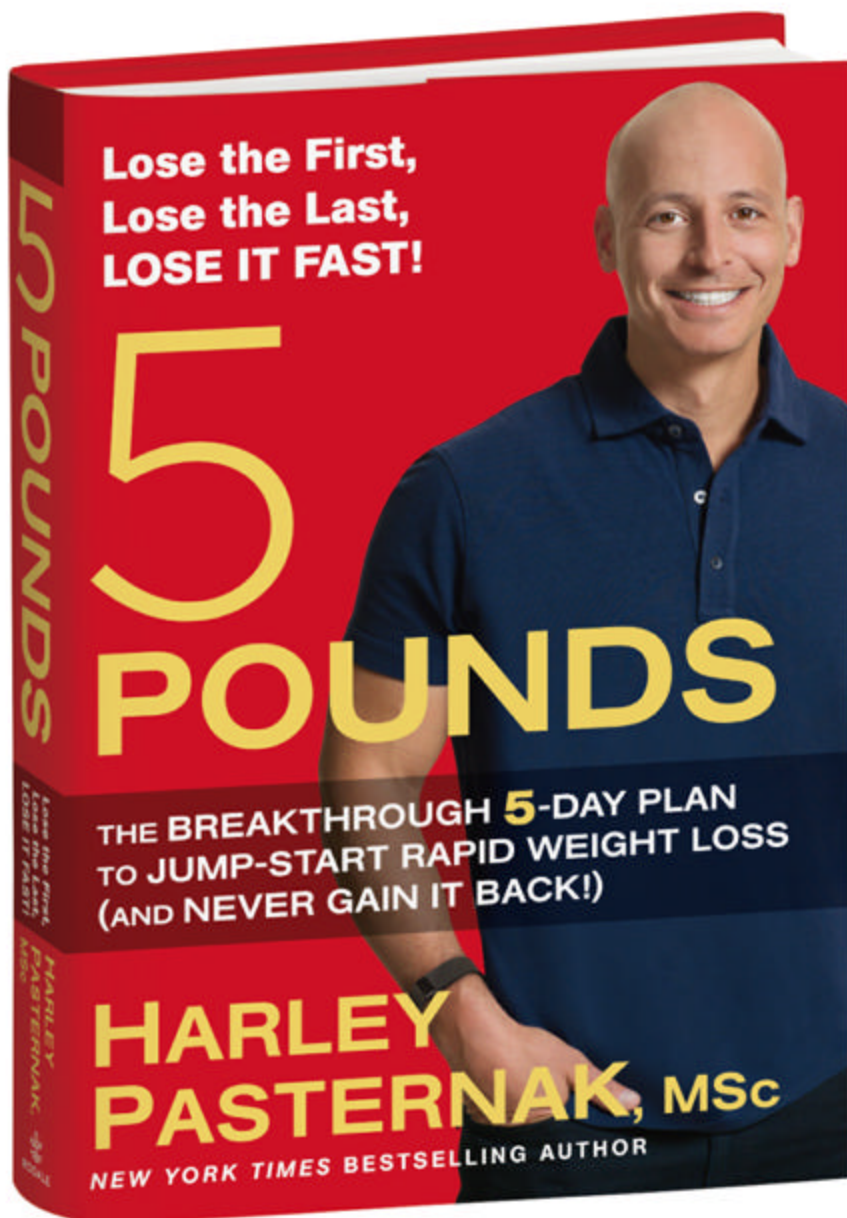
The Brooks Cascadia puts firmer pivot posts, like the medial post on the inside arch of a stability road shoe, on all four corners of the shoe, which helps stop rotational forces from any direction.

**OVERSIZED CUSHIONING**

Thick foam helps the Hoka One One Challenger ATR and Skechers GOrun Ultra 2 absorb bumps and keep the platform under your foot relatively level as you float above the trail.

**IT** See the May/June issue of our sibling publication *Running Times* for seven more performance-oriented trail shoes.

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# RACES+PLACES

TIPS, TRENDS,  
and MUST-RUN  
EVENTS



Runners cross a covered bridge and get a stadium finish in this road-and-trail 13.1-miler.

## ST. LUKE'S HALF-MARATHON

April 26, Allentown, Pennsylvania  
[stlukeshalfmarathon.com](http://stlukeshalfmarathon.com)

### HAVE A BALL

Home games for the Lehigh Valley IronPigs baseball team feature a "Pork Race" between mascots. A bacon strip, a hot dog, a ham, and a pulled-pork sandwich duke it out around the field. [ironpigsbaseball.com](http://ironpigsbaseball.com)

● Races this time of year often feel as much like celebrations to welcome spring as they do sporting events. The St. Luke's Half-Marathon in Allentown, Pennsylvania, is no exception. It takes place just as flowers are beginning to bloom, trees are starting to sprout leaves, and local runners are trading their tights and jackets for shorts and singlets. Located about an hour north of Philadelphia in the Lehigh Valley, the scenic, flat-to-rolling course suits just about everyone, from the newbie eyeing his first 13.1 finish to the speed stud chasing a time goal, and the event consistently sells out its 4,000-runner field. Here's why.



**Ask a Pro**  
**Molly Huddle dishes on moving up to the half-marathon.**

**How did your debut 13.1 (last March's NYC Half) compare to running shorter races?**

I didn't feel like it was the same kind of hurt as a 5-K or 10-K. You can get away with going out too hard in those races. If you do that in the half—like I did in New York—the last miles are pretty brutal. I felt pretty much okay through mile seven or eight. After that, it was just about not fading. [She finished third, in 1:09:04.]

**What did you learn from it?**

Even though the last few miles were painful, I liked seeing what was there. When you've been running as long as I have, you don't have a lot of firsts. It was cool to see how bad or how good the last half of the race was going to feel. It was about what I expected—I just had no kick, basically.

**What advice do you have for first-time half-marathoners?**

Pace yourself—you have time to work up to your race pace—but also, don't be intimidated. It's still not the same commitment as a marathon. It should be a fun race you can finish and be ready for another in the next month or two.

Molly Huddle, the American 5000-meter record holder, will return to the NYC Half on March 15.



