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LIGHT UP YOUR RUN

**Why Smart  
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More Rest Days**

**QUICK & EASY  
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# **RUNNER'S<sup>®</sup>** **WORLD**

## ***Let's Do This!***

**KEVIN HART'S GUT-IT-OUT  
MARATHON ADVICE**



**PLUS**

# **5**

**WAYS  
TO INSTANTLY  
IMPROVE  
YOUR FORM**

**NOVEMBER 2017**  
**RUNNERSWORLD.COM**





# RUN STRONG, RUN LONG

Reebok knows that it's way more challenging to get to the starting line—than the finish. And the final stretch to the starting line—is often the toughest endurance test. Take these tips from **NATE HELMING**, Co-founder of The Run Experience, on how to get to the starting line feeling fit, healthy, and ready to run your best.

## GET STRONG.

"A 30-minute strength-training routine, twice a week can keep you running efficiently and injury-free," says Helming. Squats, pushups, lunges, and burpees can boost stability, balance, and range of motion. "Strength training will support your body so that it can handle the high mileage that can help you accomplish your running goals," he says.

## LISTEN TO YOUR BODY.

Learn the difference between achiness that goes along with pushing yourself faster and farther—and acute pain that warns of an emerging injury. Take a break from workouts that cause pain—like hills or the track—or take a few days off from running to focus on strength and cross-training activities. "When you hit the road again, have an exit strategy in case the pain recurs," says Helming. Think short loops, not out-and-backs.

## GEAR UP RIGHT.

"Alternate between two pairs of shoes throughout your training, and you'll decrease the chances of wearing them out—a common cause of injury," says Helming. Replace your shoes three weeks before race day and your mind and your muscles will get a boost. "It's a total psychological win to start in a new pair of shoes," says Helming. "They're clean, they're springy, it's like having a new race car."

## FEEL THE FLOAT.

The Reebok Floatride's lightweight foam provides a fast, springy ride, with cushioned support that won't weigh you down. The seamless knit upper eliminates irritating distractions. That means no more blisters, which can throw off your form, and lead to injuries. The molded cupped heel offers the support and stability runners need, to get fit and get fast, without getting hurt.







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 swiftwick

Mirna Valerio running in the TCS New York City Marathon.

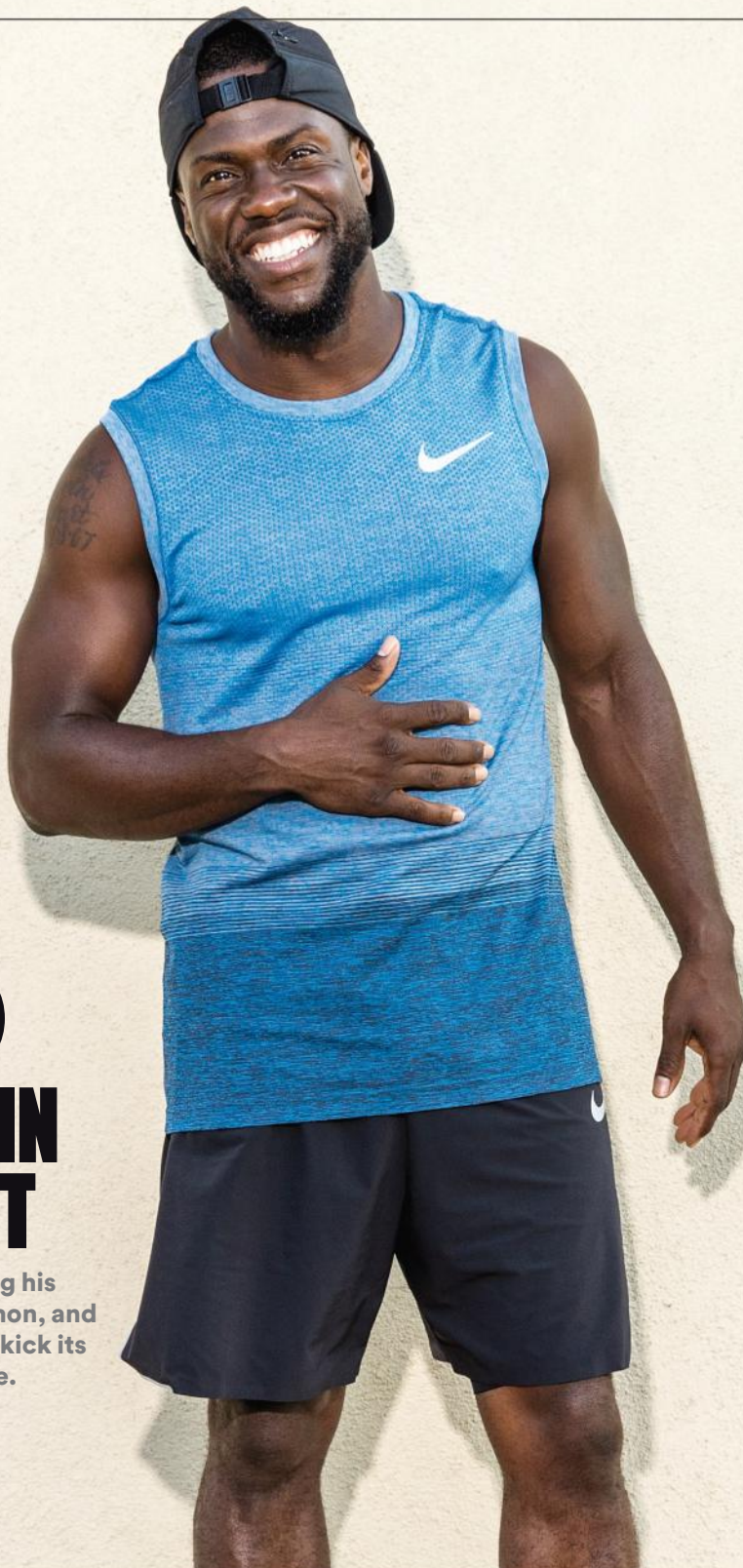


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He's running his first marathon, and he plans to kick its ass. No joke.

BY KIT FOX



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A stranger needed motivation to run. A man with Down syndrome was happy to help. Together, they created a Facebook group that connects runners with the special needs community.

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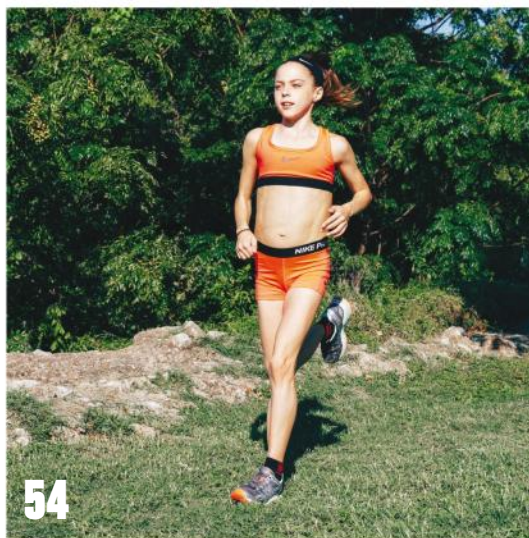
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# SALT LAKE CITY, UTAH

## Runners

Brody Leven and  
Claire Abbe

## The Experience

This section of the Bonneville Shoreline trail is nestled in the foothills of the Avenues neighborhood. The scenic spot, two miles from the I Street Trailhead, requires a few hundred feet of elevation to overlook the city and Oquirrh Mountains. "The proximity to world-class recreation is why I moved to Salt Lake City," Leven says.

## Stopping Point

There are spectacular views all along the trail, but none better than a sunset at "The Living Room." Natural rock couches and chairs on the side of the trail offer "comfortable" views of the sun retreating behind the mountains.

## Local Fare

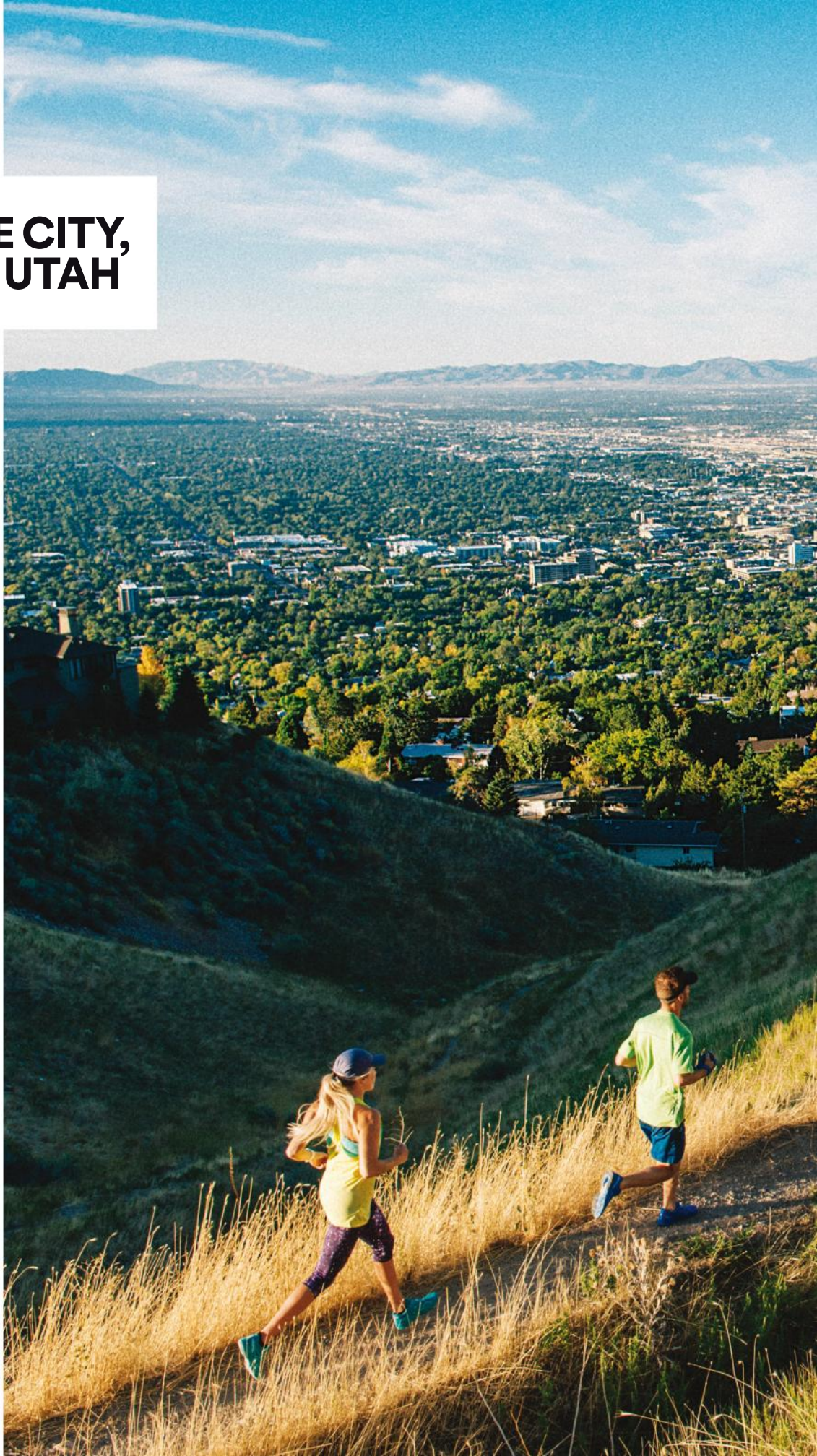
Buds Sandwich Co., 2.6 miles south of the trail, offers delicious, all-vegan options to fuel your run in the foothills. Leven suggests the pesto sub on a toasted sourdough hoagie roll.

## Race Nearby

Mountain View Trail  
Half Marathon  
November 11, 2017

## Photographer

Scott Markewitz









# MAKE FIRSTS LAST

# N

**NERVES HAD ME TOSSING AND TURN-**ing the night before my first marathon eight years ago. Despite months of logging the many prescribed miles on my training plan, I couldn't shake the jitters and self-doubt as I questioned how my body and mind could power through 26.2 miles. I remember lying in bed worried that I might even relive the classic *Seinfeld* episode where Jerry oversleeps and fails to wake up his marathoner guest in time for his race. After setting two alarms on opposite sides of the room, I finally fell asleep.

In the end, my first marathon—New York City—was awesome and memorable, not only for the cheering hometown crowds and addictive finish-line euphoria, but also for the lesson it taught me: Trust the plan. Week by week, I had increased my mileage in steady increments. I stretched. I

cross-trained. I stretched some more. Preparation and diligence will get you through most new endeavors, whether you're running a first-time distance or you're embarking on a big project at work. Devise a plan, break it down into small, actionable steps, be consistent, and good things *do* happen. You cross a finish line feeling like a badass.

That was my lesson—but it's not the only one. You can also simply commit to run with grit, to not sweat the details. That's how Kevin Hart is approaching his first 26.2 this month. Sheer will and determination, rather than any sort of carefully laid out regimen, are the key tools propelling him. (Sharing your marathon intentions and journey with more than 54 million Instagram followers provides plenty of built-in motivation, too.) Sometimes running is as much about the decision to go after something you want, about the drive and desire to prove to yourself and the world what you're capable of, as it is about training and physical effort. Read about Kevin's funny-but-totally-legit marathon plans on page 60.

No matter the approach, a first-time race, activity, or goal taps inner strength and commitment you never knew you had, and often sets you on a continued path toward redefining your personal best. (And you can train for that by building mental grit—just like you would any muscle—with the willpower tricks in “Flex Your Mental Muscle,” on page 30.) The most important takeaway from my first marathon had nothing to do with how to better adjust my splits or fueling tactics. It was learning how to push past the I-can't-imagine-ever-doing-that doubt to the reality of I-can-I-did-and-I'll-do-it-again. Let us know how *Runner's World* can help make your chase for fresh running firsts—whether that's a new distance, course, or workout—a lasting pursuit.

**BETTY WONG ORTIZ,**  
**EDITOR-IN-CHIEF**





# ALL ROADS LEAD TO



There are 50,000+ runners putting in millions of miles of work literally all over the globe. In the rain. In the dark. In the blistering heat. They are out there every day on the streets, sidewalks, and trails. And while those roads are all very different, they have one very important thing in common. They all lead to the same place. All Roads Lead to New York. No matter what road led you to New York, New Balance wants you to experience all that this great city has to offer. Check out our #ROADTONYC guide to help you make the most of YOUR marathon weekend.





## 1/GEAR UP

Visit the TCS New York City Marathon Expo Presented by New Balance at the Javits Center to check out the official apparel and footwear collection. Take pictures in front of the retail windows inspired by NYC's most famous shopping avenues and take in the sounds of a working split flap board just like the ones found at NYC's iconic train stations.

### JAVITS CENTER

655 W. 34TH STREET  
JAVITSCENTER.COM

Additionally, visit the NYRR RUNCENTER featuring the New Balance Run Hub to gear up before your shakeout runs in Central Park. Runners also have the chance to take advantage of the **NB Test Run** initiative and try out the latest NB running gear and technology, often before it launches anywhere else in the world.

### NYRR RUNCENTER

320 W. 57TH STREET  
NYRR.ORG

## 2/SHAKE IT OUT

Get a runner's eye view of New York while shaking your nerves away on NYRR/New Balance "NYC Tour." All runs will depart from NYRR RUNCENTER.

### NYRR RUNCENTER

320 W. 57TH STREET  
NYRR.ORG FOR TIMES

## 3/CHILL OUT

Need a relaxing place to unwind while taking in the scenic vistas of both mother nature and NYC's famous neighborhoods? Then the Highline is MUST.



This former railroad line turned elevated park can be 1.45 miles of pure tranquility. Just get there before the rush.

## 4/CARBO-LOAD

One of the major perks of marathon training (doesn't matter if you're the runner or the running supporter) is carbo-loading! Here are some of

the best pasta places in NYC (in our opinion).

### MORANDI

211 WAVERLY PLACE  
212.627.7575  
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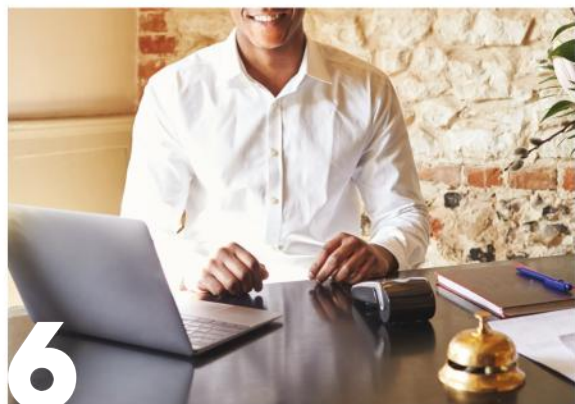




## 5/SELFIE STATIONS

Check out New Balance commissioned murals in each NYC Borough. Each represents a celebration of the marathon as told through the artistic stylings of Ron English, AvOne, David Park, Doves, and Wane. Learn more @newbalance.

Rooftops also provide a prime view of NYC, including iconic Empire State Building, Top of the Rock, and One World Trade.



## 6/YOUR PERSONAL RUN CONCIERGE

Stop by the TCS New York City Marathon Pavilion Sunday, October 29, through Friday, November 3, to receive complimentary customization at the New Balance Run Concierge. If you are walking around the city November 2 to November 4, check out the three unique New Balance Run Concierge kiosks throughout the city that can enhance your run or help you navigate the race and the city.

### TCS NEW YORK CITY MARATHON PAVILION

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CENTRAL PARK WEST

### NEW BALANCE FLATIRON

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NYRR.ORG

### AND&AND

353 W. 12TH STREET, 1ST FLOOR  
ANDANDAND.NYC



## 7/EMBRACE YOUR INNER TOURIST

And most importantly, be sure to visit NYC top attractions like Grand Central Terminal, the Statue of Liberty, the Staten Island Ferry, and Central Park.



## 8/PARTY TIME

Visit the New Balance Mile 20 Block Party, located at the most challenging part of the race in the Bronx. Check out the local drum lines, listen to the sounds of iconic NYC DJs, and interact with the New Balance "Charge Up Wall" digital experience.

### BLOCK PARTY

135TH STREET & ALEXANDER AVENUE  
BRONX



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# THE LOOP

## The Snark

We provide running advice every day on Twitter—@runnersworld. Sometimes readers share their own wisdom in response.



## The Shameless Newsletter Promotion

Every Tuesday in our morning newsletter, **The Warmup**, we pose a question to readers. Recently, we asked about the

**BEST (OR WORST) ADVICE THEY'VE EVER RECEIVED.**

### BEST ADVICE

TWO WORDS:  
**SLOW DOWN.**

—Dave Schultz

### WORST ADVICE

**TO PUSH THROUGH THE PAIN AND NOT LISTEN TO BODY CUES BECAUSE MY 'BODY IS GETTING STRONGER.'** —ALEX INTRIAGO

**‘DON'T RUN.'**

—Katie Elzer-Peters

**WANT TO GET THE WARMUP? SIGN UP AT RUNNERSWORLD.COM/NEWSLETTERS.**

## The Poll

**THE @NYCMARATHON WILL BE A STAR-STUDDED EVENT THIS YEAR. WHICH CELEB RUNNER DO YOU THINK WILL FINISH FIRST?**



9%

**KARLIE KLOSS**  
Model



9%

**KATHRINE SWITZER**  
Marathon pioneer



25%

**KEVIN HART**  
Comedian



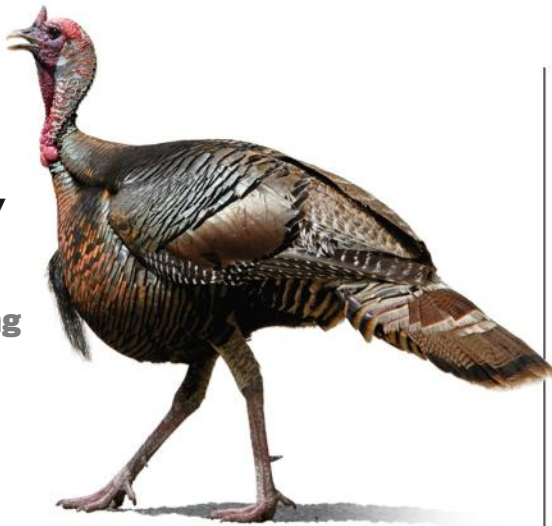
57%

**NEV SCHULMAN**  
TV host



## The Stats

For many runners, **TURKEY TROTS** are a big tradition. The Thanksgiving holiday is the biggest race day of the year—outpacing Halloween and the 4th of July. And it has some of the biggest races, too. Here are a few stats to put it in perspective:



OLDEST

1896

year YMCA Buffalo  
Niagara Turkey Trot  
was founded

MINNESOTA

state with the most  
turkeys (44 million)



CALIFORNIA

state with the most  
turkey trots, with at  
least 123 races

LARGEST

19,552

finishers at Silicon Val-  
ley Turkey Trot in 2016

ESTIMATED NUMBER OF TURKEY TROTTERS IN 2015

901,753

advertisement

## Power Tights!

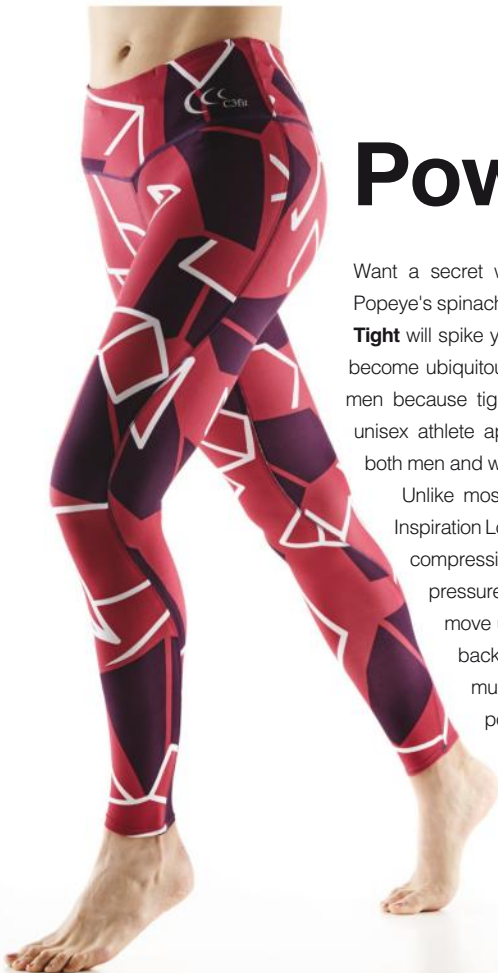
Want a secret weapon? Like a superhero's cape or Popeye's spinach, wearing C3fit's new **Inspiration Long Tight** will spike your powers, especially since they have become ubiquitous and fashionable outerwear, even for men because tights are normally generally considered unisex athlete apparel. C3fit tights are customized for both men and women.

Unlike most leggings and tights worn today, the Inspiration Long Tight offers a high level of graduated compression that applies a measured amount of pressure, with more at the ankle and less as you move up the leg. This serves to aid circulation back to the heart and is designed to improve muscle contraction and help control the pooling of venous blood and lymphatic fluid in the extremities, which is why tights accelerate post-run recovery.

The Inspiration's compression

also suppresses excessive muscle vibration that results in energy loss during your run. And if you don't want to wear a full tight while training or racing, C3fit has also introduced calf sleeves that provide similar attributes. And, as another positive, the updated Inspiration Long Tight's construction boasts completely flat seams for a more comfortable, abrasion-free fit that can power you underneath other layers and be worn all day long as energy-sustaining leggings.

With tights and leggings becoming a dominant clothing choice, whether for running or the runway, the Inspiration and its just-right graduated compression with not-too-tight pressure can be your secret weapon apparel. Not only are they great for workouts and recovery but the Inspiration Tight is chic and elegant enough for office and party wear. As a bonus, they are constructed from high quality fabric that boasts 40+ UPF protection.







### The Challenge

It's tough to stay motivated during the holidays. It's cold, dark—plus, all those parties. What you need is a good challenge: the **#RWRRunStreak**. Run at least one mile, every day, from Thanksgiving to New Year's. Sign up or follow along at [facebook.com/rwrunstreak](https://facebook.com/rwrunstreak), and let other runners know what you're made of with this "Streaker" shirt from the RW Store: [ShopRunnersWorld.com](https://ShopRunnersWorld.com).

### The Farewell

## MEB'S RETIRING! WHAT SHOULD HE DO NEXT?



### Sit.

JB @JB\_August

Replace @BartYasso as @runnersworld CRO!

Trey Small @treysmall

Start a nationwide track program for elementary schools.

TL @TL43TL

Come to my house for dinner!

Julie Goodale

@JulieGoodale

Go to Disney World! #runDisney

Doug McDonald @dougmcd



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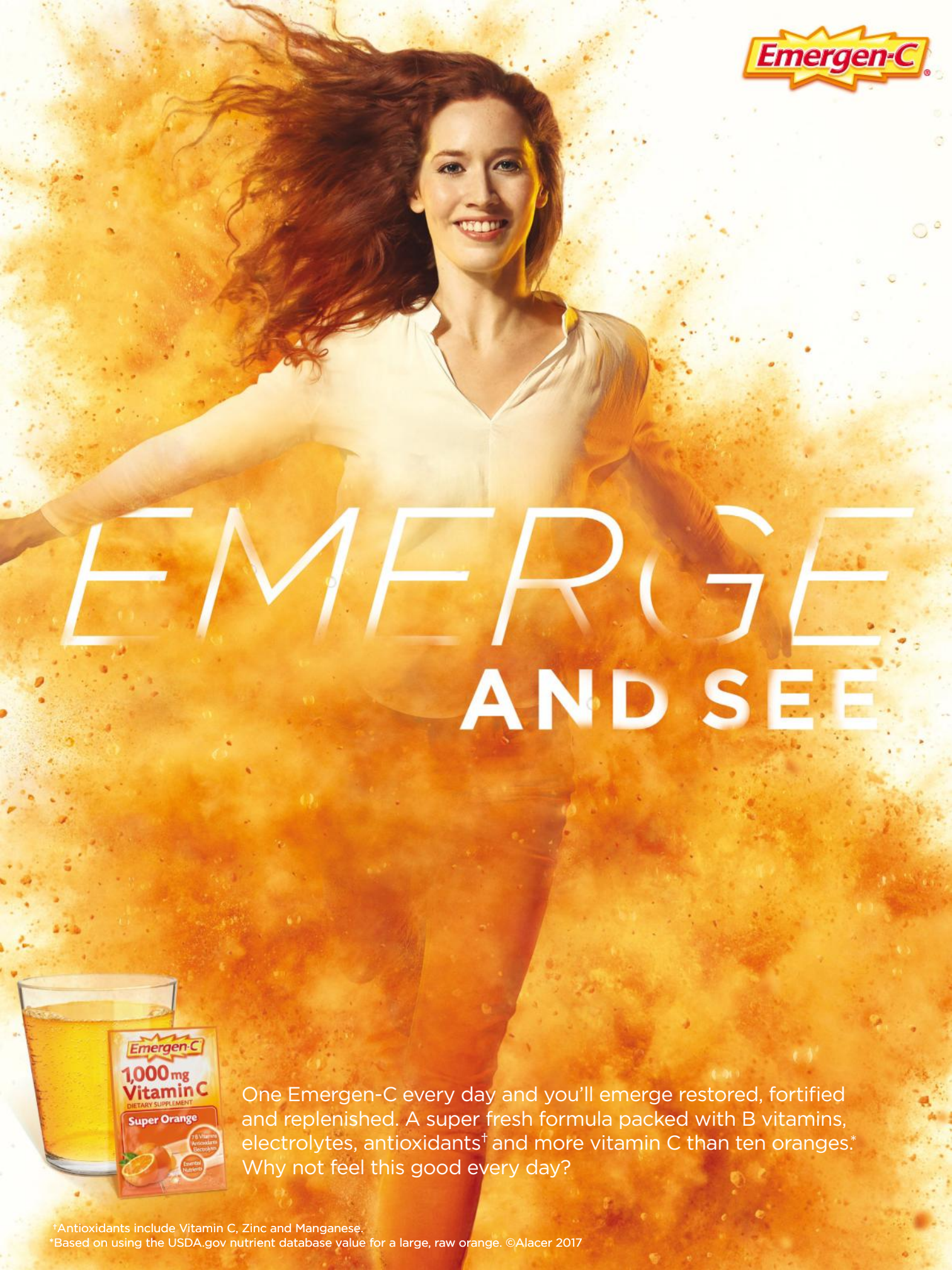
Women's Inspire Fit Long Tights **NEW**  
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\*Based on using the USDA.gov nutrient database value for a large, raw orange. ©Alacer 2017



## The Advice



### I want to run with my (much faster) spouse. How can I catch up?

► There are a few ways to go about this. First, get (a bit) faster on your own with more speed workouts. Impatient? Use his or her run as your “hard” session. It’ll force you to keep up—just remember to say something if you need to pull back. On the flip side, remind your spouse of the importance of slower recovery runs and ask to drop down to your pace. If all else fails, run a loop that forces you to pass one another regardless of speed.

JOE HOLDER, USATF-CERTIFIED COACH AND NIKE TRAINER/RUN COACH IN NEW YORK CITY

### Should I save up my day’s calories for the big Thanksgiving meal?

► Definitely not. This mistake will make you more likely to overeat. Instead, start off with a healthy breakfast like fruit and yogurt, or eggs and turkey bacon (and maybe a turkey trot!). At meal time, take smaller portions of your favorites so you can taste everything without going overboard. Eating too many carbs and desserts may make you sleepy and can make the next day’s miles extra hard.

LEAH KAUFMAN, M.S., R.D.

### BodyGlide doesn’t stop my irritation during marathons. What else can I do to beat chafing?

► The fit of your shorts is key, so experiment with different lengths and tightness. A compression-style short that covers chafe-prone areas often helps. (Avoid cotton.) Next, reduce irritation before the race. In the weeks prior, pick longer shorts, use BodyGlide, treat sore spots with soothing ointments, and shave—stubble and razor burn can make chafing worse. On race day, carry a stick of lube and reapply it as needed.

REBEKAH MAYER, RRCA- AND USATF-CERTIFIED RUNNING COACH

### How do I keep my holiday coffee-drink addiction healthy?

► On its own (or with a splash of milk), coffee and its caffeine can boost performance. But high sugar content in seasonal drinks can lead to weight gain and leave you feeling lethargic during workouts. Aim to have only one or two a month as a sweet treat. Order the smallest size, and ask for just one pump of syrup instead of the usual three or four.

JESSICA CORDING, M.S., R.D.



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# THE INTERSECTION

WHERE RUNNING AND CULTURE COLLIDE



Shalane Flanagan receives her 10,000-meter silver medal from the 2008 Beijing Olympics after Turkish runner Elvan Abeylegesse is disqualified for a doping violation.



With heat stroke a concern during the 2020 Tokyo Olympics, Japan grows 2,000 trees, hoping to provide more shade along the marathon route.



Adidas pairs with Parley for the Oceans to create a shoe made from recycled plastic in an effort to reduce pollution in the world's seas.



Middle-distance runner Craig Engels shaves his famed mullet and mustache while raising \$2,120 for charity.



Going the extra mile at work gets easier at a London office building, with the installation of a 150-meter rooftop track.



"Runner," an alcohol-delivery-service app, debuts in Toronto. Unlike a marathon, alcohol is delivered in under two hours.



Writer Malcolm Gladwell challenges LeBron James to a one-mile race, prompting betting site Bovada to set up a prop bet. The NBA phenom is the favorite, but it's unclear if the race will ever take place.

Momentous

Go!

Frivolous

Authorities in Sierra Leone ban jogging groups, citing disorderly conduct. Locals believe the move is meant to limit group assemblies and free speech leading up to next year's elections.



A Hood to Coast runner steals a porta-potty truck, drives into a field where runners are resting, runs over a woman, and flees. Police K9 unit finds him hiding in nearby woods and arrests him.



Podcast personality Joe Rogan challenges comedian Bert Kreischer to quit alcohol for 90 days and run a marathon during a Rogan podcast.



Ex-world championships runner Yumiko Hara is arrested in her homeland of Japan for shoplifting food and cosmetics valued at \$24.



A town in Spain replaces bulls with giant white balls for an annual "Running of the Balls." Two people are seriously injured after being run over by a 660-pound ball.

Stop!

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# PERSONAL BEST

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Eat Smart,  
Run Strong

## GET A LEG UP

**YOUR QUADS AND HAMSTRINGS AREN'T THE ONLY MUSCLES IN NEED OF ATTENTION. PUSH YOUR PACE BY BUILDING YOUR BELOW-THE-KNEE STRENGTH AND POWER.**

**BY CINDY KUZMA**

▶ **YOU LIKELY KNOW THAT** improving your stride calls for targeting three major lower-body muscle groups—quads, glutes, and hamstrings. But they're not the only players in the game. Despite their smaller size, your calf and ankle muscles are just as important for improving stride and pushing pace.

Just think about how much you actually *use* those muscles. You activate them each time you stand or walk. When you run, your gastrocnemius and soleus—the muscles that make up most of





# WARM UP ►

Before you run, do these exercises as part of a dynamic warmup.

your calf—produce the majority of that final push you need to propel upward and forward, says Paul DeVita, Ph.D., director of the Biomechanics Laboratory at East Carolina University in Greenville, North Carolina. And that thrust partially determines your pace and stride length. Which means ignoring those muscles can slow you down, and worse, contribute to a higher risk of injury.

Scientists have some idea of why this may happen. A recent Finnish study hooked runners up to 3-D motion-capture systems and found that the overall effort required of the calf muscles was actually 25 percent greater than that of the quads. That makes them more prone to fatigue over a long run or race, pumping the brakes on your pace.

DeVita also found that ankle and calf muscles tend to change and atrophy as we age. He tested the biomechanics in runners as young as 20 and as old as 60, and found that older runners had about one-fifth to one-third less ankle power—which correlated with a 10 percent slower pace and shorter stride.

Runners can slow down this muscle decline with exercise that improves calf function and their ability to produce force, says Max Paquette, Ph.D., assistant professor of biomechanics at the University of Memphis. Which means it's never too late to start showing those smaller muscles a hefty amount of love.

And no, you shouldn't simply run more or faster to try to reap the strengthening rewards. Paquette says doing so can boost your injury risk, especially if your body isn't trained to handle the increase. Instead, incorporate these routines he designed into your schedule two or three times a week. Each exercise will help protect your leg muscles as you dial up the volume or intensity of your training.



## 1 Forward Skips

Skip, bringing your front knee to waist height and your opposite arm forward. Keep your back leg straight and focus on pushing off and landing on your toes, always engaging the calves. Continue for about 100 feet, walk back, and repeat twice for a total of 3 sets of skips.

## 2 High Skips

Repeat the same motion as a forward skip, but explode upward each time your foot leaves the ground. Continue for about 100 feet, walk back, and repeat twice for a total of 3 sets of skips.

## 3 Toe Jumps

Stand with feet hip-width apart; rise to the balls of your feet. Keeping knees stiff (but not locked), quickly hop up and down. Do 3 sets of 20 jumps.

**More advanced:** Stand on your right leg with left leg bent behind you. Hop on your right leg. Do 5 jumps and switch legs for 1 set. Do 3 sets.

## 4 Double-Leg Box Jumps

Stand with feet hip-width apart; rise to the balls of your feet. Jump clockwise in a box shape—first about a foot forward, then to the right, then backward, then to the left. Repeat 5 times. Reverse direction and repeat for 1 set. Do 3 sets.