● **CHANGING SCENERY**

"You start on the streets of Allentown and pass through two parks. The crushed-gravel surface in the Little Lehigh Parkway (roughly miles seven to 11) is challenging, but it gives your legs a break from the pavement. Plus, there's shade from the canopy of trees, which helps if it happens to be warm. And running over a covered bridge (between miles eight and nine)—you don't get to do that every day."

—GERARD PESCATORE, 45, GLENSIDE, PENNSYLVANIA

● **HIGH-ENERGY ENDING**

"The stadium finish in front of the stands of spectators is incredible. Last year, I actually fell going in: I was telling the first-time half-marathoners who were with me that they were about to feel like rock stars, I raised my hands in the air, and I wiped out on the incline leading to the track. It was fine—I got up and had a good finish."

—ALISSA YEAGER, 47, NORTHAMPTON, PENNSYLVANIA

● **SPECTATOR SUPPORT**

"My family catches the free spectator bus right from the host hotel (Holiday Inn Center City Allentown) where we stay every year. They can go to three or four places along the route or to the stadium to watch me finish. There's a handout at the expo that explains the shuttles, but my wife and kids don't need it—I've run this race every year since 2001, so we have everything down to almost military precision."

—JOHN MOYLAN, 63, WARWICK, NEW YORK

● **AMPLE AMENITIES**

"There are local bands and singers throughout the entire course. And the food at the end is awesome. They do an all-vegetarian spread with black-bean brownies, pierogi soup, and veggie-sausage sandwiches."

—LISA BELLITO, 46, NAZARETH, PENNSYLVANIA

● **HOT HOST CITY**

"Allentown has become a heck of a lot nicer and more developed in the last year. There are a lot of great new restaurants within walking distance of the host hotel. Returning runners from out of town will enjoy seeing how the city has improved."

—IAN WALSH, 29, EASTON, PENNSYLVANIA

**CELEBRATE**

**The Hamilton Kitchen & Bar serves up Sunday brunch and dinner in its spacious, modern dining room, with ample toast-worthy beverages available at both meals. Try the fried chicken and the Pimm's Cup. [thehamiltonkitchen.com](http://thehamiltonkitchen.com)**

**Good Looks Your cheer squad will love these spectator-friendly events.**

**VERMONT CITY MARATHON**

The course's clover shape means fans can see you five times—at the start; at miles 3, 9, and 15; and at the finish—without leaving the parks on Lake Champlain that host the start/finish areas. You'll be grateful for the crowd as you crest the six-block hill near mile 15.

Burlington, Vermont  
 May 24  
[vermontcitymarathon.org](http://vermontcitymarathon.org)



**AIR FORCE MARATHON**

Organizers provide a free shuttle from the start/finish area to the Fairborn Fly Zone, an out-and-back stretch between miles 8.5 and 10 where spectators can see runners twice. Groups can reserve, decorate, and cheer from 61 "zones" along the street.

Dayton, Ohio  
 September 19  
[usafmarathon.com](http://usafmarathon.com)

**LEPRECHAUN CHASE 10-K**

The looped course, which begins and ends at the Strategic Air and Space Museum, allows fans to see their runners three times without moving. After the race, the \$12 admission fee to the museum is waived for both runners and spectators.

Omaha, Nebraska  
 March 5, 2016  
[lc10k.com](http://lc10k.com)

PHOTOGRAPHS BY VICTOR SALLER/PHOTORUN (HUDDLE); COURTESY OF KAREN PIKE (VERMONT CITY MARATHON)

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Promotion

## THE RUNDOWN

inside the runner's world



### A DOPEY CHALLENGE

The award-winning **RUNNER'S WORLD CHALLENGE** presented by 2XU has built a tradition of providing runners with a first-class experience from the moment they sign up, through training and tapering and especially on race weekend and race day. So it came as no surprise that when the 2015 RUNNER'S WORLD CHALLENGE was announced for runDisney's **Walt Disney World Marathon Weekend**, it was a hot ticket. About 300 people received expert, personal advice and individualized virtual coaching and motivation from in-house running legends **Budd Coates** and **Bart Yasso** while training for the **Dopey Challenge**: four races in four days—a 5-K, a 10-K, a half-marathon, and a marathon—surrounded by all the magic that Disney is so famous for. The runners arrived in Orlando and were treated like princes and princesses. From accommodations at the Animal Kingdom Lodge to personalized bib pickup at

Disney's Wide World of Sports to the VIP pasta dinner at Epcot and upgraded corrals, the RUNNER'S WORLD CHALLENGE provided these runners a true VIP experience that meshed perfectly with their runDisney encounters. The races took runners through all of the Disney parks and properties, with plenty of stops for character photos and unique views that can be experienced only before the parks open. THE RUNNER'S WORLD CHALLENGE's busy 2015 continues with its debut in March at the **ASICS LA Marathon** and then the **Big Sur International Marathon** (sold out) on April 26. To find out how you can be part of the next RUNNER'S WORLD CHALLENGE, visit [runnersworld.com/challenge](http://runnersworld.com/challenge).

Top: RUNNER'S WORLD Chief Running Officer Bart Yasso takes a selfie with the Challengers from the start corral before one of the Disney races. Bottom: (Left to right, front row) RUNNER'S WORLD Coach Budd Coates, Senior Director Corporate Communications David Tratner, Brand Editor Warren Greene, Event Marketing Associate Manager Keith Plunkett, and Challenge staffer Christopher Garges. (Back row) Mickey Mouse, RUNNER'S WORLD Consumer Marketing Coordinator Brooke Prelovsky, 2XU North America Senior Marketing Manager Jayme Mechur, runnersworld.com Executive Producer Robert Reese, and Donald Duck.