# STRENGTH-TRAIN ▶

Perform these moves two or three times per week to build stability and strength.



## 1 Lunges with Calf Raises

Stand with feet hip-width apart. Step forward with your right leg and lower into a lunge. Lift and lower your right heel for 10 to 12 reps, keeping your spine straight and weight over your big toe. Push off your front foot to return to standing. Switch legs and repeat for 1 set. Do 3 or 4 sets.

## 2 Seated Calf Raises

Sit on a bench or chair, resting the balls of your feet on a block about 12 inches in front of you. Place a weight plate, dumbbells, or a heavy object (like a box with books in it) on your thighs, about 3 inches above your knees. Lift your heels as high as possible, squeezing your calves. Slowly

drop your heels as low as possible, until you feel a stretch in your calves. Do 10 to 12 reps for 1 set. Do 3 or 4 sets. **More advanced:** While seated, shift the weight to your right thigh and place your left foot on the floor. Repeat the same exercise, raising and lowering right heel. Do 10 to 12 reps; switch legs and repeat for 1 set. Do 3 or 4 sets.

## 3 Calf Raises

Stand on the edge of a step, letting your heels hang slightly lower than your toes. (If you're a first-timer, ease into this exercise by standing on the edge of a slanted surface, like a raised wood plank.) Rise onto the balls of your feet, engaging your calves. Keeping knees straight but not locked, lower

down until you feel a stretch in your calves. Do 10 to 12 reps for 1 set. Do 3 or 4 sets. For an added challenge, hold a dumbbell in one or both hands. **More advanced:** Stand on your right leg with your left leg bent (there should be no weight on it). Repeat the same exercise as above. Do 10 to 12 reps; switch legs and repeat for 1 set. Do 3 or 4 sets.

## 4 Toe Walks

Stand with feet hip-width apart; rise to the balls of your feet. Walk forward 30 feet, about the width of a tennis court. (Or walk in a circle for 30 seconds.) Relax for a few seconds, then turn around and repeat in other direction. To make it harder, carry a dumbbell in each hand. Repeat 3 or 4 times.



# HOT TO TROT

ONLY RUNNER IN THE FAMILY? NOT AFTER THIS YEAR'S HOLIDAY RACE.

BY JEFF GALLOWAY

**THERE'S GOOD** reason Thanksgiving is one of the biggest racing days of the year: Nothing fires up the appetite quite like an a.m. run, and starting the day with a dose of sweat helps you feel a little bit better about postfeast couch time. (Plus, a rush of endorphins can help deter any family drama!) But if your family isn't full of runners, it can be a bummer to head out on your own. That's why, this year, I suggest everyone pins on a bib. You'll start the day together, and crossing the finish line as a fam will boost your bond. Not sure how to convince them to lace up? Try these tricks.



## Give Notice

When you're five to eight weeks from race day, plant the idea. Say something like, "Hey, I plan on going to the [insert name of race] Turkey Trot on Thanksgiving morning. It'd be awesome if you came, too." That lets relatives know you don't consider this to be me time, and it doesn't put a ton of pressure on them if they're really not comfortable. Be sure to check the race website to see if it's walker-friendly (if it's a 5K and the finish line is open an hour or longer, it likely is). That may be all the ammunition you need to get them to join.

## Offer Your Expertise

If you're relatively new to running, you're uniquely positioned to give advice to other newbies—after all, your first miles are likely still fresh in your mind. Share things you wish you'd known when you started. Promise to stop and take selfies. (It's a no-shame break during a casual trot.) And pass along a plan to practice, like this one: Walk or run/walk for 20 to 30 minutes twice during the week; then do a longer, slower outing each weekend. Begin with one or 1.5 miles; add a half mile each week until you've reached 3.5 the weekend prior to the race.

## Share the Load

It's true: The time you spend running that morning is time you won't be contributing to prepping for the big dinner. So, if you want everyone on board, help as much as you can with meal prep the day before—this way the turkey starts sweating when you do. If someone must stay behind, volunteer to set the table when you get back, promise to stow (or, um, eat) leftovers, and offer to do the dishes. Then everyone's done their fair share of not-so-fun stuff, regardless of how many miles they've logged.

## Make It Fun

Turkey trots are meant to be no-pressure events, so don't worry about crushing a PR. Challenge the family to dress up in their finest Thanksgiving attire (I've seen great turkey tutus and Pilgrim-style socks), and stick with the first-timers so someone's there to motivate them. If they want you to go ahead, hang out by the finish line and high-five the crew as they run in. And don't forget to host postrace awards: The one with the best costume gets the first slice of pie or—better yet—gets to choose between watching football or the National Dog Show.

## THE PROBLEM ► THE FIX

I feel queasy after I race, and I don't want that to happen on the biggest eating day of the year.

It's called a turkey trot for a reason—you're not supposed to push until you puke. Instead, take it easy: Chat with the people who've joined you, and

insert walk breaks if you start huffing and puffing. You'll still get to soak in the atmosphere and feeling of exertion, without sacrificing the enjoyment of your main meal.



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# RUN FAST(ED)

IT'S FINALLY POSSIBLE TO REAP THE BENEFITS OF LOW-CARB WORKOUTS WITHOUT FEELING LIKE TOTAL GARBAGE.

BY ALEX HUTCHINSON

## ► TO EAT, OR NOT TO EAT?

For runners heading out early in the a.m., that really is the question. And for the last few years, the answer has often been “don’t.” Forgoing food is a form of depleted training, and a tactic pro runners have been using for years to enhance their performance.

The idea is simple: Start a run in a fasted or low-carb state. This way your muscles are already low on the crucial carbohydrate stores that supply energy, which forces your body to store more carbs in preparation for another run and, in turn, get better at burning fat.

There’s one major problem, though. Running on empty is hard—so hard that, in the past, researchers have seen very little evidence that it actually makes runners faster overall (though it does enhance cellular adaptation that can lead to improvements like revved-up fat-burning capacity). This is why scientists are testing a new

protocol that seems to offer it all—high fat-burning capacity, better glycogen stores, and speedier splits.

It’s dubbed “sleep-low training.” To start, rather than run in the morning, you sleep in, eat normally all day, then do a fully fueled hard interval workout. You go to bed without replenishing carbs (protein is okay), letting your body adapt while you snooze. The next morning you do an easy-paced, fasted run.

The results so far have been impressive. In one study, 11 triathletes improved their 10K time by 2.9 percent after three weeks of sleep-low training, with three fasted sessions per week. Another 10 triathletes trained exactly the same, but timed their meals differently: lots of carbs after evening workouts, and breakfast before morning runs. As predicted, the latter group didn’t improve their times. A follow-up study with cyclists shortened the protocol to just six days, and still the

fasted athletes saw a 3.2 percent improvement.

If you’re training for a goal race, experiment with sleep-low training blocks two or three weeks in advance, repeating the two-day cycle three times. You can vary the details of your interval workout, but aim for a total of 20 to 40 minutes of fast running in blocks of at least 3:00 to deplete muscle glycogen stores. Example: A ladder workout of 3:00, 5:00, 7:00, 5:00, 3:00, with 1:00 to 2:00 recovery.

Just remember, the goal isn’t to restrict overall carb intake. In each study, the sleep-low and control groups ate the same amount of carbs (6 grams per kilogram of body weight); the only thing that changed was the time they consumed them. So on carb-free-dinner days, compensate with carb-heavy meals earlier in the day. The goal, in the end, is metabolic flexibility. That way, rather than choosing between burning carbs or fat, your body learns to do both.

## DO IT

TRY INCORPORATING SLEEP-LOW TRAINING INTO YOUR OWN ROUTINE WITH THE FOLLOWING TWO-DAY CYCLE:

**DAY 1 ►** Eat normally during the day, including a carb-rich snack. Do a long interval workout after 5 p.m., such as 5:00 hard with 1:00 recovery, 4 to 8 times. Eat a dinner with few (or zero) carbs, and down a protein shake to avoid muscle loss.

**DAY 2 ►** Wake up and hit the road for a steady one-hour run before eating. (Some research shows enhanced fat burning kicks in after the hour mark.) Don’t expect to feel peppy. Have breakfast when you get back, and eat normally for the rest of the day.



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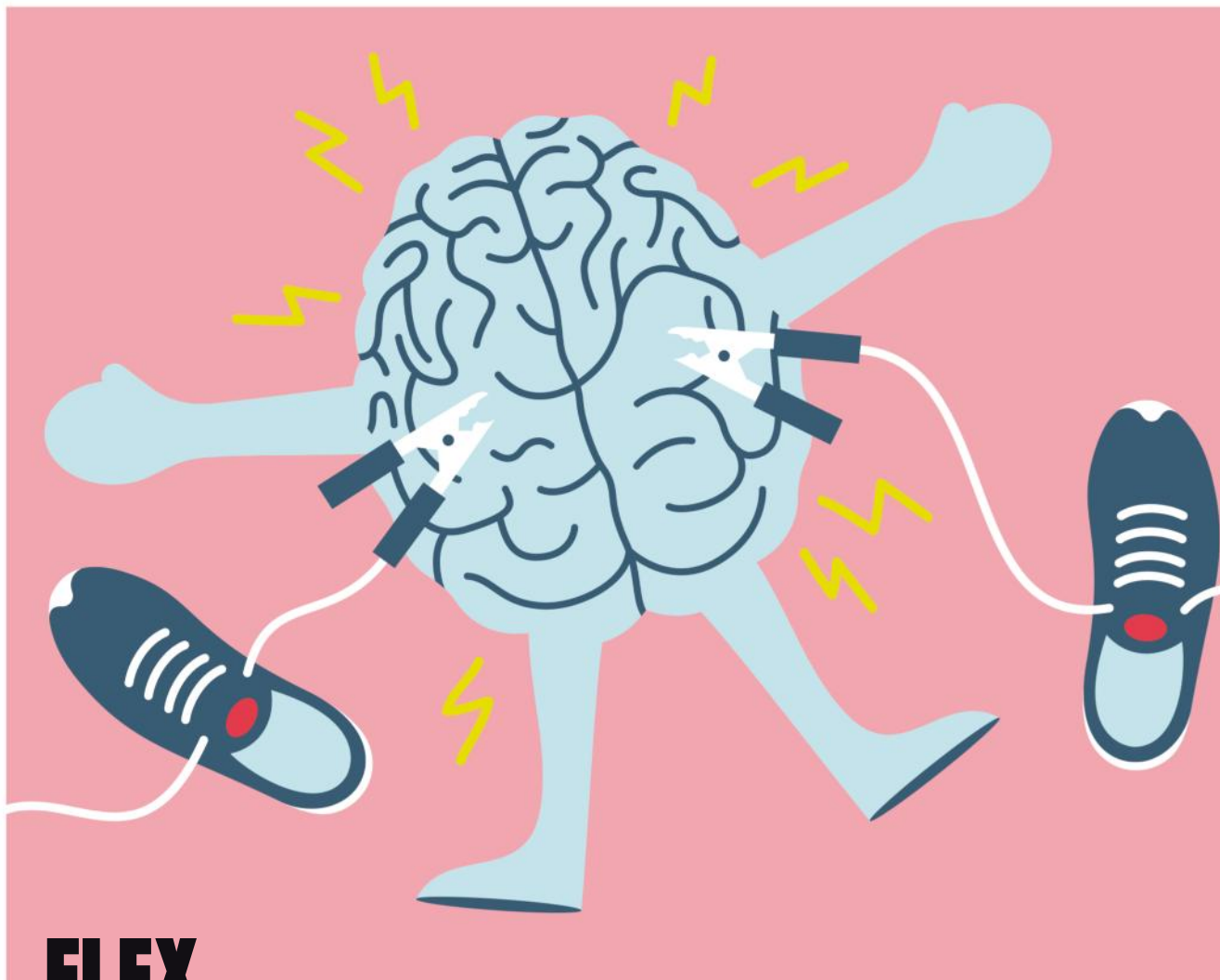
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# FLEX YOUR MENTAL MUSCLE

JUST LIKE STRENGTHENING ANY PART OF YOUR BODY, BUILDING YOUR WILLPOWER TAKES TRAINING.

BY BRAD STULBERG

► **YOU SEE IT ALL THE TIME ON SOCIAL media:** quotes like “You are stronger than you realize” and “Your body can stand almost anything—it’s your mind that you have to convince.” As cliché as they may sound, there’s truth in those mantras. Science shows that we may give up during a workout because we think our bodies can’t handle it. It’s that moment when your muscles are burning and your lungs feel like they’re on fire. You tell yourself, “I just need a quick break,” allowing your legs to slow and heart rate to drop. Only afterward do you realize that you probably could have pushed through the doubts.

That right there is proof that your willpower muscle could benefit from additional training. It’s just like any physical muscle—neglecting to use it causes atrophy, which makes it that much harder to

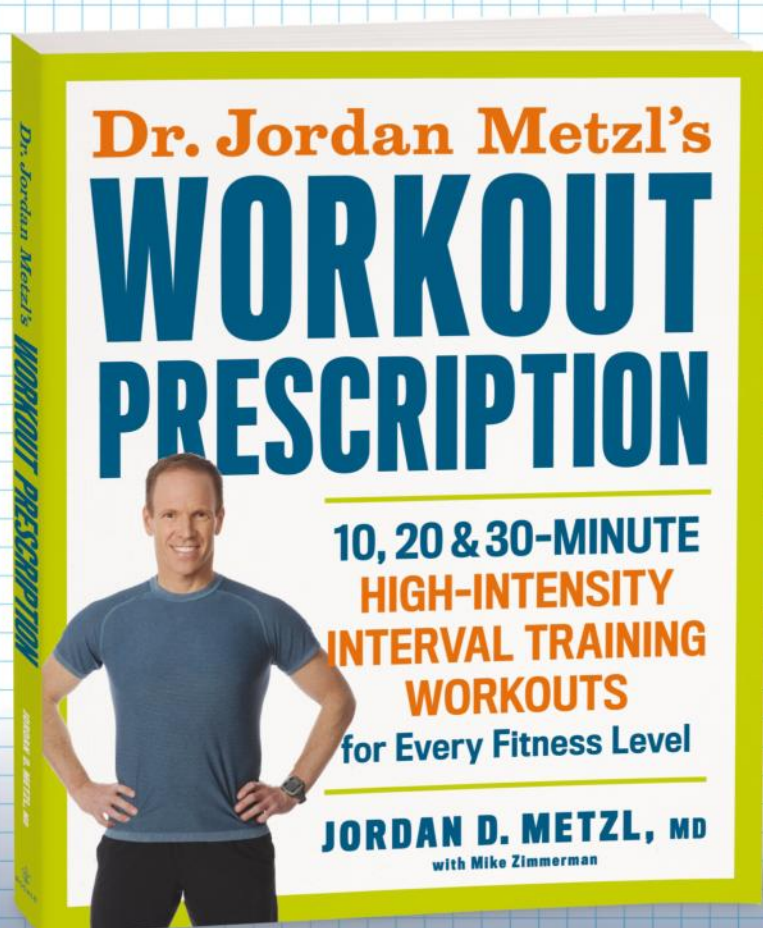
call upon when you actually need it.

“Willpower needs to be trained. The more you have, the more you can overcome mental fatigue and psychological challenges to become a better runner,” says Nathan DeWall, Ph.D., a professor of psychology at the University of Kentucky in Lexington who studies self-regulation.

A hard interval workout isn’t the only time willpower starts to wane, either. It can happen when your late-night snack choice is cake over carrots, or when you decide to binge on a new Netflix show instead of getting the sleep you so desperately need to recover.

The good news is boosting willpower is easier than you think. The following simple tactics will help train your brain to say, “Yes, go!” when your body starts screaming, “Nooo.”

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## TAKE BABY STEPS

**T**he science behind building any muscle applies to willpower, too—the more you use it, the stronger it becomes. But also like a muscle, if you exert too much too soon, you're likely to run out of gas.

Case in point: Before DeWall was racing 100-milers, he was overweight and out of shape. "I used to eat Mike & Ike candies all the time," he says. "But when I set a goal to run a marathon, my first challenge was to walk past the candy aisle. Over time, I

incrementally took on harder obstacles." Had DeWall tried to revamp his entire diet *and* start training regularly all at once, he says there's a higher likelihood he would have failed.

That's why he suggests creating a three-prong plan: Define your goals, identify the obstacles to achieve it, and strategize how to overcome those obstacles—and then gradually do so.

"Start with the smallest challenges, as those will help build your confidence and willpower to take on tougher obstacles," says DeWall. "Eventually, what once seemed hard won't anymore, and you'll be ready to move on to more difficult things."

**"WHEN YOU KNOW YOU'VE DONE  
HARD THINGS IN THE PAST, FUTURE  
CHALLENGES AREN'T A THREAT."**

## THINK LONG- TERM

**T**he tough part about willpower is that you have to flex its muscle over and over in order for it to truly be successful. Which means that you have to trust that your future self will use willpower, too. A 2009 study found that people who show



## GO MINIMAL

**W**hile it's easy to brush off everyone who's Marie Kondo-ing their closet, people who follow the minimalism movement are actually onto something. It's really hard to be über-focused on everything at once, says Michael Joyner, M.D., an expert on human performance at the Mayo Clinic in Rochester, Minnesota. "In order to be a maximalist, you've got to be a minimalist."

In other words, if you're tackling a big goal that you know

requires a lot of willpower, do what you can to automate some of your smaller decisions. "Every choice takes mental energy," says Joyner. "The fewer there are, the better."

Go after the low-hanging fruit first. If it's a running goal, designate a specific time to sweat every day so you don't need to think about it. Then, make getting out the door easy—lay out your gear the night before, and create a training schedule (or hire a coach) to

eliminate questions about your workout. That way, all you have to do is execute.