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[runnersworld.com/insidetrack](http://runnersworld.com/insidetrack)

## RUN WHERE LINCOLN WALKED



### Lincoln Presidential Half Marathon presented by Prairie Heart Institute

**APRIL 4, 2015**  
**SPRINGFIELD, IL**  
**Contact:** Brian Reardon  
 604 Sunny Brook, Springfield, IL 62705  
 (217) 492-5823  
 lincolnhalf@gmail.com  
 www.runabe.com

## REGISTER TODAY TO SECURE YOUR SPOT!



### The San Francisco Marathon

**JULY 26, 2015**  
**SAN FRANCISCO, CA**  
**Contact:** The San Francisco Marathon  
 P.O. Box 77148, San Francisco, CA 94107  
 (888) 958-6668 customersupport@thesfmarathon.com  
 www.thesfmarathon.com  
 \$10 Off Race Registration with Code:  
 RW10TSFM2015

## MAY 24 - People's United Bank Vermont City Marathon & Relay

Burlington, VT  
**Contact:** Jess Cover,  
 1 Main St., Suite 304, Burlington, VT 05401.  
 (802) 863-8412  
 info@runvermont.org  
 www.runvcm.org  
*Flat course on the shores of Lake Champlain.*

## JUN 13 - Walkway Marathon, Half Marathon & 5K

Poughkeepsie, NY  
**Contact:** Susanne O'Neil  
 (845) 454-9649  
 soneil@walkway.org  
 www.walkwaymarathon.org  
**SPONSORSHIP AVAILABLE**

## JULY 12 - Mad Marathon, 3 & 5 Person Relay Teams, Half Marathon, 2 Person Relay Teams & Walkers

Waitsfield, VT  
**Contact:** Dori Ingalls,  
 P.O. Box 28, Waitsfield, VT 05673.  
 (802) 363-9863  
 dori@madmarathon.com  
 www.madmarathon.com  
*Presented by Sugarbush Resort and Lenny's Shoe & Apparel*

## JULY 25-26 - PA Grand Canyon Half Marathons (one Sat., one Sun.)

Wellsboro, PA  
**Contact:** ACT Sports Management,  
 P.O. Box 488, Lionville, PA 19353.  
 (610) 308-3993  
 info@pagrandcanyonmarathon.com  
 www.pagrandcanyonmarathon.com

## SEPT 20 - Navy Air Force Half Marathon & Navy 5 Miler

Washington, DC  
**Contact:** Joint Base Anacostia Bolling MWR,  
 12 Brookley Ave., Washington, DC 20032.  
 navyairforcehalfmarathon@gmail.com  
 www.navyairforcehalfmarathon.com

## OCT 4 - Divas® Half Marathon & 5K in Long Island

East Meadow, NY  
**Contact:** Continental Event & Sports Management,  
 P.O. Box 56-1154, Miami, FL 33256-1154.  
 info@runlikeadiva.com  
 www.runlikeadiva.com  
*Save 10% - Use RWLIAPR15 (Exp. 4/30/15)*

## SOUTH ATLANTIC

## APR 4 - 13th Annual Miller Lite Charlottesville Marathon, Relay, Half Marathon, 8K & Kids Mile

Charlottesville, VA  
**Contact:** Gill, Race Director,  
 1884 Westview Rd., Charlottesville, VA 22903.  
 (434) 218-0402  
 alyssa@badtothebone.biz  
 www.charlottesvillemarathon.com  
*Come run "America's Destination Marathon"! New Team Relay for 2015! "One of the Best Marathons in the USA" - Runner's World Magazine.*

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**PADUCAH, KY**  
 Pam Truitt  
 827 Joe Clifton Drive, Paducah, KY 42001  
 (270) 443-4838 fssinfo@vci.net  
 www.paducahironmom.com



### The Other Half Marathon

**OCTOBER 18, 2015**  
**MOAB, UT**  
 info@moabhalfmarathon.com  
 www.moabhalfmarathon.com  
 Stunning redrock and mountain views along the Colorado River,  
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## NORTH ATLANTIC

## APR 4 - Movie Madness Half Marathon & 5K

Mount Wolf, PA  
**Contact:** Toni Arbogast,  
 4855 Broad Road, Mount Wolf, PA 17347.  
 (717) 266-2227  
 toni@usroadrunning.com  
 www.usroadrunning.com

## APR 11 - Garden Spot Village Marathon & Half Marathon

New Holland, PA  
**Contact:** Kelly Sweigart,  
 433 S. Kinzer Ave., New Holland, PA 17557.  
 (717) 355-6000  
 marathon@gardenspotvillage.org  
 www.gardenspotvillagemarathon.org  
*Run in beautiful Amish Country with horse & buggies and one room schoolhouses! Running this race makes you eligible for the coveted "Road Apple Award"!*



### Tri Clarksville Triathlon Sprint & Intermediate

**AUGUST 29, 2015**  
**CLARKSVILLE, TN**  
 Jessica Goldberg  
 25 Jefferson Street, Suite 300,  
 Clarksville, TN 37040  
 (931) 245-4346 jessica@visitclarksvilletn.com  
 www.visitclarksvilletri.com/tri

## NORTH CENTRAL

**APR 18-19 - Flying Pirate Half Marathon, First Flight 5K & Double Dare Challenge**

Kitty Hawk, NC

Contact: Race Director,  
P.O. Box 265, Kill Devil Hills, NC 27948.  
(252) 255-6273  
[www.flyingpiratehalfmarathon.org](http://www.flyingpiratehalfmarathon.org)

**APR 25 - Park to Park Half Marathon**

Waynesboro, VA

Contact: Ben Lancaster  
(540) 942-6735  
[parksandrec@ci.waynesboro.va.us](mailto:parksandrec@ci.waynesboro.va.us)  
[www.runthevalley.com](http://www.runthevalley.com)

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Peachtree City, GA

Contact: Continental Event & Sports Management,  
P.O. Box 56-1154, Miami, FL 33256-1154.  
[info@runlikeadiva.com](mailto:info@runlikeadiva.com)  
[www.runlikeadiva.com](http://www.runlikeadiva.com)

*Save 10% - Use RWPTCAPR15 (Exp. 4/30/15)***SEPT 25-26 - Divas® Half Marathon & 5K in DC's Wine Country**

Loudoun County, VA

Contact: Continental Event & Sports Management,  
P.O. Box 56-1154, Miami, FL 33256-1154.  
[info@runlikeadiva.com](mailto:info@runlikeadiva.com)  
[www.runlikeadiva.com](http://www.runlikeadiva.com)