Last, rig your environment to cut the need to make hard decisions. Can't resist those cookies you baked? Gift them. Scrolling through Twitter instead of sleeping? Stash your phone across the room. "You can deliberately design your environment so that it's not battling against you," says DeWall. "When it works in your favor, you can accomplish more."

better self-control do so because they don't see a disconnect between their current and future selves. When presented with the option of taking a small sum of money now or a large amount later, they chose the latter. Scientists theorize that's because

they saw their future self as the same as—or better than—their present self, so the delay was worth it.

DeWall says the best way to establish this trust with yourself is the same as trusting another person—providing proof. "Every time you overcome

an obstacle, that's evidence that you can make the hard decision," he explains. "When you know you've done hard things in the past, future challenges are no longer threats, and you gain this trust that you can confront them."

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# PERFECT YOUR FORM

TO GET FROM POINT A TO POINT B AS EFFICIENTLY AS POSSIBLE, REMEMBER THESE SIMPLE CUES.

BY JONATHAN BEVERLY

## ► WHENEVER I SPECTATE A RACE,

I always find myself marveling at the leaders' gaits. Their feet barely touch the ground, and their strides are so long! Seeing that beauty in motion may make you want to try emulating them on your next run. But you shouldn't. Willing yourself to run differently than what comes naturally—like actively trying to land on your forefoot or midfoot, decreasing your ground contact time, or changing your stride length—can lead to injury and make you less efficient.

Instead, it's important to make the way you run work for *you*. How? Start by following proper form cues, which are universally accepted among coaches, scientists, and sports-medicine professionals. Their simplicity is what

makes them winners: They're straightforward enough that you can perform them correctly and, when implemented, they can create changes that enhance your form without altering it.

Of course, there's a catch. Like most Americans, you likely sit at a desk all day, slumped over a computer screen—and that does nothing good for your hip and shoulder mobility, or your posture. Which is why, to reap the full benefits of form cues, you'll need to develop strength and flexibility first; both will help correct the constraints your form takes on from your day-to-day habits. I explain how in my book, *Your Best Stride*. Here, I've cherry-picked the best cues that all the pros—and their coaches—use to bust out a better run.

## THINK ABOUT BEING ON A SKATEBOARD

A cue I've heard from coach Tom Miller and 2004 Olympian Grant Robison is to visualize riding a skateboard or scooter, and using your foot to propel you. The key is that you would never plant your foot in front and brake. Instead, you bring your leg through in a swinging motion, touching down beneath you and then driving straight back. If you do the same when running, you'll cue a landing closer to the body in front, and a long stride out the back using your glutes. Both are essential for a powerful, effective stride.

### Run Tall

On a track nestled in the mountains of eastern California, I watched coach Andrew Kastor conduct a morning speed workout for the Mammoth Track Club. As the intervals took their toll, Kastor implored each athlete to "Run tall!" If there is one cue that stands above all, this is it.

Running tall simply means being as upright and balanced as possible. It starts with the hips: Pull your butt in, rotate your hips back, straighten your spine, and lift your chest up. Your shoulders should be pulled back and down. Your head is stacked directly over a straight spine and neck. Imagine a string attached to your head, lifting you upward and gently pulling you forward at the same time.

### Keep Your Elbows Back

Physical therapist Abby Douek cues runners to touch their waistband with each stride, as it ensures that the arm drives back and opens up behind the body.

It also cues the legs to drive backward—key later in a run or race, when you tend to lose power. Driving your elbows backward also shifts your balance upright and forward, so your feet land closer beneath your body and push backward to propel you forward.

This arm position also helps ensure that your movement and force all travel in a forward and backward direction. If your arms only stay in front of your body, they tend to swing across your midsection, misdirecting motion and wasting energy in sideways and rotational movements.

### Run Soft and Quiet

This cue has scientific backing: In a 2011 study from the University of Delaware's Motion Analysis Laboratory, runners who were told to run softly and more quietly were able to reduce their foot impact—that means less stress on bones, joints, and muscles. After eight sessions, the subjects retained the change for at least a month.

Other coaches confirm what I have seen: Runners are able to run more smoothly simply by trying to make less noise. Coach Bobby McGee says, "Avoid muscling the run. Think about running on thin ice." He can tell when a runner is getting better because her stride is quieter and he can't pick her out from among a group.

### Do 10-Second Striders

It may not make much sense at first, but when you feel tired, that's not the time to slow down. Douek says distance runners think they need to do that to cover more mileage, but she says it's better to speed up for 10-second bursts every five to seven minutes once fatigue has set in. You don't want to sprint—just pick up the cadence and the speed slightly. It changes the muscle groups you call on and can make running feel easier and more natural. Then you can focus on holding that form as you return to your slower, longer-run speed.



Adapted from *Runner's World Your Best Stride: How to Optimize Your Natural Running Form to Run Easier, Farther, and Faster—With Fewer Injuries*, by Jonathan Beverly (Rodale).



# Rev Up Your Recovery

To power your run, don't overlook the importance of rest and recovery.

## Rest, repeat.

Every runner, beginner to elite, knows the importance of rest days. Pushing your body without time to repair itself can leave you prone to injury. That's why it's no surprise marathon training includes reduced mileage days to keep runners at their peak. So as a good rule of thumb try to aim for three or four days a week of running with rest days in between.

## Fight free radicals.

Take your antioxidants. Your body is constantly producing byproducts (called "free radicals") from its normal metabolic processes. Free radicals naturally occur in our bodies but may increase with exercise and can damage cell membranes. Antioxidants fight free radicals, which otherwise may lead to oxidative stress that can affect cells.\* Curcumin (the main ingredient in Solgar® Full Spectrum Curcumin) has always been known for its antioxidant power and ability to support joint, brain, and immune health.\*

## Don't fear the "fartlek."

This Swedish word for "speed play" builds in rest and recovery every single time you run. To fartlek, just alternate bursts of moderate to hard running with easy, slower runs—without keeping track of exact pace, time, or distance. This unstructured approach lets you tell yourself to "run fast to that tree" and then slow down until you pick the next milestone.

## Love your joints and muscles.

After any kind of physical activity, your joints may occasionally become stiff and uncomfortable. For help, people may focus on a lifestyle change such as low impact sports. But, there are other long term options. One example is Solgar® N<sup>o</sup>. 7, a joint supplement that can show improvement in joint comfort within seven days.<sup>1\*</sup> Here's another way to help keep your joints healthy: on workout-rest days, do a low-intensity activity such as walking, biking, or gently circling your arms and knees.

## Keep up with immune health.

Keep your overall immune system healthy all year round! Products such as Ester-C® and Curcumin support your immune health so you can stay in tip-top shape.\*

## Savor a smoothie.

Pump up your body's recovery power with a smoothie combining fruit and spices. In a blender, mix one cup of your favorite whole milk (regular, almond, coconut, or soy) and a scoop of Solgar® WHEY TO GO Protein Powder with ½ cup each of frozen mango and fresh or frozen banana, with a half-teaspoon of turmeric, cinnamon, and ginger and a dash of sea salt.

\* Solgar® N<sup>o</sup>. 7 is formulated with 5:1 OXIN Advanced® (Boswellia Serrata Extract, UC-II® Undenatured Type II Collagen, Ester C®, Turmeric Root 4:1 Extract, White Willow Bark 5:1 Extract, Ginger Root 4:1 Extract, and Pepper Spice Complex (Cayenne Powder, Bioperine®)).

1. Based on two human studies with 5:1 OXIN Advanced® where subjects rated their joint health over time, subjects' joint health improved within 7 days and continued to improve throughout the duration of the studies.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Looks like somebody's been taking their Solgar® N<sup>o</sup>. 7

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Even better, their joint comfort showed real improvement... in just 7 days.\*

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October 7, 2018

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# MEATLESS THURSDAY

THIS THANKSGIVING, EXPAND YOUR PALATE WITH VEG-CENTRIC DISHES FROM MARK BITTMAN. (YOU WON'T EVEN MISS THE BIRD—TRUST US!)

BY YISHANE LEE

▶ **IT'S NOT THANKSGIVING** without a 20-pound turkey, right? Well, a growing number of Americans would disagree. Today, 3.3 percent of adults in the U.S. eschew meat, according to a 2016 Harris Poll. Notably, Scott Jurek of ultrarunning fame and Olympic legend Carl Lewis achieved world-class status without eating meat. So this turkey day, take a page out of Mark Bittman's updated cookbook, *How to Cook Everything*

*Vegetarian*, out November 7, for your holiday dinner fare.

"What encourages me is that the idea of eating meatless meals—the understanding that this is a healthy thing to do and worth aspiring to—has become mainstream," says Bittman, a four-time New York City Marathoner.

These dishes pack a nutritional punch and prove that a meat-free Thanksgiving meal can be just as festive *and* filling as having the bird, stuffing, and sides.



## Stuffed Winter Squash with Quinoa, Corn, and Tomatoes

Try this dish (pictured on previous page) with the traditional acorn squash, or mix it up with kabocha, spaghetti squash, or pumpkin, all good sources of potassium and vitamin A.

TIME: 60–75 MINUTES, MOSTLY UNATTENDED ► SERVINGS: 4

### INGREDIENTS

- 2 winter squash (or 4, depending on size and variety)
- 2 Tbsp. extra-virgin olive oil, plus more for brushing and drizzling
- Salt and pepper
- $\frac{3}{4}$  cup quinoa
- 1 cup chopped cherry tomatoes or grape tomatoes
- 1 cup fresh corn kernels
- 2 Tbsp. chopped fresh parsley
- 2 cloves garlic, minced

### MAKE IT

Heat oven to 375°F. Cut squash in half; remove seeds and strings. Brush interior and sides with olive oil (also brush the skin, if edible), and season with salt and pepper to taste. Put squash halves cut-side down on a baking sheet and roast for 25 minutes.

Meanwhile, put quinoa in a medium saucepan with  $1\frac{1}{2}$  cups water, bring to a boil, reduce heat to medium, and simmer until water is just below the surface of the

quinoa. Turn heat off, cover, and let stand until remaining water is absorbed, 5 to 10 minutes. Stir in tomatoes, corn, parsley, garlic, 2 Tbsp. olive oil, and salt and pepper to taste.

After 25 minutes, remove squash from the oven and turn them cut-side up. Divide stuffing among squash halves and return to oven until squash is fork-tender, another 20 to 30 minutes. Drizzle with a little extra olive oil and serve.



## Cranberry Relish with Orange and Ginger

Stir in  $\frac{1}{2}$  cup raisins or pomegranate seeds for added fiber, and chopped walnuts or pecans for healthy fat.

TIME: 10 MINUTES, PLUS TIME TO MARRY FLAVORS ► SERVINGS: 8

### INGREDIENTS

- 1 large navel or other orange
- 4 cups fresh cranberries (about 1 lb.), rinsed, or frozen cranberries, thawed
- $\frac{1}{2}$  cup sugar, or more to taste
- 1 Tbsp. minced fresh ginger, or to taste

### MAKE IT

Use a vegetable peeler or paring knife to remove the entire zest of orange; set aside. Cut away and discard thick white pith. Cut orange segments away from their membranes. Combine orange flesh, zest,

cranberries, and sugar in a food processor. Process until chunky. Stir in ginger. Taste and add more sugar, if desired. Let sit for at least 30 minutes before serving for best flavors.

## Carrot-Coconut Soup



Coconut milk is loaded with iron, calcium, and medium-chain fats, which may help maintain weight.

TIME: 40 MINUTES ► SERVINGS: 4

### INGREDIENTS

- 2 Tbsp. vegetable oil
- 4 scallions, white and green parts separated and chopped
- 3 stalks lemongrass, trimmed, bruised\*, and cut into 2-inch lengths
- 2 Tbsp. chopped fresh ginger
- 1 Tbsp. chopped garlic
- 1 or more small fresh Thai or jalapeño chilies, chopped
- 1 lb. carrots, chopped
- 1 pinch salt
- 2 14-oz. cans coconut milk plus a little water
- 2 limes: 1 zested and juiced, 1 quartered for serving
- 1 tsp. sugar (optional)
- $\frac{1}{4}$  cup chopped fresh cilantro for garnish

### MAKE IT

Pour oil into large pot over medium heat. When hot, add white parts of the scallions, lemongrass, ginger, garlic, and chilies. Cook, stirring and turning occasionally with a spatula, until garlic is golden and scallions and chilies begin to soften, 3 to 5 minutes.

Add carrots and a large pinch of salt, and stir to combine. Add coconut milk, lime zest and juice, and 2 cups water. Bring to a boil,

then lower heat so it bubbles gently. Cook, stirring occasionally, until carrots are very tender, 10 to 15 minutes. Remove lemongrass, then puree in pot with an immersion blender. Or let soup cool slightly, puree in a blender, and return to the pot. Reheat soup until it's hot but not boiling. Add sugar to taste, if desired. Garnish with cilantro and green parts of the scallions, and serve with lime wedges.

\*Bring out the flavor by hitting each stalk with the blunt edge of a knife.



## Apple Bourbon Pie

Apples—high in quercetin, which may improve heart health—pair well with ingredients that emphasize their warmth, like booze.

TIME: 1½ HOURS > SERVINGS: 8

### INGREDIENTS

- ¼ cup all-purpose flour
- ¾ cup sugar, plus more for sprinkling
- ½ tsp. ground cinnamon
- ½ tsp. freshly grated nutmeg
- ¼ tsp. salt
- 3 pounds firm, sweet apples, like Honeycrisp or Pink Lady, peeled, cored, and sliced into ¼-inch-thick wedges
- 1 Tbsp. fresh lemon juice
- ▶ Premade pie crust, top and bottom layers (available in the freezer section)
- 2 Tbsp. bourbon
- 2 Tbsp. butter, cut into pieces (optional)
- ▶ Dairy or nondairy milk as needed

### MAKE IT

Heat oven to 450°F. Whisk together flour, sugar, spices, and salt in small bowl. Mix together apples and lemon juice in large bowl. Add dry ingredients to apples and toss to coat.

Layer apple mixture in pie shell, pouring in excess juices, then sprinkle with bourbon and dot with butter, if using. Cover with top crust, and crimp edges of both crusts together.

Place pie on a baking sheet and brush top lightly with milk and sprinkle with sugar. Cut two or three 2-inch-long slits in top crust to allow steam to escape. Bake for 10 minutes; reduce heat to 350°F and bake another 25 minutes. Then tent the edges of crust with foil to prevent burning. Bake until pie is golden brown (5 to 15 minutes more). Cool before serving. Top with cream, if desired.

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IRON, AND  
CALCIUM  
THEY NEED  
THROUGH FOODS  
LIKE QUINOA,  
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# DASH AND DINE

THESE QUICK-AND-EASY POSTWORKOUT MEALS PACK THE PERFECT BLEND OF NUTRIENTS TO HELP YOU RECOVER.

BY MATTHEW KADEY, M.S., R.D.



## Chicken Caprese Pita Pocket

A carb-protein hit slows bone breakdown after hard exercise.

- 1 pita pocket, halved
- 2 Tbsp. pesto
- $\frac{3}{4}$  cup sliced rotisserie chicken, skin removed
- $\frac{1}{2}$  cup halved cherry tomatoes
- $\frac{1}{2}$  cup mini mozzarella pearls (bocconcini)
- 2 basil leaves, torn
- 2 tsp. balsamic vinegar

Spread pesto inside pita pockets. Stuff with chicken, tomatoes, mozzarella balls, and basil. Drizzle with balsamic vinegar.

# 2

## Tuna Melt Crackers

Tuna is high in muscle-building protein, and its omega-3 fats will help reduce post-run aches.

- $\frac{1}{2}$  cup arugula
- $\frac{1}{2}$  cup roasted red pepper
- 1 (3 oz.) pouch albacore tuna
- 2 rye crackers, such as Wasa
- 2 tsp. fresh lemon juice
- $\frac{1}{3}$  cup grated cheddar or Swiss cheese



Stack equal amounts of arugula, roasted red pepper, and tuna on top of crackers. Add lemon juice and top with cheese. If desired, microwave

crackers on high for 30 seconds, or until cheese has melted. For an extra kick (and to rev your metabolism), add a few drops of hot sauce.

## Cheesy Avocado Bagel

Bagels and cottage cheese provide the ideal carb-protein combo for repairing muscle and restoring glycogen. The avocado's vitamin C lessens the oxidative stress following tough workouts.

- $\frac{1}{2}$  avocado, sliced
- $\frac{1}{2}$  bagel, toasted
- $\frac{1}{4}$  cup cottage cheese
- $\frac{1}{4}$  tsp. smoked paprika
- 1 thick slice tomato
- 1 small handful basil leaves
- Flakey sea salt to taste

Fan or lightly mash avocado on bagel half. Spread with cottage cheese and sprinkle with paprika. Top with tomato slice, basil, and touch of flakey salt.





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## Jerky Chickpea Snack Mix

Replace the salt lost through sweat with jerky and chickpeas, and fight muscle inflammation with the antioxidants in tart cherries.

- 1 oz. beef or turkey jerky
- ¼ cup sea salt-roasted chickpeas
- 2 Tbsp. roasted almonds
- 2 Tbsp. dried tart cherries
- 1 Tbsp. roasted pumpkin seeds

Shred jerky, then toss all ingredients in a bowl.

4



## Curry Egg Salad Cucumber Boats

Cucumber is packed with water to help you rehydrate, and the curcumin in curry has anti-inflammatory properties for faster recovery.

- 2 hard-boiled eggs, peeled
- ¼ cup plain Greek yogurt
- 1 Tbsp. chopped almonds
- 1 tsp. Dijon mustard
- ½ tsp. curry powder
- ¼ tsp. cayenne
- Salt and pepper to taste
- 1 small cucumber, sliced in half lengthwise

In a bowl, mash together eggs, yogurt, almonds, mustard, curry powder, cayenne, and a pinch of salt and pepper. Scoop out seeds from cucumber halves and stuff with egg salad.



## Ricotta Fig Toast

The creamy cheese is high in protein, while figs help replenish potassium for better muscle function.