*Save 10% - Use RWDCAPR15 (Exp. 4/30/15)***OCT 17-18 - Myrtle Beach Mini Marathon - Half Marathon, Coastal 5K & Doggie Dash**

Myrtle Beach, SC

Contact: Continental Event & Sports Management,  
P.O. Box 56-1154, Miami, FL 33256-1154.  
[info@runmyrtlebeach.com](mailto:info@runmyrtlebeach.com)  
[www.runmyrtlebeach.com](http://www.runmyrtlebeach.com)

*Save \$10 - Use RWMINIAPR15 (Exp. 4/30/15)***OCT 18 - 7 Bridges Marathon, Half Marathon, 5K & 1K.**

Chattanooga, TN

Contact: Ken Radley,  
Coolidge Park.  
(423) 400-6897  
[director@sceniccitymultisport.com](mailto:director@sceniccitymultisport.com)  
[www.sevenbridgesmarathon.com](http://www.sevenbridgesmarathon.com)

**NOV 14 - Anthem Richmond Marathon, Half Marathon & 8K**

Richmond, VA

Contact: Race Director,  
100 Avenue of Champions,  
Richmond, VA 23230.  
(804) 285-9495  
[marathon@sportsbackers.org](mailto:marathon@sportsbackers.org)  
[www.richmondmarathon.org](http://www.richmondmarathon.org)

**DEC 12 - Rocket City Marathon**

Huntsville, AL

Contact: Suzanne Taylor,  
2722 Carl T Jones Drive, Suite 2B,  
Huntsville, AL 35802.  
(256) 520-0768  
[suzanne@fleeteethuntsville.com](mailto:suzanne@fleeteethuntsville.com)  
[www.runrocketcity.com](http://www.runrocketcity.com)

**APR 18 - Carmel Marathon, Half Marathon, Horizon Bank 8K & 5K**

Carmel, IN

Contact: Todd Oliver,  
3575 Inverness Blvd., Carmel, IN 46032.  
(317) 407-8489  
[todd@carmelmarathon.com](mailto:todd@carmelmarathon.com)  
[www.carmelmarathon.com](http://www.carmelmarathon.com)

**MAY 3 - First Midwest Half Marathon & 10K**

Palos Heights, IL

Contact: Mel Diab @ Running For Kicks,  
7158 W. 127th St., Palos Heights, IL 60463.  
(708) 448-9200  
[mel@runningforkicks.com](mailto:mel@runningforkicks.com)  
[www.firstmidwesthalfmarathon.com](http://www.firstmidwesthalfmarathon.com) or  
[www.visitchicagosouthland.com](http://www.visitchicagosouthland.com)  
2500 Runner Maximum

**MAY 3 - Springfield Urban-Warrior Challenge 12.4K**

Springfield, MO

Contact: [info@embracethesuc.com](mailto:info@embracethesuc.com)  
[www.embracethesuc.com](http://www.embracethesuc.com)

**MAY 9 - Scheels Fargo Marathon, Half Marathon, Relays, 10K & 5K**

Fargo, ND

Contact: Mark Knutson,  
P.O. Box 2623, Fargo, ND 58108-2623.  
888-RUN-FARGO  
[director@fargomarathon.com](mailto:director@fargomarathon.com)  
[www.Fargomarathon.com](http://www.Fargomarathon.com)

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Branson, MO

Contact: Continental Event & Sports Management,  
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[info@runlikeadiva.com](mailto:info@runlikeadiva.com)  
[www.runlikeadiva.com](http://www.runlikeadiva.com)

*Save 10% - Use RWMOAPR15 (exp. 4/30/2015)***MAY 17 - Rite Aid Cleveland Marathon, Half Marathon, 10K, 5K & Kids' Run**

Cleveland, OH

Contact: Ralph Staph,  
29525 Chagrin Blvd., #215,  
Pepper Pike, OH 44122.  
(800) 467-3826  
[info@clevelandmarathon.com](mailto:info@clevelandmarathon.com)  
[www.clevelandmarathon.com](http://www.clevelandmarathon.com)

**MAY 23 - Noblesville Mini Marathon, Half Marathon, 10K, 5K & Kiddie Run**

Noblesville, IN

Contact: Scott Cranfill  
(317) 674-3339  
[info@noblesvilleminimarathon.com](mailto:info@noblesvilleminimarathon.com)  
[www.noblesvilleminimarathon.com](http://www.noblesvilleminimarathon.com)

**JUNE 5-6 - 42nd Annual Hospital Hill Run, Half Marathon, 10K, UMKC School of Medicine 5K, 5K/10K Re-RUN, 5K/Half Re-RUN**

Kansas City, MO

Contact: Beth Salinger,  
P.O. Box 27204, Overland Park, KS 66225.  
(312) 925-6067  
[beth@hospitalhillrun.com](mailto:beth@hospitalhillrun.com)  
[www.hospitalhillrun.com](http://www.hospitalhillrun.com)

**JUNE 13 - Summerfest Rock 'n Sole Run, Half Marathon, Quarter Marathon & 5K**

Milwaukee, WI

Contact: Sandra Chambers,  
16851 Southpark Dr., Suite 100,  
Westfield, IN 46074.  
(317) 354-7796  
[sandra@vioneventmanagement.com](mailto:sandra@vioneventmanagement.com)  
[www.rocknsolerun.com](http://www.rocknsolerun.com)

**AUG 22 - Madison Mini-Marathon, Half Marathon, 5K & Kids' Run**

Madison, WI

Contact: Sandra Chambers,  
16851 Southpark Dr., Suite 100,  
Westfield, IN 46074.  
(317) 354-7796  
[sandra@vioneventmanagement.com](mailto:sandra@vioneventmanagement.com)  
[www.madisonminimarathon.com](http://www.madisonminimarathon.com)

**SEP 12 - Park to Park Running Festival Half Marathon, 10K & 5K**

Waterloo, IA

Contact: Dave Lipinski,  
2004 Park Drive, Cedar Falls, IA 50613.  
(319) 231-2441  
[trekman@mchsi.com](mailto:trekman@mchsi.com)  
[www.trekmanracing.com](http://www.trekmanracing.com)