- ½ cup ricotta cheese
- ½ tsp. vanilla extract
- 1 tsp. orange zest
- 1 thick slice whole-grain toast
- 2 dried figs, sliced
- 1 Tbsp. shelled pistachios
- 1 tsp. honey

SNACK WITHIN 30 MINUTES OF FINISHING YOUR RUN TO SPEED RECOVERY.

Stir together ricotta, vanilla, and orange zest. Spread mixture on toast and top with sliced figs, pistachios, and honey.



## SECRET STASH

NO TIME FOR FOOD PREP? KEEP THESE SNACKS IN YOUR DESK, GYM BAG, OR CAR FOR A QUICK RECOVERY BITE.

### WILD ZORA TACO PORK BAR

Zesty lime and fiery jalapeño perk up this high-protein meat and veggie bar.

### OATMEGA COOKIE-PEANUT BUTTER

Tasting (almost!) like homemade, you'll forget this cookie is boosted with oat flour and inflammation-fighting omega-3s.

### CRUNCHMASTER PROTEIN SNACK CRACKERS

A few handfuls of these bite-sized crackers deliver a recovery trifecta of carbs, plant-based protein, and sodium.

### LIVING INTENTIONS SPICY MANGO SPROUTED TRAIL MIX

Think of this blend of sprouted nuts and seeds, dried mango, and goji berries as trail mix on (legal) steroids.

### KIND BAR MINIS

The protein and heart-healthy fat in these nuts will tide you over until mealtime. And the mini 100-calorie size fits perfectly in a bag or desk drawer.



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1



3



2



4



# NATURE'S BOUNTY

NATURAL FIBERS OFFER SURPRISING (AND ECO-FRIENDLY) BENEFITS.

BY JEFF DENGATE

## COTTON

### 1. Tracksmith Grayboy

Runners are repeatedly told to avoid cotton. But, truthfully, it's a comfy choice for the majority of training runs—excluding long runs or when a polar vortex swoops down from the North. T-shirts like the Grayboy are soft, breathable, and get better with age. \$55

## BAMBOO

### 2. Tasc Performance Velocity 5" Short

The secret ingredient to the silky-soft liner in these shorts is bamboo viscose. Blended with cotton and spandex, the fabric is stretchy, comfortable, and banishes irritation. Bonus: The combo resists odor buildup. \$64

## DOWN

### 3. Nike AeroLoft Vest

Sure, goose down loses insulating power when wet. But like cotton, it's a fine option when inclement weather doesn't force you onto a treadmill. Stretchy side panels and ventilation between baffles shed heat so the down doesn't get sweat-soaked midrun. \$180

## MERINO WOOL

### 4. Smartwool PhD Pattern Shorts

Merino wool is the undisputed champ of aerobics. It's breathable in warm weather and keeps you cozy in chilly conditions, even when drenched in sweat. We love it in this liner—it's soft on skin and wicks moisture, keeping you dry and odor-free. \$60



# What's Your Quest?



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# HUMAN RACE

News, Trends, and  
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Amazing Things



**“I do a little  
running  
around each  
day—not  
a certain  
amount or  
time—but  
just to keep  
everything  
going.”**



# NEVER TOO LATE

HOW TO START  
RUNNING AT 100—  
THEN COLLECT  
WORLD RECORDS.

BY JENNY McCOY

► **JULIA HAWKINS IS** still grappling with her new nickname, “Hurricane.” The 101-year-old Baton Rouge, Louisiana, native earned the moniker last summer, when her speed and spunk on the track enthralled live spectators. “I like the fact that hurricanes are fast and that I was fast, but hurricanes do damage and I don’t want to do damage,” Hawkins says.

But she already has—to the record books. At the National Senior Olympic Games in Birmingham, Alabama, last June, she ran the 100-yard dash in 39.62, a mark recognized, for the first time, as a world record in the age group. A month later, at the USA Track & Field Masters Outdoor Championships in her hometown, she proved her speed wasn’t a fluke, clocking another record-breaking 40.12.

The résumé is impressive for any runner, especially a centenarian. But Hawkins doesn’t draw on extensive experience during races. She only started running a year ago—at age 100. “I knew I could run because I’m always in the yard working, and when the phone rings, I go running inside to answer it,” says Hawkins. Here’s how she makes it work.

## Get a good support system

Hawkins credits her four children—ages 64 to 71—for providing unrelenting moral support. But she also relies on track-side assistance. “I always need somebody to catch me at the end of races because I’m out of breath and exhausted,” she says.

## Maintain realistic expectations

“At this age, you don’t get any better at what you are doing,” Hawkins says. “Each day, you are a little bit worse.” She doesn’t train much for her

races (“I don’t want to waste too many 100-yard dashes, because I only have so many left”), but she does keep busy, spending significant time tending the backyard of the house that she and her late husband built in 1949. “I do a little running around each day—not a certain amount or time—but just to keep everything going.”

## Don’t stretch too much

Hawkins warms up for her races by simply standing in place and “jiggling up and down a little.” “Whatever

it is I’ve got, I’ve got it already, and you don’t need much stretching—or at least I don’t,” she says.

## Find a talisman

Shortly before her race in Birmingham, Hawkins opened a fortune cookie that prophesied: You will make a sudden rise in life. “I thought, *Well, I’m going to this race...if I should win or do well, maybe that’s what it’s talking about,*” she says. “That gave me a leg up.” She kept the slip of paper and often tucks it into her pocket for on-the-go good luck.

HAWKINS,  
DISPLAYING  
HER MEDALS  
AT HOME IN  
BATON ROUGE,  
LOUISIANA



PHOTOGRAPH BY DAYMON GARDNER



# RUNNING AND THE F-WORD.



Can we talk about the dirty word in running? Foam. It's everywhere, and everybody's got a different one. The truly offensive thing? Most foams break down quickly, along with that exquisite ride you were promised. But not the foam in the 361-Meraki. It's both lightweight and "alive," able to adapt and support you for longer. Hardly scandalous. But most definitely beyond your expectations.

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# NIGHT FLOW

A BLARING SPEAKER AND STURDY HAIR BANDS KEEP THIS RUN CREW CAPTAIN MOVING THROUGH LONDON.

BY KATIE NEITZ

► **When graphic designer Sami Al-Adawy's creative juices run dry, he laces up and hits the city streets. "It helps me get past a block—it's therapeutic," says the marathoner and ultrarunner. Not that you'd describe Al-Adawy's runs as peaceful. As one of the captains of the London Midnight Runners crew, he typically heads out with 200 others to the beat of a specially crafted playlist that certain members blast out of Bluetooth speakers synced to their phones. The crew launched about two and a half years ago, back when original members actually ran at midnight. (Today the group goes out around 7:30 p.m., when they're less likely to disturb the neighborhood.) The rhythm of the music helps keep the large pack on pace, plus, adds Al-Adawy, "There's nothing like running the busy streets of London with your mates sharing an epic playlist."**

"I think I've got [a Midnight Runners T-shirt] for every day of the week. Everyone in the crew wears these. I designed the logo and the monogram on the sleeve."

"My hair doesn't go down—it goes up and out, so I wear it in a bun. Once, my hair just exploded out of it. I looked like an absolute crazed man. Now I always have hair bands on my wrist. They're, like, industrial-strength and I still pop one once a week."

"These Adidas tights are the best pair I've had. They're super comfortable, and the bottom is a wool knit with reflective strands. I got them as a Christmas present last year from my mum. People know I love running, so I get tons of gear."

"My Reebok Floatrides are my favorite long-distance shoe—I like the socklike feel and cushioned sole. I did the paint splat on the front. I once got a big paint splatter from a studio accident on an old pair, and now I try to replicate that. It gives shoes personality."





*Yuengling*

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# TOUGH STUFF

DESPITE A RARE LIVER CONDITION, A TEXAS TEEN RUNS FROM THE FRONT.

BY KIT FOX

► **IT TAKES GUTS TO LEAD** a race at the starting line. The move only works if you set a punishing pace, wearing the competition down so they can't outsprint you right before the finish. The only way to pull it off is to suffer—to cope with pain early and ignore it through the final brutal steps. The legendary Steve Prefontaine loved this strategy. So does 14-year-old Camille Napier.

When the pistol fires, Napier zooms to the front—all 4 feet 8 inches of her—pulling a field of usually much taller, much older runners behind her. They rarely catch up.





Napier has been a phenom since she started running at age 9. Last December, she broke the 13-year-old age-group world record in the 8K in 29:52. The previous mark had stood since 2000. At local 5Ks near her home in Fulshear, Texas, she typically wins outright against competitors twice her age. At an indoor track meet at Texas Tech University when she was in fifth grade, she came in seventh place out of 20, taking the lead from the front. The rest of the field: competitive female college runners.

"Most people like to kick at the end; I like to kick from the beginning," Napier says. "I might as well give it everything I have."

That's partly because she's running on borrowed time. Due to a condition called biliary atresia, her liver will fail one day. When Napier was born, her liver had poorly formed bile ducts, meaning the organ was unable to digest and absorb fat or dispose of toxins and waste products. Her body was slowly poisoning itself. Before she turned 1, she underwent the only known operation to treat the condition, called the Kasai procedure. It provides a temporary fix, but eventually, her liver will develop cirrhosis and have difficulty functioning again.

She doesn't know when, though it's likely to happen before she hits adulthood. When it does, she will need a transplant—an operation that will temporarily derail her promising running career.

"We don't dwell on it and she doesn't dwell on it—if it happens, it happens," says her father, Jeff Napier. "I think that running has helped her keep her natural liver for this long. I just can't imagine her not being a runner."

Jeff and his wife, Julie, credit much of Napier's running success to her toughness. Her condition frequently causes fluids to build up in her abdomen. "Ever since she was a baby, she's always known pain," Julie says.

When the condition flares up, Napier takes a rest from her 18- to 20-mile training weeks. But her ability to deal with that pain shows through her bold racing strategy—taking the lead early.

She knows she will need a new liver soon, but she doesn't focus on that. Instead Napier has set a goal: "I want to make it to the Olympics," she says. "At the starting line I always think to myself, *I've done this before, I can do it one more time.*"

## Ask Miles

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



**I'm new to this. When can I officially call myself a runner?**

HANNAH H.,  
YELLOWKNIFE,  
NORTHWEST TERRITORIES

**That's a tricky one, because Canadian standards differ from those here in the States and the conversion math always trips me up. Ha ha! Just a little neighborly "humour" there, eh?**

I could simply tell you, "If you run, you're a runner." That comeback is easy and neat. It's also, in my opinion, a total cop-out. Obviously, if the issue were that simple for you, you wouldn't be asking. So I prefer to answer with: "Call yourself a runner whenever you feel comfortable doing so." Meantime, keep moving forward. That's what running is all about—no matter what you call yourself.

**If I get lost on a run, what's the best way to flag down an approaching runner and ask for directions?**

KEITH H., RALEIGH,  
NORTH CAROLINA

The act of flagging down a fellow runner is fairly simple—you slow way down, wave sheepishly, and say, "Excuse me?" Deciding which runner to flag down, however, is trickier. The flock of rail-thin shirtless guys sailing along at 6:30 pace? Good luck. The woman staring straight ahead, studiously avoiding eye contact? Probably not. Best to wait for a runner who's (a) willing to look you in the eye and (b) not in the middle of a tempo run. Better yet, ask a walker. I have yet to meet a walker who isn't friendly and helpful.



### MILES ASKS

**What's one thing you wish every nonrunner knew about running?**

The more you do it, the better it gets.  
@senoraglen

Some days I really don't feel like running. But I do it anyway and I'm always glad I did.  
@mother\_runner

5Ks aren't marathons.  
@discomBoBruns



Have a question for Miles? Email [askmiles@runnersworld.com](mailto:askmiles@runnersworld.com) and follow @askmiles on Twitter.





# THE DARK ART OF STICKING TO IT

THIS IS MY MIDDLING MANIFESTO, A RECKONING THAT I'LL NEVER BE GOOD AT RUNNING.

▶ **WHEN I TELL PEOPLE I'VE NEVER** run a marathon, they look at me like they would a nonflowering rosebush. Doesn't a nine-year running habit ultimately build to a 26.2-mile crescendo? Don't runners rush to that crescendo with the same wall-eyed enchantment of children to wild-cherry-flavored anything? And aren't these marathoners sinewy, driven, wind-blown, and ageless? The answer is yes, and they do, and they are. The good ones, anyway. The ones who run long and fast and all the time.

But that's not me. When I first started running, I imagined I would improve, rapidly. I never thought I would be particularly fast, but perhaps that I could conquer long distances, even complete a few ultramarathons—that the logical progression from doing a single mile was to go for 50, or a hundred. This made sense in the way most things make sense when you don't fully understand them.



Marc Parent is the author of four books and a frequent contributor to *Runner's World*. Follow him on Twitter @realmarcparent.

I thought I could run a hundred miles before I understood how hard it would be to run one.

I am an ordinary runner. I was ordinary from the moment I began, meaning, probably a lot like you. I didn't start out as a 300-pounder, I never lost a limb and ran through it, I'm not a cancer survivor, I was never in jail, never homeless, never an addict, not running to compensate for a smoking habit, gambling problem, secret girlfriend, or any other dramatic deficit. I'll never quit, but I have to talk myself into getting out every time. I don't live to run, I run to live. My greatest sin is that I'm average.

I've reckoned with the fact that another nine years of running won't make my times improve, that I'll surely be quite a bit slower than I am today. Yet I have a hard time accepting the nearly equal likelihood that a lifetime of ordinary running won't eventually lead to a single, colossal feat—that I won't wake up one day and run an ultra or be one of those reptilian-tough old guys with my shirt off, belly sunken, eyes flashing from a sun-cracked face, killing it through the desert, one freaky padded step at a time. I could be one day. But only in the sense that I could also one day have lunch with Cher. Just because it's not impossible doesn't mean it's ever gonna happen. So if I'm not getting faster and I'll never run an ultra, the fair question is: What's the point?

My son Willem began high school this year. To start off on the right foot, I signed him up for cross country, the only fall sport he might have a shot at. When I told him we were going to the local running store to buy shoes, he said, "Dad. I'm not a runner." As a muscular, six-foot-two 14-year-old, he was the lead scorer in his previous basketball and lacrosse seasons. He is used to smashing to the top of whatever sport he applies himself to—something he would not be able to do in cross-country races against angular opponents nearly half his weight.

"I'm not gonna be any good at this," he said as we drove home from the running store, the orange Nike box shifting on his lap.

"That's probably true," I



said. "It's good you're doing it, all the same."

"Why is it good?" he said. "I mean, what is it you want me to learn about not being the best at something?"

His logic is likely my fault. I had always told him to do his best in everything. Repeatedly telling your kid to do his best might eventually start to morph in their mind. Soon, doing their best leads to the expectation that he has to be the best. "Shoot for the stars and if you miss, you'll land on the moon," I'd always told him and his brothers. As if the moon would be a nice place to live.

"Kid, if you only do the things you're the best at, you'll never do much. You won't see much, you won't know much, you won't laugh much. Doing, seeing, knowing, laughing—these are the things that make a life. If you only aim to be the best, you may one day succeed in that, but you will likely have failed at everything else."

I wish I'd said that. Instead, I looked

## "SO IF I'M NOT GETTING FASTER AND I'LL NEVER RUN AN ULTRA, THE FAIR QUESTION IS: WHAT'S THE POINT?"


over and told him it was a good question—one I'd like him to give me the answer to after he crossed the finish line of his first race.

On my weekend run, I posed the question to my friend Quin, a Yale graduate who is often the best at whatever he does. Unsurprisingly, he gave, well, the best answer. He laughed and shot

a fist in the air as we charged forward.

"For resilience!" he said. "Humility! Man, so you can rise from the ashes! To cultivate empathy! Curiosity! Perspective! A sense of humor! I'm just getting started..."

Every run I go on is a rise from the ashes. And it's almost always—deep down and in a dark kind of way—hilarious. Imagine: a man alone on a country road he's run hundreds of times, at the completion of his lousy little three-mile run, turning into the driveway and throwing his arms into the air as if, like one of those extraordinary runners we've all read about, he's just completed a trek across the entire country.

When Willem eventually came crashing over his first finish line, his lips nearly white with pain, he stumbled over, grabbed my shoulders for support, and hung his head. "That was horrible," he said. "I'm so bad at this." Then, panting, he looked up at me and said, "Why are you laughing?" 

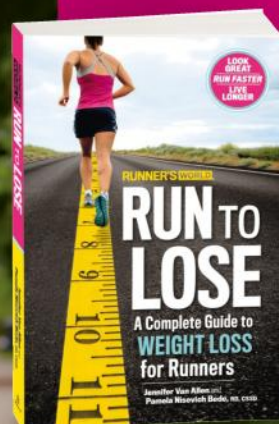
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# CREATURE DISCOMFORTS

A NEW YORK CITY ARTIST CHANNELS HIS TRENDY DESIGNS INTO RUNNING PITFALLS.

BY CINDY KUZMA

## KEVIN LYONS'S MONSTERS

are everywhere: They've been on murals from New York to Paris to Japan, across bottles of Warsteiner beer, on the backs of snowboards, and as of this past summer, threaded into the performance fabric of socks from the apparel company Stance.

After stints as a designer at Nike and global creative director at Urban Outfitters, the 48-year-old illustrator has turned the grinning, grumbling, cartoonish creatures from doodles for his daughters into his own iconic artistic style. Between collaborations with leading fashion and running brands (including illustrations for *Runner's World*), Lyons also logs up to 60 miles a week.

"Running is very much a part of my creative regimen," Lyons says. "It clears my mind and allows me to think clearly about something."

He once made a stark choice between running and art—a 4:30 miler by age 12 and a six-time Maine state champion in track and cross country, he passed on a collegiate athletic career to attend the Rhode Island School of Design. Lyons now precariously balances marathon training with his creative endeavors. As he prepares for the Philadelphia Marathon this fall—his 13th 26.2—he illustrates the demons that haunt him along the way.