**SEPT 18-20 - Community First Fox Cities Marathon, Half Marathon, Relay, 5K & Kids Run**

Appleton, WI

Contact: Debbie Jansen,  
P.O. Box 1315, Appleton, WI 54912-1315.  
(920) 882-9499  
[info@foxcitiesmarathon.org](mailto:info@foxcitiesmarathon.org)  
[www.foxcitiesmarathon.org](http://www.foxcitiesmarathon.org)

**SEPT 19 - Air Force Marathon, Half Marathon, 10K & 5K**

Wright-Patterson AFB, Dayton, OH

Contact: Race Director,  
Bldg #219, Room 106, 5030 Patterson Pkwy.,  
Wright-Patterson AFB, OH 45433.  
(937) 257-4350  
[usaf.marathon@us.af.mil](mailto:usaf.marathon@us.af.mil)  
[www.usafmarathon.com](http://www.usafmarathon.com)

**SEPT 26 - Akron Marathon (Rubber City Race Series), Marathon, Half Marathon, Team Relay & Kids Fun Run**

Akron, OH

Contact: Brian Polen,  
Race Director, 453 S. High St., Suite 301,  
Akron, OH 44311.  
(877) 375-2786  
[info@akronmarathon.org](mailto:info@akronmarathon.org)  
[www.rubbercityraceseries.org](http://www.rubbercityraceseries.org)

**OCT 17-18 - IMT Des Moines Marathon, Half Marathon, Relay, 5K & Kids Run**

Des Moines, IA  
**Contact:** Chris Burch,  
 526 39th St., Des Moines, IA 50312.  
 (515) 288-2692  
 info@desmoinesmarathon.com  
 www.desmoinesmarathon.com  
*Check out the I-35 Challenge.*

**OCT 17 - Waddell & Reed Kansas City Marathon with Ivy Funds, Marathon, Half Marathon, Team Relay & 5K**

Kansas City, MO  
**Contact:** Kansas City Sports Commission,  
 114 W. 11th St., Suite 300,  
 Kansas City, MO 64105.  
 (816) 474-4652  
 register@kcmarathon.org  
 www.kcmarathon.org

## SOUTH CENTRAL

**MAR 28 - Run Bentonville Half Marathon**

Bentonville, AR  
**Contact:** Layne Moore,  
 305 SW A Street, Bentonville, AR 72712  
 (479) 464-7275  
 lmoore@bentonvillear.com  
 www.runbentonville.com

**MAR 29 - Austin 10/20 - The Live Music Race in the Live Music Capital of the World!, Ten Miles**

Austin, TX  
**Contact:** Turnkey Operations,  
 4018 Caven Rd., Austin, TX 78744.  
 (512) 299-9190  
 info@austin1020.com  
 www.austin1020.com

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San Antonio, TX  
**Contact:** Jesse Martinez,  
 9415 Wahada, San Antonio, TX 78217  
 (210) 822-6634  
 homepainters@earthlink.net  
 www.americanhero25krelay.org

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## MOUNTAIN PACIFIC

**APR 18 - Menifee Half Marathon & 5K**

Menifee, CA  
**Contact:** Connie Hall,  
 28237 La Piedra, MSJC College,  
 Menifee, CA 92584.  
 (951) 929-9691  
 connie@ccuw.org  
 www.menifeehalf.com

**APR 18 - New Mexico Texas Challenge, Marathon, Half Marathon, 10K & 5K**

Hobbs and Lovington, NM  
**Contact:** Jim Harris,  
 103 S. Love, Lovington, NM 88260.  
 (570) 396-4805 or (575) 370-4034  
 leacomuseum@leaco.net  
 www.leacountymuseum.org

**MAY 8-10 - Eugene Marathon, Half Marathon, 5K & Kids Run**

Eugene, OR  
**Contact:** Richard Maher,  
 541 Willamette St., #212,  
 Eugene, OR 97401.  
 (541) 345-2230  
 info@eugenemarathon.com  
 www.eugenemarathon.com

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Burlingame, CA  
**Contact:** Continental Events & Sports Management,  
 P.O. Box 56-1154, Miami, FL 33256-1154.  
 info@runlikeadiva.com  
 www.runlikeadiva.com

*Save 10% - Use RWSFAPR15 (Exp. 04/30/15)***JUL 19 - REVEL Rockies Marathon & Half Marathon**

Denver, CO  
**Contact:** Race Director  
 (720) 467-2188  
 rockies@runrevel.com  
 www.runrevel.com/rockies

**AUG 8 - Oregon Wine Country Half Marathon & 2 Person Relay**

Willamette Valley, OR  
**Contact:** Destination Races,  
 1224 Sperring Rd., Sonoma, CA 95476.  
 (707) 933-1769  
 raceinfo@destinationraces.com  
 www.destinationraces.com/runoregon

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San Diego, CA  
**Contact:** Neil Finn Sports Management Inc.,  
 6116 Innovation Way, Carlsbad, CA 92009.  
 (760) 692-2900  
 info@afchalf.com  
 www.afchalf.com

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Jackson, WY  
**Contact:** Jay Batchen,  
 P.O. Box 1200, Driggs, ID 83422.  
 (208) 313-6393  
 jay@dreamchaserevents.com  
 www.jacksonholemarathon.com

**SEP 20 - 45th Annual Maui Marathon, Half, 10K, 5K & 1 Mile**

Kahului, HI  
**Contact:** Rudy Huber,  
 P.O. Box 1024, Wailuku, HI 96793.  
 (808) 280-5801  
 huber-rudy@yahoo.com  
 www.mauimarathonhawaii.com

**OCT 9-11 - Lake Tahoe Marathon & Half Marathon, 3 Marathons, 3 Half Marathons, 20 Miler, 10K, 5K, 72 Mile Ultra, Double Marathon & Kids Fun Run**

South Lake Tahoe, CA  
**Contact:** Les Wright,  
 P.O. Box 20000, South Lake Tahoe, CA 96151.  
 (530) 559-2261  
 leswright@sbcglobal.net  
 www.runtahoe.com