## QUALIFYING FOR BOSTON

"Like many competitive runners, this was my ultimate goal when I first started running marathons [in 1999]. I qualified three years in a row. I was once a sub-three-hour marathoner, but qualifying now at my age feels harder and harder. Still, like most runners I know, I am always conscious of where I am in relation to qualifying, even if I know I can't hit it. Turning 50 will be a new standard and thus a new hope."

## GETTING OLDER

"Every year something gets a little slower. You have to listen to your body more. Soreness lasts longer now. Some days I have to back off a little, especially in the first mile. It's also a lot of work: sports therapy, massage, deep-tissue acupuncture, foam-rolling every night. Yoga has been a saving grace, opening up my hips so I'm not running so stiff and square."

## RUNNING IN NEW YORK

"On the one hand, it's the greatest thing in the world, with epic bridges and views and a creative running community. But the sheer volume of people and bikes has changed so much since I started running here in 1992—with more people there are more obstacles and more trash. Sometimes you get stuck behind a garbage truck, going the same pace, holding your breath for blocks."

## HAVING A CREATIVE CAREER

"Every day is different; sometimes I pull all-nighters. And I do murals, which are taxing. I'm on a lift for 12 hours a day, reaching, using different muscles. I make decisions about my training depending on the project I'm working on. Sometimes running has to be sacrificed for the work—though my girlfriend will tell you my work is often sacrificed for the run."



ILLUSTRATIONS BY KEVIN LYONS







# 26.2 IS NO JOKE

It's **Kevin Hart's** first marathon, and he plans to kick its ass. Seriously.





K

Kevin Hart is not training for a marathon the way you would train for a marathon. He's training how a Nike-sponsored, internationally touring comedian, CEO, author, moonlighting rapper, producer,

and movie star trains for a marathon.

So, basically, that means he trains whenever he has time—and he doesn't have much.

Nevertheless, on November 5, the 38-year-old fully intends to cross the finish line of the New York City Marathon, his first crack at the distance. He hopes to do this despite the fact that he is not following any plan, is in the midst of launching his own streaming service called Laugh Out Loud Network, and is filming his next movie.

We know what you may be thinking, but this is no comedic stunt or effort to contrive nipple-chafing jokes. Hart simply wants to prove to himself, and his millions of fans, that he can do this.

He does have running experience. Two years ago during his countrywide comedy tour, he hosted pop-up 5Ks, and hundreds, sometimes thousands of fans joined him. In August 2016, he completed the relay-style Hood to Coast in Oregon, where he ran 18 miles within 24 hours.

For New York, Hart is running based on how he feels, squeezing in two runs on weekdays, and trying for a long run on weekends. (He hopes to run an 18-miler at least once before the race.)

On a sunny September afternoon, at a park in Redondo Beach, California, Hart dons skin-tight black leggings under black running shorts for his

second tough workout of the day. His first came early in the morning, which millions of fans already know, because he's posted videos of the weightlifting session to Snapchat and Instagram. It's something the comedian does often, time-stamping the clips to show off the obscenely early hour that he's awake and putting in work.

Hart is at the park to film a video with a local high school cross-country team. They're doing an interval workout: a mile warmup, two 800s, then two 400s. Three cameramen are staked out along the dusty, extremely hilly trails.

In a week and a half, the video will be cut down to less than two minutes and posted to Hart's Instagram account so his 54.6 million followers can see that, yes, he is actually training to run a full 26.2 miles.

He could easily shoot a few takes, shake some kids' hands, and move on. People would understand. This is, after all, his first of three photo shoots in the day. Instead, Hart earnestly tries to hang with the lithe, swift teenagers. He mostly doesn't. At the top of a particularly steep hill, through heaving breaths, he jokes, "These kids are on steroids."

He's one of the last to finish the final 400, grimacing in a full sprint as the team applauds. It's a tenacious scene that will make you believe that one of the world's most famous comedians really can juggle his career while becoming a marathoner—training plans be damned.

Here, Hart tells us, in his own words, how and why he plans to do it. —*Kit Fox*

my life experience, so I am sure I will find something funny about this marathon to talk about."

"My favorite place to run is anywhere and everywhere."

"I haven't chafed. I am not sure where it is supposed to happen. But I would appreciate not being jinxed. Where do you chafe at? I am not putting lube on my butt."


"What is motivating me? I think the fact that people are really following my journey and saying, 'That's dope that Kevin is going to do what he is doing.' I have to finish for them."

"When I cross the finish line, I am probably going to... What is that called? Oh yeah, throw up. And then sit down."

"I don't even know what the wall is. [Hart is told what the wall is.] That ain't going to happen. It's mental, man. All mental. Mark that down."

"I don't have a fueling strategy. I want to relish the pain of the process, naturally. Mind you, I say that now. Have some energy gels on standby at mile 14."

"My goal is to run it in 3:40 to 3:45."

"I don't get nervous. There is no such thing. As long as I s--t before the race, I will be fine." 

"The first time I heard the word 'marathon,' I told everybody to kiss my ass. I thought it was 13 miles plus 13 miles. Which is what it is, but I thought you could chill out for a couple days and then do the other 13."

"There's no training plan. I'm not following a damn thing."

"Two days of the week I run five to seven miles comfortable. On weekends I try to do my long runs—12 to 14 miles now."

"During a long run, there is no thinking. I'm zoned out in a good space with great music—everything from slow music to R&B to country to rock 'n' roll."

"When you do go through that pain where you are getting sore, a lot of people back off. But I think it is about getting your body used to that feeling. When I first ran 10 miles, I was like, 'Oooh, wait a minute.' On my next five-mile run two days later, my body was like,

'Kev, is this going to be a thing? Okay.' So as you dig deeper, your body gets accustomed to it."

"I am doing this to be an example that you can be anything that you put your mind to. I put my mind to it, and I am going to get it done. That simple."

"Some of my greatest ideas happen during my runs. The peace that comes from running is the perfect time to be creative. My comedy is really



# THE ULTIMATE GUIDE TO *NOT* RUNNING

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**Jumping off the hamster wheel doesn't make you a wimp—science proves it'll help your body get stronger, faster. Here's how to hold back so you can sprint forward.**

BY TED SPIKER

PHOTOGRAPHS BY LEVI BROWN







***FOR REAL?***



# THE RUNNER'S CHECKLIST IS A LONG ONE:

- ❑ TRACK AND TEMPO RUNS.
- ❑ LIFT AND LUNGE.
- ❑ BUY NEW SHOES.
- ❑ CHARGE WATCH.
- ❑ DO THE DAMN SKANKY LAUNDRY.

Basically, there's a lot to get done. So when you see the word "rest" on your schedule, it's easy to breeze over. Why would you do *nothing* when there's always something to cross off the list?

The answer is simple: Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually *want* to keep training.

"Rest is not a four-letter word to be ignored," says Kevin Vincent, M.D., Ph.D., director of the University of Florida Running Medicine Clinic. "The big reason you need it is recovery and recuperation. Every time you run, your body has to adapt to get stronger."

That's because when you run, you aren't just building stamina and strength. You're also breaking your body down, causing a tiny amount of tissue damage. Allowing

yourself time to recover afterward is what makes it possible for you to come back better next week, next month, next race.

"As much as athletes focus on their volume of training and the speed at which they do workouts, what they do outside of running is equally important to becoming stronger and more resilient in the future," says Adam Tenforde, M.D., assistant professor of physical medicine and rehab at Harvard University, and former All-American distance runner at Stanford.

Bonnie Marks, Psy.D., staff psychologist at the NYU Sports Performance Center, agrees. "If you don't have time to recharge, it can lead to staleness and general apathy about training."

In other words, rest right, and you'll run better and be healthier. Skip it, and you'll slowly fall apart. Follow these training tweaks, and build a stronger—more rested—you.

## WHY REST MATTERS

Whether you're a recreational runner or regularly training, there's value in taking at least one day off each week—even if you're doing a run streak (see "What If I'm a Streaker?" page 69). That off day is when your body uses nutrients and undergoes biological processes and hormone cycles to rebuild itself, says Tenforde. Here, four more reasons to chill.

### Your muscles bounce back.

When you run (or do any exercise), you create microscopic tears in your muscle fibers, and your body likes those about as much as you like trying to open a sweaty GU packet. So it responds by rebuilding your muscles stronger, in preparation for the next session. The catch: That response only happens with time off. Vincent says that, depending on the length and intensity of your workout, the body needs a minimum of 36 to 48 hours to reboot. Without it, the body has no opportunity to rebuild and strengthen muscles; they just continue to break down. That negates all the hard work you put in.

### You avoid stress fractures.

If you're trying to sidestep an injury (and, um, who isn't?), rest is crucial. Running is great for your bones—the impact stresses the tissue, and just like a muscle, that increases cell turnover and forces the bone to remodel with stronger structures, says Vincent. "But if you run today, tomorrow, and the next day, it never has time to fully repair." Eventually, you could be looking at a stress fracture—and a season on the sidelines. →



# DO I NEED MORE TIME OFF?

**Sometimes you can tell. Like when you can't walk down the stairs. Other times it's not so obvious. If you're feeling wishy-washy about taking a break, Vincent suggests asking yourself three questions:**

**1** Did my last few runs feel harder than usual, even though they were the same training paces and distances as previous ones?

**2** Do I feel less motivated to run today?

**3** Does running feel more like a chore than something I enjoy?

**▶ If you answered yes to any of the above, you should consider more rest.**





# WHAT'S IN A DAY OFF?

While most people relish the idea of a day to do absolutely nothing, runners aren't always so hot about making it a reality. We surveyed nearly 2,800 readers about their rest and recovery habits—how do you stack up?



## TRAINING BREAKS

**35%** NEED TIME TO RECOVER AFTER EVERY RACE

**38%** ONLY BREAK WHEN BURNED OUT (USUALLY EVERY FEW RACES)

**27%** ARE ALWAYS THINKING ABOUT THE NEXT MEDAL



## PREFERRED CROSS-TRAINING

**No. 1** relaxing walk or hike on off days

**No. 2** solo strength-training at the gym

**No. 3** a sweaty cycling sesh

## DAYS OFF PER WEEK

**35%** TAKE **1** DAY OFF

**36%** TAKE **2** DAYS OFF

**22%** TAKE **3** DAYS OFF

**7%** TAKE **0** DAYS OFF



### **Tight tendons are protected.**

Tendons are connective tissues that hold the muscle to bone, so they work constantly as the body moves. But blood doesn't get to them easily, so they take longer to repair than tissues that have higher vascularity (like muscles), explains Vincent. If they don't get that time, the constant pounding can cause chronic damage, like tendinitis—which is inflammation from overuse.

**Your brain has time to chill.** Yes, running is a form of stress relief. But every time you lace up, it increases the levels of the stress hormone cortisol in your body. Why? “The body doesn't know if you're running away from danger or if you're running for fun,” says Vincent. That cortisol bump can cause mood issues, irritability, sleep problems, and other health issues if stress levels are chronically high, says Marks. Think of it like a scale: Overtrain, and you've tipped too far in one direction; schedule regular rest days, and you're back in balance.

## **BACK OFF—NOT OUT**

A lot of runners think time off can cause backsliding, but that's not necessarily true. Jason Fitzgerald, founder of Strength Running, says you can take a week off and be fine. That's why most sports docs suggest scaling it back for one to two weeks after each big event. (Example: four to five days of very light physical activity—like walking—then a week of strength, core work, flexibility, and short runs to loosen things up.) When you do, you'll score these benefits.

### **You'll fine-tune your body.**

There's a difference between being sidelined and being hampered—a.k.a. feeling discomfort →

# Tweak Your Routine

YOU'VE GOT THE *WHY* OF TIME OFF FIGURED OUT, BUT YOU STILL FEEL LIKE A HORSE IN THE STARTING GATES. RATHER THAN RUN, TRY THESE OPTIONS.

- 1 Go low.** With your impact, that is. Incorporating low-impact exercise (like cycling, rowing, and the elliptical machine) allows you to get the aerobic benefits you want without taxing your bones and tendons. If you have access to a pool, swimming is one of the best options (try aqua-jogging for running-related benefits, or lap swimming if your legs need a break). “It has zero impact, and being in a cool pool is soothing,” says running coach Magdalena Donahue, Ph.D.
- 2 Grab a ball.** When you play tennis, a pickup basketball game, or backyard soccer with the kids, you form more well-rounded muscles and bones, which reduces your risk of injury. “When you're running, everything is linear, so your bone gets stronger in one plane of motion,” says Vincent. “By doing something with lateral, back-and-forth movement, you strengthen in all planes.”
- 3 Make friends with your couch.** Rest days don't mean you have to veg all day—in fact, Sarah Lavender Smith, author of *The Trail Runner's Companion*, says you should always move a little—but there's nothing wrong with taking a few hours to relax. Just do it on the day before your long run, not after. “It's a mistake to go on a long, depleting run and then overeat and lie around the next day,” says Smith. Doing so causes feelings of lethargy, bloat, and overall blahs, she adds.
- 4 Play video games.** Studies have found that video games can help control anxiety before performance, and one even discovered that those who leveled up needed less recovery time after a stressful event. Researchers aren't entirely sure why, but they theorize that video games are a way to escape to an alternate reality—so they work as a calming mechanism to decrease stress.
- 5 Sleep more.** Not only does a good snooze combat mood issues and fatigue, but Fitzgerald says it's also the time when your body gets the most work done during its repair process. Plus, some research shows that poor sleep quality may be associated with loss of bone density, putting you at risk for developing stress fractures. (See? It all comes full circle.)
- 6 Meditate.** Science shows that this trending practice can help improve performance, ease symptoms of pain, and better your breathing. Marks suggests lying on the floor with your eyes closed, focusing on breathing through your belly—not your chest—for at least five minutes. (Pro tip: Put a book on your belly—if the book rises, you're breathing right.) If you're too antsy for that, opt for a quiet walk in nature or download a meditation app for step-by-step instructions.






## WHAT IF I'M A STREAKER?

↓  
without major pain. If your bod gets some R&R, it's more likely that the problem will heal instead of blow into a full-fledged injury, says Fitzgerald.

**Your body's protective systems reset.** When you don't rest, you're telling your body's inflammatory process to be on high alert. That process is protective, yes, but when it's in overdrive from constant running, it backfires—putting your body in a chronic state of inflammation that increases your risk of infections and other sicknesses, says Kate Mihevc Edwards, P.T., D.P.T., orthopedic specialist at Precision Performance Atlanta. Taking even a one-day run vacation quiets the inflammation and lowers your odds of getting sick.

**You can acknowledge growth.** There's real value in flipping through old training logs and seeing how far you've come, says running coach Magdalena Donahue, Ph.D., a two-time U.S. Olympic Marathon Trials qualifier. "You need to see what you've done, what worked and what didn't, and let your brain relax," she explains. "The pause helps you come back a lot more energized and focused." Plus, it's badass to see how many runs you *actually* beasted.

**You'll stay hungry.** If you're constantly churning out miles like a hamster on a wheel, that desire to do better can dwindle. It's called burnout, and coming back from it can be a bitch. Scaling back helps you maintain your hunger to train and improve, so you don't have to mentally start over at square one, says Fitzgerald. 

We're not the ones to tell you to break a #RWRunStreak to lounge by the pool, but be aware of intensity. If you're heading out for an easy mile to continue your streak, don't worry about a rest day. But if intervals and speedwork are part of your routine, "recovery is much more important to fit in," says Bryan Heiderscheit, Ph.D., director of the University of Wisconsin Runners Clinic.

# Fuel Your Recovery

YOU ALREADY KNOW ALL ABOUT WHAT TO EAT (AND DRINK) ON DAYS YOU RUN. BUT WHAT ABOUT ON DAYS OFF? HERE'S HOW TO ADJUST.

### 1 Don't change too much.

While many think they need to tighten their grip on calorie intake come rest day, that's not really the case. "It's not necessary to restrict energy intake," says Stephanie Howe Violett, Ph.D., a running and nutrition coach and the 2014 Western States 100 champion. "That's when most recovery and adaptation occurs, and proper nutrients are important to facilitate those processes." Instead, tune into your hunger cues and opt for food quality over quantity.

### 2 Space out calories.

Many people backload during the day, meaning they eat a light breakfast and lunch and then have a big dinner, says Tenforde. But that depletes your energy and makes your body

more susceptible to breakdown. A steady supply is best, so if you must go light on your first two meals, balance it with nuts or fruit in between.

### 3 Fuel with micros.

Carbohydrates, protein, fiber—those are the macronutrients you need to fuel a strong recovery. But runners also need micronutrients like calcium, vitamin D, and iron to replenish the body. Eating whole foods—lots of fruits, vegetables, and meat or beans—will help cover your bases. Violett says you should aim for about half of your plate to be full of vegetables, whole grains, and fruit. Then add a serving of high-quality protein and top with fat (better if it's unsaturated) to make sure you get essential fatty acids that also aid in recovery.

### 4 Hydrate.

Rest days are a great time to pre-hydrate, as starting a run dehydrated is about as much fun as losing a toenail, says Violett. That doesn't mean slam a bunch of water at once—just be mindful about your intake (and check your pee color to see if you're on track).

### 5 Enjoy that beer.

Violett says it's NBD to indulge in an IPA, but it doesn't exactly fuel your recovery. "Alcohol is a poor nutrient value, so it doesn't do a lot for you," she explains. Opting for a "recovery" beer after a tough workout? Eat a solid meal first. Going straight for the booze can hurt the body's ability to restock glycogen stores, and your muscles may not recover as quickly.



WHO  
DO  
YOU  
RUN  
FOR?

**A Facebook group with more than 40,000 members connects runners with the special needs community. It started because a stranger needed motivation to run, and a man with Down syndrome was more than happy to give it to him.**

BY KIT FOX

PHOTOGRAPHS  
BY HANA ASANO

Boyle (left)  
reunites with  
Wasserman in  
person for the  
second time since  
they became  
friends in 2012.