**DEC 6 - Holualoa Tucson Marathon Events, Marathon, Half Marathon & Marathon Relay**

Tucson, AZ  
**Contact:** Pam Reed,  
 P.O. Box 13292, Jackson, WY 83002.  
 preed@theriver.com  
 www.tucsonmarathon.com

## INTERNATIONAL

**NOV 9 - Divas® Half Marathon & 5K in Puerto Rico**

San Juan, Puerto Rico  
**Contact:** Continental Event & Sports Management,  
 P.O. BOX 56-1154, Miami, FL 33256-1154.  
 info@runlikeadiva.com  
 www.runlikeadiva.com

*Save 10% - Use RWPRAPR15 (Exp. 4/30/15)***MAY 3 - GoodLife Fitness Toronto Marathon, Half Marathon, 5K Run and Walk & Relay**

Toronto, ON, Canada  
**Contact:** Jay Glassman,  
 1 Yorkdale Rd., Suite 202,  
 Toronto, ON M6A 3A1.  
 (416) 920-3466  
 info@torontomarathon.com  
 www.torontomarathon.com

**SEPT 6 - Kelowna Wine Country Half Marathon & 2 Person Relay**

Kelowna, BC, Canada  
**Contact:** Destination Races,  
 1224 Sperring Rd., Sonoma, CA 95476.  
 (707) 933-1769  
 raceinfo@destinationraces.com  
 www.destinationraces.com/runbc

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**Contact:** Apostolos Greek Tours Inc.,  
 2685 S. Dayton Way #14, Denver, CO 80231.  
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● CONTINUED FROM PAGE 80

paid for, the athletes really aren't compensated for wearing a different brand than the one they are sponsored by the rest of the year."

Geer counters this argument with statistics, noting that 60 percent of the elite athletes who receive USATF financial support are non-Nike athletes, and that the organization annually directs seven figures of funding into the broadcasting and support of meets sponsored by Nike competitors, including the New Balance Indoor Grand Prix and Adidas Grand Prix.

In any case, the C-and-D letters and takedown requests are not accidents: In addition to his aggressive pursuit of new revenue sources, Siegel has advocated a fierce new protection of the USATF's brand, particularly photos and video from its meets. One of his big initiatives has been improving USATF's media presence by expanding relationships with NBC and ESPN and launching USATF.TV and USATF 36, which stream events and other original programming. USATF reports that it tripled commercial revenue from television broadcasts into six-figure territory in 2013.

But the organization was still skewered for its hard line on Oiselle's Instagram activity. Other sports organizations, the National Basketball Association in particular, have made a point of laying off such actions. "We would love to be the NBA and be so ubiquitous that we can afford to have our intellectual property being used by anyone and everyone," says USATF's Geer. "The NBA is in a financial position where they can afford that. We are trying to build assets. And to build value."

It could, in fact, be argued that USATF has done more to support a professional sport than most of its peers. There are the TV deals, the substantial funding that has been committed to elite athletes, and new events like the .US National 12-K launched a year ago that awarded \$100,000 in prizes in November. The problem is that it's hard to properly identify what USATF's peer group actually is. The organization's critics like to compare it to the likes of the National Football League, Major League Baseball,

or the NBA, but those are independent professional sports leagues, not national governing bodies. LeBron James's \$21 million salary is not paid by USA Basketball, his sport's national governing body—which couldn't cover half that amount with its entire budget. It's paid by the Cleveland Cavaliers, his professional team. USATF is chartered to govern, and professional athletes represent only a small fraction of its constituency. Compared to, say, USA Swimming, which in 2013 committed less than a tenth of its budget to athletes, the \$11 million that USATF ponied up last year for athletes, athlete programs, and broadcasts of athlete competitions, amounting to more than a third of its budget, looks generous. If USATF's business endeavors are critiqued, it has to be understood that the organization works with much less and has a more complex set of responsibilities than a pro sports league has.

Still, as the new Nike deal shows, it's not like Siegel's USATF is a mom-and-pop shop anymore. Increasingly, he's running the organization like a business. And getting in flaps over Instagram posts doesn't make you look like a smooth operator. It makes you look out of touch.

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## JUNE: DEALING WITH DOPING

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Meanwhile, in the midst of InstagramGate, USATF got drawn into a series of doping controversies, too.

In early May, Jon Drummond, the chairman of the organization's Athletes Advisory Committee (a position elected by member athletes), was accused by sprinter Tyson Gay of providing and administering him with performance-enhancing drugs. But USATF officials did nothing, maintaining that they could not suspend someone who had been accused but not convicted. Then, weeks later it was revealed that two of the coaches USATF had hired and selected for the national team headed to the IAAF World Relay Championships were husband and wife Dennis Mitchell and Damu Cherry-Mitchell, both of whom had previously served doping sentences. The proximity of the stories, plus the early season international dominance of reinstated doper Justin Gatlin, created a cocktail of antipathy for USATF by early June.

Hightower made an impassioned defense of the Mitchells to me. "This has always been a country where we are a forgiving group of people," she said. "Dennis and Damu have been able to rebuild their reputations through coaching."

In the case of Gatlin, he was reinstated by the Court of Arbitration for Sport.

Geer cited the Ted Stevens Olympic and Amateur Sports Act, which prohibits, by federal law, a national governing body from not allowing an athlete to compete who is otherwise eligible.

Nobody at USATF would comment on the Drummond case on the record last summer, as it was a pending legal matter. His time in his post had ended by the annual meeting in December, and later that month the U.S. Anti-Doping Agency announced that Drummond would receive an eight-year ban for his violations. USATF released a statement expressing their disappointment in his actions.

But, to use the example of the NBA once more, if Commissioner Adam Silver could find the authority to ban Donald Sterling and fine him \$2.5 million four days after racist comments made by the billionaire Clippers team owner went public, couldn't Siegel have announced something, anything, regarding Drummond once Gay's accusations were reported in May? Is there not a point at which publicly reassuring a disheartened constituency of your leadership in matters such as doping outweighs the value of upholding a no-comment policy? It's perplexing how leaders in some sports can find ways to respond to overwhelming public demands in extreme circumstances but others cannot.

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## DECEMBER: MORE MEETING MADNESS

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At the annual meeting in Anaheim, California, from December 2 to 5, USATF leaders set about resolving many of the problems that plagued them throughout 2014.

The big reveal was Siegel's opening announcement of the near-doubling of revenues in 2014, and that a sizable chunk of the new money would go to elite athlete development. (Details weren't revealed, but a source suggested that the Nike deal may have somehow been front-loaded, which if true should help dampen Greifinger's criticism of its long-term value.)

In addition, it was announced that the 2016 Olympic Marathon Trials would have a record prize purse of \$600,000, \$79,000 more than the 2012 Olympic Marathon Trials in Houston. Andrew Bumbalough was reinstated to his eighth-place finish in the men's 3000 meters at the 2014 USATF Indoor Track & Field Championships, and new rules were adopted for swifter corrections of errors made at meets. Hoka One One was announced as the new sponsor of a popular, long-standing middle-distance meet. Another brand at the table.

Everything seemed to be going great—until the last (Continued on page 110)

day. Until the vote to nominate a USATF candidate for the International Association of Athletics Federations Council, which is arguably the most critical governing body for track and field in the world.

The USATF's incumbent IAAF Council representative, Bob Hersh, was challenged by Hightower, who cannot be re-elected as president when her second term ends in late 2016. Hersh had been the rep for 15 years, had risen to the second-highest elected position on the council, and is popular among U.S. athletes for his accessibility, among other things.

Since 2009, the board of directors has had the sole power to select the IAAF candidate, an authority granted by the USATF membership. Prior to that, it was open to all members assembled at the annual meeting. This year, Greifinger introduced legislation that allowed the membership to vote on a candidate recommendation. A compromise was struck that they could vote, but that the board could overturn their choice by a two-thirds vote of their own.

The membership voted overwhelmingly in favor of Hersh, 392-70, and immediately afterward the board, with one abstention, overturned them in favor of Hightower (who, like Hersh, did not vote), 11-1.

Members were, predictably, incensed. "What was done is not illegal," Greifinger said to me a few days after the meeting. "I think it was immoral, but under the letter of what we passed, the board had the authority to do that."

Fleshman, who attended the meeting and voted for Hersh, posted a blog excoriating Hightower and the board for ignoring the will of the members. She and other athletes also expressed frustration that the athlete board members hadn't represented their interests. Three of the 15 board seats are reserved for athletes or recently retired athletes voted in by their peers, and of them, newly elected Curt Clausen, a former race-walker, was the lone dissenting vote. Retired sprinter Doc Patton and retired heptathlete Hyleas Fountain voted for Hightower with the rest of the board.

In the days after the vote, I reached out to Fountain, who declined to speak on USATF matters at all, and Patton, who said he did not want to discuss specifics out of respect to the athletes, including Fleshman, whom he hadn't yet spoken with. Fleshman reached out to both and said that she had a productive conversation with Patton, but that as of February, despite connecting via e-mail, she and Fountain had yet to speak.

In a press release that immediately fol-

lowed the decision and in a longer one the board posted four days later in response to member backlash, USATF reiterated that it followed procedure. It defended the selection of Hightower by noting, among other things, that the IAAF's longtime president Lamine Diack would be stepping down in 2015 and that, with the changes that turnover would bring, Hightower would be a "new-era person" best suited for the role.

Even Siegel's new sponsorships couldn't escape criticism. "What I heard in elevators and halls was an element of, 'Max is trying to buy our silence by giving us gifts,'" Greifinger said. "People are happy to see more money, but there was a sense that the undertone was, 'Since we're bringing in this money, dissent is not in order.'"

Dwight Phillips, an Olympic gold medalist in the long jump voted in by the athletes to replace Drummond as AAC chair, vows to be a conduit for athletes who share Greifinger's sentiments. "The communication channels can and will be improved," he says. "In one of the first conversations we [officers] had with Max Siegel, we identified ways to communicate vital information with athletes and give them a platform to voice concerns and receive responses in a timely fashion."

Time will tell. After a tumultuous year that began and ended with similar controversies, it's fair to ask: What have USATF's leaders learned?

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## 2015 AND BEYOND

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"I do think that I recognize what my role is. I was brought in here to make this a better organization, to be more efficient, to get more resources."

That was how Max Siegel assessed his duties when we met in August. Had he delivered more resources? Absolutely. Was USATF more efficient? With regard to business decisions, certainly; the jury remains out on "field of play" decisions until we see the new rules in action. Had he built a better organization? Better than it was in 2008, when USATF was on the verge of USOC decertification? You'd be hard-pressed to find anyone to disagree with that. But better than when 2014 started? That's complicated.

It's clear by now that USATF's leaders feel justified in overruling the will of the membership when they see fit, and it's hard to say they shouldn't—it is, after all, what the USOC asked them to do.

But it seems possible, even probable, that the pendulum has now swung too far the other way: from USATF being a bloated bureaucracy to an isolated oligarchy. Plainly,

USATF's leaders appear to have lost touch with a significant portion of the members they are chartered to serve.

The work must begin to mend those broken relationships, though it will take more than money to do so. It will take direct outreach, sincerity, and patience from Siegel, Hightower, and the board. They would do well to maintain frank and consistent dialogue with the stakeholders who have been, at times, their most vociferous critics, from Fleshman to Greifinger. Revenues matter, sure, but so do the relationships.

It's also fair to question whether or not the evolution of the professional sport has simply made USATF's job too complicated—it has the problematic task of managing the business of a pro sport while also governing and being held accountable to a diverse general constituency. The emergence of a sustainable professional track-and-field league could go a long way toward taking some of the pressure off of USATF (for more on that, see "Fun & Games," page 77). It is possible to envision a future where such a league could maintain its independence but still have a healthy, symbiotic relationship with USATF—in a way that wouldn't require a wholesale dismantling of the latter.

Here's one lesson for USATF from 2014, after all the membership clashes, Albuquerque, the Instagram squabbling, the doping controversies: Optics matter. Max Siegel can do all the deal-making he wants, but his successes, and by extension, USATF's, will ultimately be undermined if he loses popular support in the process.