# Tim Boyle ran for many things when he first started in September 2012.

First, there was the girl. They had recently broken up. She was a runner, and though, while they were dating he never quite understood why she'd lace up her shoes and go outside into the frigid northern Minnesota mornings, he decided that proving to her that he could run a half marathon might take the sting out of their ended relationship. He gave himself six months to train for a race that she had already signed up for, hoping he'd bump into her at the finish line to show her that, yes, he could run, too.

Also, there were his lungs. They'd been abused for 17 years from a two-and-a-half-pack-a-day smoking habit that started after he graduated high school. He couldn't sit through an entire movie without lighting up. His first pack was nearly done by 5 a.m., when he arrived at a dairy distribution plant to start his job delivering milk.

"I was tired of having tobacco consume every aspect of my life," Boyle says. So he quit, on August 7, 2012. The next month, he took the \$310 he normally used for cigarettes and went to a running store to buy shoes and clothes.

He ran for fresh-cut grass. He could smell it on his first three-miler near his home in Crookston, Minnesota, an 8,000-person town just east of the North Dakota border. In the middle of the loop, while crossing a bypass, he remembers seeing mowers trimming the lawn. He breathed deeply. "It's one of my favorite smells," he says. "That's when I fell in love with running."

And he started running for his mental health. He was diagnosed with depression in 2007 after attempting suicide. He swal-

lowed nearly 30 Flexeril pills and 21 Oxycontin. He called the ambulance himself, but not to save his life. "I was worried that what I had taken wasn't enough," he says. "I wanted to get my stomach pumped so I could put a gun to my head."

Instead, doctors convinced him to go to therapy. Five years later, he hoped running could help him cope with the demons that sometimes still surfaced.

There are a thousand little things we choose to run for: the smell of a fresh-cut lawn, to prove an ex wrong, to earn a medal. And a thousand more big things: to fight an addiction, to lose weight, to cope with depression. Find the right combo of motivators, and running becomes a habit, a necessity. It can change your life.

But then it starts to snow and the weather dips below freezing. Nobody is mowing their lawn and your knees ache. All you really want, desperately, is a smoke and some fried food. None of the things in your life, big or small, can convince you to get out the door.

In November 2012, Tim Boyle ran out of things to run for. Desperate for motivation, he started googling inspirational quotes. He found a dark gray image with a silhouette of a tree behind a poem in white letters. It read: "I run because I can. When I get tired, I remember those who can't run, what they would give to have this simple gift I take for granted and I run harder for them. I know they would do the same for me."

Boyle reposted the photo to his Facebook profile. The first person to comment was a man named Michael Wasserman, who wrote, "You can run for me anytime."



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RIGHT COMBO  
OF MOTIVATORS,  
AND RUNNING  
BECOMES  
A HABIT, A  
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YOUR LIFE.**



**M**ary Wasserman will never forget the day she visited a state mental institution as a high school volunteer in the late 1950s. She remembers the noxious smells, the sights and sounds of suffering. More than half a century later, she finds the scene difficult to describe. “It was one of the most horrible things I’ve ever seen,” she says.

Mary gave birth to a boy, Michael Wasserman, on November 7, 1961. Back then, there were no tests to determine if your baby had Down syndrome in the womb, and Michael was diagnosed after he was born. He weighed just four pounds and had hazel eyes.

“He was just beautiful,” Mary says.

Which is why, when doctors recommended that she give Michael up to insti-

tutional state care, she refused. Despite knowing Michael would need a lifetime of support, she was not going to send her son away. She brought him home on Christmas Eve day.

Despite his challenges with verbal communication, Michael grew up smiling—a grin that seemed to consume his face. He smiled when he got a glass of water or when he met new people or when he danced, which was often.

Seven years after he was born, Eunice Shriver Kennedy founded the Special Olympics. Michael signed up, competing in the softball throw and swimming. And yes, he ran. The 50- and 100-yard dashes.

He made friends with everyone he met, graduated from a special-education school, and reminded Mary daily precisely

why she’d brought him home.

His smile didn’t fade, but Michael slowed down in 1983. He told his mother he could no longer walk. After visiting a bevy of specialists, he was diagnosed with bilateral bone-on-bone hip dysplasia—a debilitating condition that painfully forces the hip joints out of alignment.

To treat it, doctors had to experiment. The surgery Michael needed was completely new. They rebroke his bones in several places, rebuilding the joints so he could walk again. Which he did, in 1986. His recovery is literally a textbook case. Surgeons around the world still consult his procedure when studying the condition.

But he wasn’t just able to walk. After surgeries and 17 months of daily physical therapy, he could dance and run again. He





competed in the 50-yard dash at the Special Olympics in 1987 and won a medal. He attended an orthopedic conference, where, in front of hundreds of surgeons, he ascended and descended 28 steep steps in the amphitheater. He received a standing ovation.

"I still have trouble getting through that story without tears," Mary says.

He was mobile for 24 years and 24 days. But in 2009, he sat down and once again told his mother he could no longer walk. He was living with Mary and her husband, Albert, in Aptos, California. This time, surgery was not an option.

**"I WANT TO BE  
YOUR LEGS,"  
BOYLE WROTE.  
"I AM GOING TO  
DEDICATE ALL  
OF MY TRAINING  
MILES TO YOU."**

Three years later, Michael and Mary browsed through the Facebook page they had made to share his story and auction his art for charity—Michael's latest passion. The bright, abstract canvases often sell for more than \$100.

It's there that they stumbled on a post from a man who was looking for some motivation to run. Mary helped Michael type the message.

"You can run for me anytime."

**M**an, that's brilliant, that is exactly what I will do, Boyle thought. He reached out to Michael and Mary through a Facebook message.

"I want to be your legs," Boyle wrote. "I am going to dedicate all of my training miles and my next race to you."

Mary seemed wary at first. The special needs community is very tight-knit, and she is cautious when people who don't directly know Michael want to get involved with his life. Plus, she didn't exactly know what this all meant—dedicating miles to her son.

"It means, when I get tired and want to quit, I think about him in his wheelchair and the fact that he is not able to get up and run," Boyle says. "It is no longer about me."

Michael's challenges put Boyle's pain in perspective. It wasn't the smell of fresh-cut grass or fighting his nicotine addiction or even coping with depression that got him to the finish line of his very first race—a 5K in February 2013—it was completing the miles for Michael.

The whole concept appears, at first, to be tenuous—exploitative even. This is, after all, a man with perfectly functioning legs using a stranger with Down syndrome, who lives more than 1,800 miles away, as a sort of totem to achieve his own personal goals.

But Boyle and Mary insist this is not the case. Boyle sent weekly, if not daily, updates about his training to Michael (Mary would help Michael read and respond to the messages). Michael would send Boyle updates about his pain management and painting. They became fast friends, albeit very long-distance ones.

Boyle shipped Michael the finisher's medal from his first 5K. He's sent most of his race medals to Michael since.

During several low points in Boyle's life, when the depression creeps back to the fringes of his brain, he has turned to Facebook to cope. After the diagnosis in 2007, he discovered a Facebook page about Down syndrome. Seeing the stories from thousands of people with the condition put his own life in perspective. Their sheer, unbridled joy over the smallest things boosted Boyle's own mood.

After the experience of completing a race for—and then building a relationship with—someone who couldn't run, Boyle realized a few other people might want to do the same. So he once again turned to Facebook. With Mary's permission, he created the page "I Run for Michael."

He invited fellow runners to join the group, and Mary helped him invite people from the special needs community. Boyle formed a nonprofit with the same name as the Facebook group, but they did not want the attention to focus only on Michael. They decided to match each runner with a different person with special needs.

Runners posted updates to their "buddy," filling them in on their training. Buddies posted back, updating their runners on surgeries and life accomplishments.

More than 500 people joined in the first month, and more than 15,000 in the first year.

"This group could be 40 people or it could be 40,000 people, Michael doesn't care," his mother says. "What he cares about is that people are motivated, encouraged, and happy."

And that is exactly the point of the group, Boyle says: Bring strangers together who would have never met otherwise, to motivate and encourage each other, whether they are training for a marathon, undergoing surgery, finishing an Ironman, or learning how to use a wheelchair.

In less than five years, the I Run for Michael organization has matched more

# WHO THEY RUN FOR



## ALICIA JENKINS

29-year-old physical therapist assistant in Bellingham, Washington

**RUNS FOR:** Evelyn (Evi) Pemberton, a 7-year-old with cystic fibrosis in Covington, Georgia

**MATCHED:** September 19, 2016

"When I go to races, I write 'I run 4 Evi' on my leg," says Jenkins, who mails Pemberton a medal, T-shirt, and other race swag after every competition. "We haven't met in person yet, but I already feel like she is family."

"The light in Evelyn's eyes when she talks about Alicia is magical," says Pemberton's mother, Samantha. "Knowing Alicia is running for Evelyn helps her push forward."



## SCOTT MAYES

45-year-old sales rep in Yakima, Washington

**RUNS FOR:** Maya Owens, an 18-year-old with mitochondrial disease in Hartland, Wisconsin

**MATCHED:** October 7, 2013

"When I run longer distances, I think, *Why am I out here?*" Mayes says. "But no matter how much this hurts, Maya goes through so much more than I'll ever go through. That inspires me to keep going no matter what."

"It was such a huge moment for her—feeling the wind as he ran, feeling like she was part of the race and crossing the finish line" says Holly, Maya's mother, about the day Mayes pushed Maya in a race in 2014. "She says it was the best day ever."



## JEN FRANCIS

43-year-old junior-high cross-country coach in Victorville, California

**RUNS FOR:** Jackson Fox, a 7-year-old with cerebral palsy in Troy, Ohio

**MATCHED:** May 2, 2013

"It's something that's bigger than me. There is so much more to running for somebody," Francis says.

"The program is not just affecting Jackson and it's not just affecting Jen—it's affecting our whole family and making us more active," said Fox's mother, Angela. Witnessing Francis's love for running inspired Jackson, who doctors once said would never walk or talk, to compete in two triathlons. And the family of four has completed several 5Ks together.

Most of the buddies are children, so their parents respond—posting pictures of a medal they just received from their runner, updating the group on a doctor's visit, or sharing photos of a new life milestone.

"When you have a child with disabilities, your world is isolated," says group member Sue Allen. Her 6-year-old son, River, has spina bifida and uses a wheelchair. "You are constantly going to the doctor."

Allen, like Mary Wasserman, was initially skeptical of the concept behind I Run for Michael. But she signed up River after seeing the encouraging posts. Her son matched with a Tampa-based runner named Jodi Stoner in 2014.

"I love it because you make this connection where you give and they give, and it is just a beautiful thing," Allen says. The community, she says, has expanded her and her son's world outside of just the context of special needs.

Stoner has visited River multiple times, pushing him in a specialized wheelchair during races. Boyle says that's common. He intentionally makes matches random, and does not allow requests, because he wants strangers to develop a relationship and learn about each other without previous knowledge. But, he says, many of the pairings take their newfound digital friendship off Facebook through in-person visits, attending races together, and sending each other birthday gifts or finisher's medals. A few runners have gotten tattoos of their buddy's name.

"This is so much more than running: It's mental, it's emotional, it's an attachment," Boyle says. "Running is just a catalyst to form a relationship."

He and Michael keep in touch about once a week. They've met in person twice.

"I can't begin to quantify or even qualify what this has done for me," Boyle says. Five years ago, he was desperate to find something to run for. Fresh-cut grass wasn't doing it. Neither was his desire to get healthier.

Instead, he ended up finding someone to run for. And that might be the paradox in the whole idea, Mary says. Michael didn't need someone to run for him. Instead, he wanted to encourage someone, motivate them. Make their life happier.

He's ended up doing just that—for Boyle and for more than 40,000 others.

In Michael's bedroom, on a wall near his bathroom, he's posted a photo of Boyle after a race. Mary says that each time he passes it, he touches Boyle's face. She's seen him do it multiple times. He smiles. "Buddy," he says. 

than 20,000 runners with 20,000 buddies—most of them children, all of them with a disability that prohibits them from running or, often, even walking.

Scrolling through the Facebook page is therapeutic—an instant mood booster. Your grin can't help but grow with every new post. They are all displayed to the main feed in the group, so every member can read them. The posts are personal. Genuine. It's like having access to the letters from 40,000 pen pals.

Boyle is a strict moderator. He bans people if they discuss politics or post anything hateful. And he does not allow links.

Though many runners have created fundraisers for a charity that helps their buddy, Boyle does not want the group to be inundated with posts asking for money. He wants them to be uplifting and motivating.

There are a lot of exclamation points. "Hi Avery! I had a killer headache today, but I was still able to get our workout done. How was speech on Tuesday? I hope you did well?"

"Hi Daniel! The baby and I ran 3 miles for you this morning. How has your week been? Mine's been crazy hectic, as always!"

"Hey Gavin! I just saw your mom posted about you getting a swing! That's awesome buddy... even at my age I enjoy a good swing! We got 12 miles in this morning!"

It takes roughly six months for a runner to match with a buddy. To sign up, visit [whoirun4.com](http://whoirun4.com).



# GET LIT

**RUNNING IN DARK PREDAWN OR POSTDUSK  
HOURS CALLS FOR THIS SEASON'S  
VITAL—LIFESAVING, ACTUALLY—APPAREL  
AND GADGETS THAT WILL GET YOU NOTICED.**

BY LISA JHUNG

PHOTOGRAPHS BY JONATHAN PUSHNIK

STYLED BY ARGY KOUTSOTHANASIS



**Brooks Canopy Jacket**

Lightweight and breathable, this water-resistant jacket (featuring a chin-covering hood and runner-favorite thumbholes) shields without overheating. (\$150)

HAIR & MAKEUP BY JESSICA PINEDA; BEYOND YOGA QUILT AHEAD KEYHOLE BRALET (\$88); MAYA BRENNER TURQUOISE STACKING RING (\$400); ARIEL GORDON ETCHED STAR RING (\$395); ARIEL GORDON CLOSE TO MY HEART NECKLACE (\$350); AURATE NEW YORK HALF MOON EARRINGS (\$280)



**Tory Sport  
Hi-Vis Mesh  
Tank**

Quick-drying mesh helps short runs feel cool, and reflective taping keeps you in sight (\$98). Layer it over the Onzie Stunning Bra (\$49) for a double hit of visibility.

**361 Degrees  
361-Stratomic**

Say hello to the cushy neutral shoe your night run needs. It's both sturdy and soft, making it perfect for the short or long haul. (\$150)

**Nike Power Flash  
Epic Lux Tights**

Let 'em see your stripes in luxurious full-length tights. A wide waistband conceals three inner pockets, providing plenty of storage for keys and gels. (\$140)







**Adidas  
Supernova  
Storm Jacket**

The sleeves of this lightweight, water-resistant jacket ensure that nobody misses your miles—all while keeping wind, light rain, and cool temps at bay. (\$90)

**GapFit  
Men's Camo  
Baselayer  
Tights**

The camo pattern looks discreet during the day but brings a punch to the party as soon as the lights go down. (\$50)

**Nathan Sports  
Zephyr Fire  
300 Hand  
Torch LED  
Light**

Made with a comfy hand strap, this USB-charged flashlight puts safety first with a rear-facing LED light and a built-in emergency siren. (\$60)





**Mountain  
Hardwear  
AlpenGlo Dome**

Luminescent yarn lines this cozy beanie, so traffic sees you coming in both directions. (\$30)

**Asics Lite-Show  
Favorite Long-Sleeve**

Moisture-wicking fabric, flatlock seams (read: no chafing), and a longer-than-usual cut make this a go-to top for cool-weather running. The reflective details add sleek safety points. (\$58)

**Noxgear  
Tracer360**

Super lightweight and crazy visible, this slip-on vest is designed for middle-of-the-night miles (the back side is lined with helpful sweat-wicking mesh). Choose between eight different colors and an array of flashing options. (\$70)

**Rabbit Men's  
Tightz**

Stay warm in flashy medium-weight tights. Mesh vents at the back of the knee help regulate body temp, while zippered ankles provide a comfy fit. (\$100)





## SEE AND BE SEEN

More pedestrians are killed during the hours of 6 to 9 p.m. than in any other three-hour period, and its morning counterpart has more fatalities than midday hours, according to the National Highway Traffic Safety Administration. Couple your highly visible gear with these stay-safe tips:



### Seek out sidewalks.

Choosing a car-free route is even more important if you're running during low-light hours, as vehicles may not see you until it's too late. Ask friends, running clubs, or local specialty shops for low- or no-car suggestions.



### Leave the headphones at home.

Even with the volume low, you could miss the sounds of an oncoming car; the more senses tuned in to your surroundings, the better.



**Shop smart.** Running lights list the amount of lumens, which is how bright the bulb can shine. Most are

capable of at least 100, which works for smooth roads under streetlights. Ones with higher lumens—think 300 and up—are best for trails or starless nights. The more technical the terrain or darker the sky, the more lumens you need.



**Look both ways.** Don't assume people can see you. Make eye contact with the driver and wave before crossing at crosswalks.



**Run against traffic.** If you must log miles on the road, move against car traffic, not with it. That way you have time to see and react to oncoming vehicles.