"I really want my body of work to speak for itself," Siegel told me. It's a noble goal, and there's no reason to doubt his sincerity. But here's another way to look at it: If you're doing a good job and almost nobody's talking about it, are you really doing a good job? 🚫

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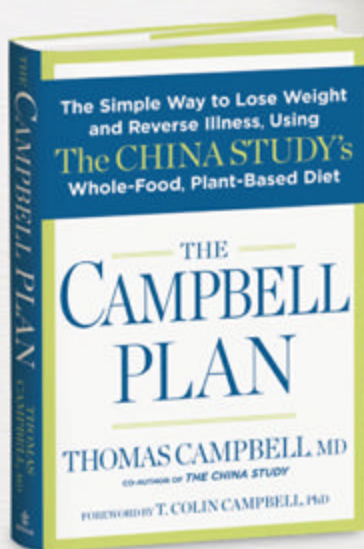
*First published last month on runnersworld.com. This version includes additional reporting to address feedback from the digital version. More responses are welcome at runnersworld.com/usatf.*

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# DAVE GILBOA

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“We’ve had a great experience hiring runners. They tend to excel in day-to-day roles.”

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to someone in need. Last summer we gave away one million pairs.

**I WANTED** to be a sprinter until I got to high school and found I was better off distance-running. I walked on to the cross-country and track teams at Berkeley.

**I ONCE** attended a camp Meb Keflezighi coached at. On an intense

● **Warby Parker**, which has sold eyewear online since 2010, opened its 10th brick-and-mortar store in San Francisco (above) last November.

fartlek run, he pulled beside me and said, “Your off-season will decide who wins the race months from now.” That stuck with me.

**IN COLLEGE** I got three stress fractures and had to quit competition. Now I run before work on a path along the Hudson River.

**RUNNING HELPS ME** clear my head and prioritize my day. If I don’t run, I don’t have as much energy and I tend to be not as mindful.

**IN 2008**, I ran the New York City Marathon in a flamingo costume I wore to a party the night before. I’d had no sleep, but the crowds gave me energy and I finished. Next year I ran it in the same costume in 3:18, my PR.

**MY INJURIES** tend to come from overuse, and that’s a good lesson in business. Sometimes the right answer isn’t to push harder but to take a step back, look at data, listen to feedback, and reassess.

**RUNNERS AND** entrepreneurs both must be self-motivated. The drive to improve comes from within.

**SOMETIMES I LISTEN** to audiobooks when I run. Recently I ran to *The Hard Thing about Hard Things*, by Ben Horowitz, and *Unbroken*, Louis Zamperini’s story.

**THE FIRST THING** I do when I land in a new place is figure out how to experience its sights, sounds, and smells on a run.

**MEB WAS RIGHT.** Entrepreneurship is glorified, but 99.9 percent of the work to get a company off the ground is unglamorous: staying up all night packing boxes, driving U-Hauls through snowstorms. What we do today will allow us to win in the future. 🏃



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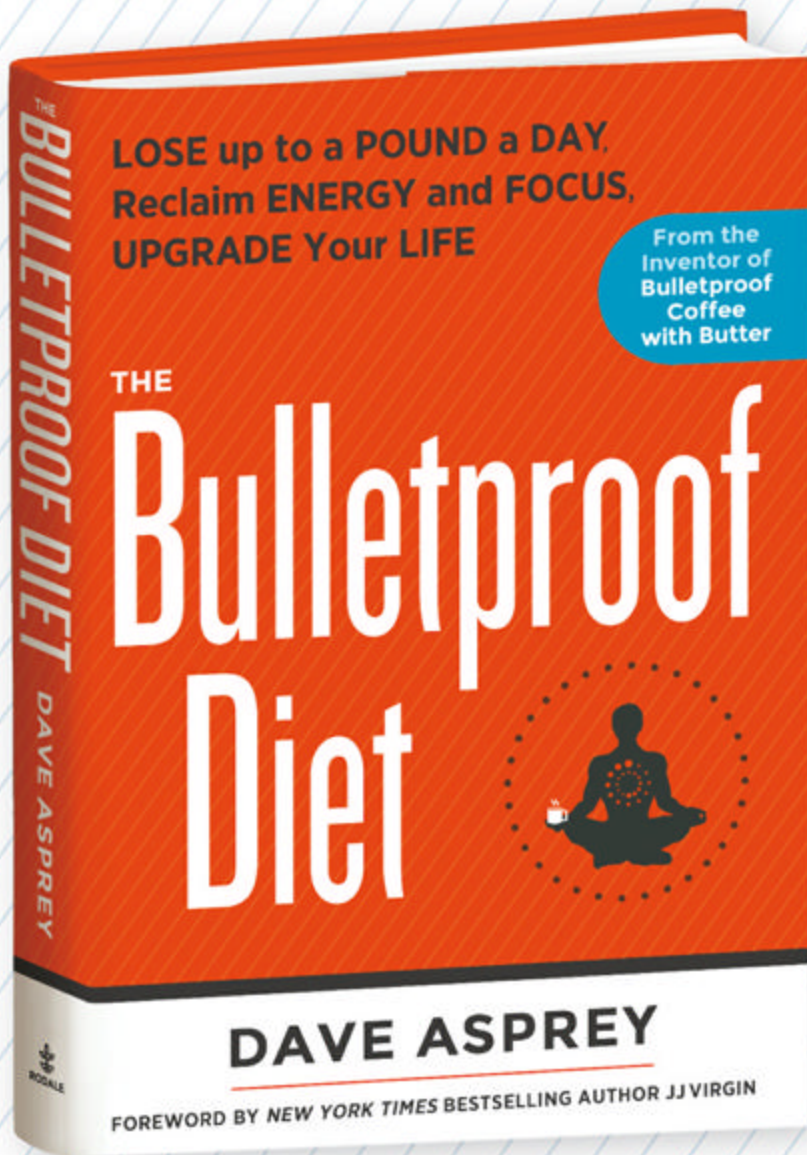
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