### Nathan Neutron Fire RX Runner's Headlamp

It's small and lightweight enough that it won't slide down your face, yet this headlamp still packs enough light to illuminate hazards. Slip it on with the reflective headband, and charge up via the USB cable when you're done. (\$55)

### GapFit Reflective Headband

Reflective, sweat-wicking, and fleece-lined, this headband stays put through sprints and long runs. (\$13)

### Oiselle Firecracker Long-Sleeve

Whether you wear it as a warmup layer or sport it

the entire run, this futuristic crop packs plenty of star power. (\$72)

### Outdoor Research Pentane Tights

A soft, brushed interior makes these undercover camo tights a cozy pick for when temperatures dip. (\$90)

### New Balance Fresh Foam Boracay v3

It's the plush, cushioned neutral shoe you love, with a metallic silver overlay to kick night style up a notch. (\$120)



**Oiselle You  
Glow GRRL  
Reflective Bra**

A comfy gray-by-day racerback bra goes white-by-night, with removable cups to provide shape and coverage. (\$58)

**Beauty 360  
Stay-Put Performance Reflective  
Ponytailers**

Your hair deserves its own shining moment at all hours of the day. Tie on a few of these reflective hair bands to make it happen. (\$3.50)



VIA SAYRENE WIDE EAR CRAWLERS IN HEMATITE (\$19)





**Lululemon  
Surge Warm  
½ Zip Reflective**

As soon as dusk hits, this modest-looking top busts out show-stopper appeal. A deep chest zip lets you ventilate without losing movement. (\$118)

**Nathan Sports  
Lux Strobe RX  
LED Clip Light**

This small but powerful, weather-resistant clip-on lights up red, green, or blue in a variety of modes. (\$30)

**Saucony  
Reflex Tights**

Compressive tights light up your lower half thanks to small reflective dots covering every angle. (\$98)

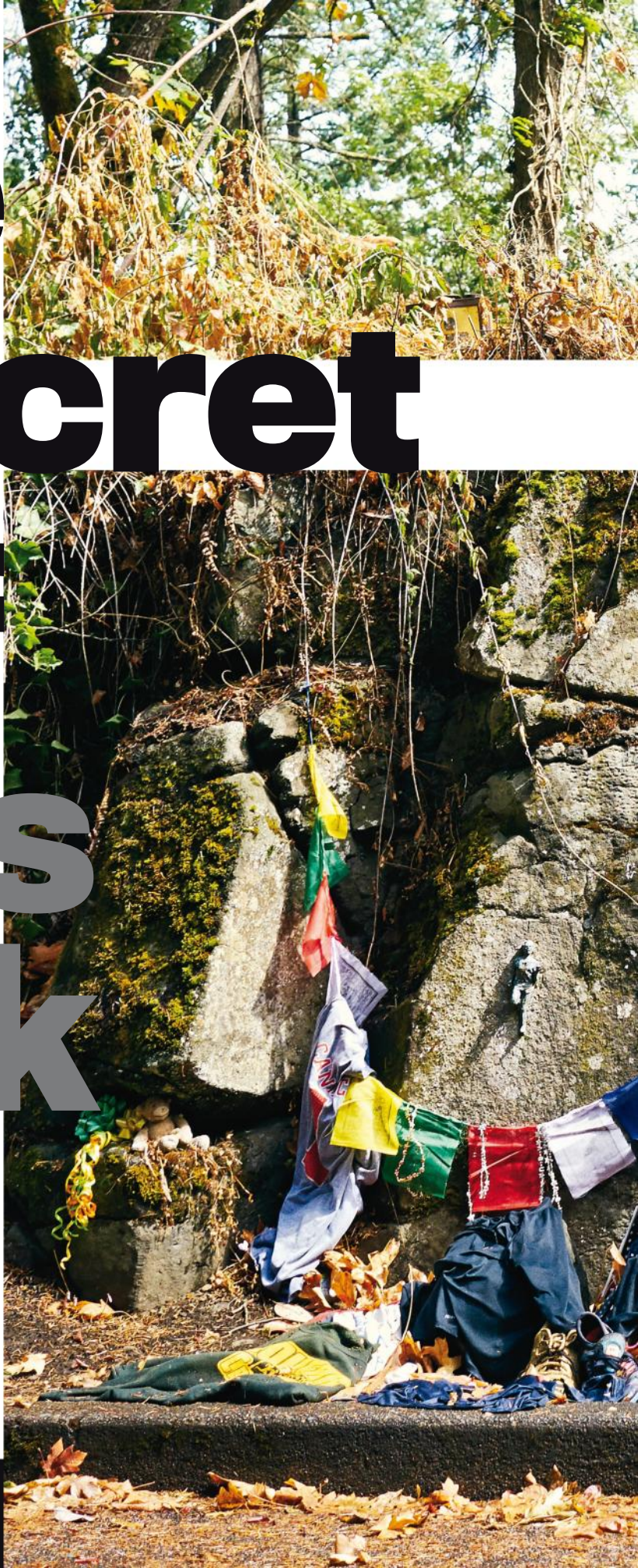
**Salming  
Speed 6**

These neutral, low-profile shoes encourage a natural stride. Mesh overlays lock feet in place while the black print flashes a rainbow of colors under headlights. (\$130)



# The Secret of Pre's Rock

Photographs by Chris Hornbecker





The site of Pre's  
fatal 1975 crash on  
Skyline Boulevard in  
Eugene, Oregon.

**The brilliant Steve Prefontaine inspired countless runners—including one crafty, merry prankster. By Charles Butler**





# One more time,

the two old friends are back at the rock. They've known each other for nearly 50 years—met in seventh grade, soon became best friends, then laughed their way through high school. Along the way, beside rivers and atop buttes, they pushed each other to run faster and farther. Their nicknames: Legs, who grew to 6-foot-4, and Mildew, whose shoes would reek after a soggy run in their hometown of Eugene, Oregon.

On this spring afternoon in 2014, Legs sits on the curb of Skyline Boulevard, a short drive from the University of Oregon campus. Mildew sits in a wheelchair on the side of the road. The pair are partly shaded by oak trees that rise above the large basalt rock. They're drinking Rolling Rock and remembering the hijinks that sealed their friendship, which had ebbs and flows but eventually brought them here.

The stories include the time when they were 16 and impulsively grabbed their bikes and rode to Crater Lake and back, some 300 miles round-trip. They laugh anew at how Mildew used to crack up his cross-country teammates with his dead-on impression of Flipper the dolphin's high-pitched squeal. And then there's

the seven-miler they did with teammates from North Eugene High School, along the McKenzie River all the way to Hayden Bridge, where they all had to jump off the 70-foot bridge into the river, or they'd have to run back. Legs took the plunge. "Oh, man, what a blast!" he remembers. Mildew wanted no part of it. He ran home, seven miles more than his teammates, which was the blast he really craved. The kid just wanted to run.

When Mildew was a teen, two-a-days were a regular thing. As a high school senior he had a running streak of 110 days. In ninth grade, says Legs, Mildew ran a 5:01 mile just days before spending weeks in the hospital with spinal meningitis.

He wasn't built to be a champion runner—he had a bulky chest and was a bit knock-kneed—but that didn't stop Mildew. Sure, when he wasn't running, the kid was a genuine cut-up, the first to crack a one-liner, traits he'd have all his life. But Mildew took running seriously. Teammates called him tenacious, stubborn, gritty. He was, in so many ways, like his hero, whom he shared with just about every teen runner in Eugene in the late 1960s and early 1970s: Steve Prefontaine.

On this day in 2014, though, Mildew's no longer running. He's dying of brain cancer. He's not sure if he has days or weeks or months; he just knows he doesn't have years. The doctors have told him to enjoy these final days, and he tries to. When his wife goes to work and his son goes to school, friends from the plants where he used to work will often drop by the house. It has a full workshop attached. Before the cancer, he'd go there in his spare time and build cabinets for the house and metal works that impressed all his friends. But now, on the days his old coworkers come by, they mostly just talk or watch TV. Occasionally his old high school running coach stops in to chat and reminisce. And then there's Legs. Tim Lewis has been around more lately, taking Mildew out for lunch, sitting in his living room and looking through his buddy's old running diary.

Every now and then, Lewis takes his friend back to the rock on Skyline. It's called Pre's Rock. The two are like so many people who come to the spot where Prefontaine, America's most competitive, colorful, and revered runner, crashed his car and died one night in 1975. The visitors come every day, leaving notes, T-shirts, and racing bibs, staring at the rock inscribed by hand with "PRE 5-30-75 R.I.P." On this afternoon, a middle-aged man and his daughter approach. They glance at the mementos and the dad tells the girl a bit about Pre.

Then Lewis interrupts and points out something to them—an eight-inch-high bronze statue affixed to the rock, its weatherworn patina nearly matching the gray stone. It's a miniature of Pre, with his inimitable mustache, his Oregon racing shirt, and his left arm aloft, bent at the elbow. He looks like he's running, pumping, about to race off the rock and down Skyline to the nearby track that he once packed with spectators.

As the man and his daughter take it in, Lewis points to his friend in the wheelchair, John "Mildew" Miller. "That's the man who made it," he says.

Then the two old friends tell the father and the daughter their favorite story, the one only a few have ever heard.

**To kids growing up** in Eugene in the late '60s, Steve Prefontaine was their Joe Namath, their Billie Jean King, their Muhammad Ali. Cool and cocky, he backed it up with legendary performances.

John Miller attaching his tribute/statue to Pre's Rock in 1994.





**Above: “Legs” Lewis today. Below: Miller running for North Eugene High School and then at Lane Community College.**

At the time, Eugene was a city of just 79,000 (it’s now around 160,000) and its only professional sports franchise, the Eugene Emeralds, was a minor league baseball team relatively unknown outside the Northwest. But Eugene was a capital of running, thanks to Bill Bowerman coaching the University of Oregon to dominance over two decades at the team’s historic home track, Hayward Field. He trained the famed “Men of Oregon,” a group that included dozens of Olympians. The city’s star would only get brighter in 1969 when Prefontaine arrived on campus from the Oregon seaside town of Coos Bay, fresh from setting national high school records and dominating state championships. Bowerman had someone he could mold into his next Olympian, and all of Eugene could watch the experiment unfold. Some would talk up Pre’s unworldly cardiovascular strength. But others—including Pre himself—liked to point to something less mechanical. He famously told *Sports Illustrated*, “A lot of people run a race to see who is fastest. I run to see who has the most guts, who can punish himself into an exhausting pace, and then at the end who can punish himself even more.”

John Miller, in his tiny bedroom above the garage of his parents’ house on Beebe Lane on the northwest side of Eugene, bookmarked those words to his brain. He had photos of Pre taped to his wall, right next to the poster of Raquel Welch in *One Million Years B.C.*

From his local newspaper, the *Register-Guard*, he cut out a photo of Pre in stride and pasted it to the cover of his homemade running diary. When he was older he would even grow a mustache that looked a lot like Pre’s. And whenever Pre raced at Hayward, Miller would be there, usually with his best friend, Tim Lewis, or other teammates from high school and, later, college. They were there the day in 1972 when Pre won an epic 1500-meter showdown against Hailu Ebba of archrival Oregon State University. And later that year they were on Hayward’s infield, volunteers moving hurdles, during the Olympic Track & Field Trials when Pre won his spot in the Munich Games with an American record in the 5,000 meters. “It was like being on the infield at Yankee Stadium and seeing Roger Maris,” Lewis remembers.

They all wanted to be like Pre. But Miller seemed to want it more. “John idolized Pre,” says Tom McDonnell, a teammate of Miller’s both at Lane Community College and later at the University of Oregon. It was, he says, “hero worship.”

In many ways, the two were alike. Prefontaine came from a blue-collar family in Coos Bay, his dad a welder and carpenter, his mother a seamstress. Miller’s dad, Harold, was a truck driver who delivered everything from diesel oil to Coca-Cola on routes around Oregon. His mom, Marjorie, worked as a school cook. They raised four kids, born over a 17-year stretch. The oldest was Don, who left the house at 17 to enlist in the U.S. Army during the early days of the Vietnam War. John, born in 1955, was only 9 at the time. Life was largely idyllic. Harold and Marjorie always made sure John’s Christmas pile included sketch paper and charcoal pencils, tools for his budding artistic hobby. And whenever he was off the road, Harold caught his son’s cross-country and track meets; the ones he missed Marjorie filmed with the family’s 8mm camera. “I was to learn that being a truck driver was a good honest way to provide for your family,” Miller once wrote in a letter. “My mother...always rose before Dad to make him breakfast and send him out the door with a kiss and a lunch.”

It wasn’t all “Leave It to Beaver,” though. John’s youngest sister, Juanita, was born with debilitating, life-threatening digestive issues. She also caught the mumps, from which John contracted the case of spinal meningitis that cut short his track season in ninth grade. He didn’t hold it against her. As he did with all his friends, John liked to tease his sister. He once even tricked her into eating canned dog food. “It





didn't make me angry," Juanita, now 53, says. "It was just John being silly."

Those devilish ways were what led him to running. While playing on a junior-high soccer team, Miller often found himself doing laps as punishment for his silliness. Finally he quit soccer and joined the cross-country team. He told a friend, "I might as well cut out the middle man."

**Mike Manley sits** at the kitchen table in his home in Eugene, paging through a high school yearbook from 1974. He stops whenever he comes across a photo of John Miller, the captain of the first cross-country team he coached at North Eugene.

Manley's vintage bungalow is just a few blocks from Hayward Field, where, in 1972, he finished first in the steeplechase and made the U.S. Olympic team that went to Munich. It would be one of several national teams he was on with Prefontaine. More than that, though, the two were linked by a fabled race. On September 3, 1974, Pre was set to do a mile time trial with Manley at Hayward before leaving for Europe and a series of meets. But the event turned ominous. At that time of year, farmers often burned fields to clear pests, weeds, and plant diseases following the harvest. When Pre and Manley got to the starting line, a smoky haze hung over Hayward. Pre managed to break four minutes, but paid for it, coughing up blood minutes after finishing. Manley finished with an uncomfortable 4:07.

On this summer day 43 years later, Manley, now 75, spies a picture of Miller in the yearbook, one with his dark black hair pushed back as he rushed to the finish line of a race. The coach had seen Miller go from a sophomore running 4:48 miles to a senior nailing times around 4:28. But it was over the longer distances that the kid impressed Manley. Often the coach took his captain out for eight- and 10-mile training runs, an Olympian pacing a high-schooler. "Sometimes I didn't realize how fast I was running," says Manley, "but John could keep up. He wanted to run with people who were at a higher level."

As a sophomore, Miller's 48th place finish in the state championships helped seal North Eugene's third-place trophy. "He had the Pre attitude," says Lewis. "He could grind it out and go to another gear."

"John was fearless," says Jenifer (Bates) Pleus, Miller's high school girlfriend who later ran at the University of Oregon and in the 1988 U.S. Olympic Marathon Trials. "He was very determined, very disciplined." She remembers how he'd often run



**Above: The artwork in 1994. Below: Miller at Pre's Rock; with son Dayne and wife Rochelle.**



to her house in the dark to get her out for four-mile runs before school.

He pushed his teammates in the same way. Manley was notorious for punishing workouts with serious mileage. Tim O'Malley, a year behind Miller, remembers seeing a Manley workout and wanting to hide. "Us lesser runners would be complaining, 'This is going to be a killer.' Then John would come in, whistling, and get his clothes on and stretch and say, 'Tough workout, guys. Let's get going.' He'd flip the hood on and head out. Naturally, you followed him." And if anyone began hurting during a run, Miller would prod, "What would Pre be doing now?" It locked everyone back in stride.

The early morning runs, the extra miles, the leadership seemed to pay off. On November 10, 1973, Miller, in his final high school cross-country race, led North Eugene to a third-place team finish at the state championships. Individually, he placed fifth, clocking in at 12 minutes, 11 seconds over 2.5 miles. But fifth wasn't good enough, not for someone whose hero once said, "Somebody may beat me, but they are going to have to bleed to do it." That night, Miller wrote in his running diary, "Today was my last cross-country race for North Eugene High. I placed a disappointing fifth. I guess I should be happy, I missed fourth by one second."

Mike Manley coached four more seasons at North Eugene, then went on to coach college students and

COURTESY OF ROCHELLE MILLER (ARTWORK, FAMILY); COURTESY OF DON MILLER (MILLER AT PRE'S ROCK)

adults for close to 30 years after that, a stretch during which he worked with a number of runners faster than John Miller. But not many could match Miller's effort or character. "He was a guy you could count on all the time," says Manley. "He was like a second coach out there."

Manley closes the yearbook. "I thought there would be more highlights."

## IF TEAMMATES HURT, JOHN WOULD SAY, "WHAT WOULD PRE BE DOING NOW?"

**On the evening** of May 29, 1975, Miller was in the grandstands of Hayward Field to watch Pre perform once again. He was there with McDonnell and other teammates from Lane Community College, a two-year school in Eugene that sometimes fed runners (like him, he hoped) to the Oregon track program. He had had a reasonably successful first year. In the fall, he finished 44th at the national junior college cross-country championships, just hours after he heard Pre give a pep talk at a prerace dinner.

Tonight, though, Miller was at Hayward for a meet Pre had organized and in which he'd run the 5,000 meters along with Frank Shorter, the 1972 Olympic Marathon gold medalist. Pre won easily, nearly matching his American record. Hours later he went to a party with Shorter, leaving just after midnight. Pre dropped Shorter off at the home of their friend Kenny Moore. Minutes later, as he came down Skyline Boulevard, a winding, narrow road a mile from Hayward, Pre lost control of his MGB convertible. For reasons unknown, he crossed the centerline, hit the brakes, and slid sideways for 40 feet. Then, according to the police report, "the vehicle went over the curb and hit a solid rock embankment and flipped over onto its top in the roadway. The victim was pinned partially under the overturned vehicle. The victim was dead at the scene."

Pre's sudden death rocked his fans. In Nuremberg, Germany, where he was stationed during a brief stint in the U.S. Army, Tim Lewis got the news from a copy of *Stars and Stripes*. After reading the story, he says, "I went to the barracks and just sat in a chair. I was stunned and all alone, thinking of Mildew, thinking of all our teammates. I started crying."

Back in Eugene, Jenifer Bates heard about Pre's death from friends when she arrived at school. It was the day of the state high school track championships. "I watched Steve run the night before and did not believe [the news], so I went to Mike Manley's social studies classroom and he told me it was true," she recalls. "I cried all day. I didn't think I would be able to race that day, but Mike told me Steve would want me to, so I did."

John Miller was still living at home with his parents. Juanita remembers listening as he read every detail about Pre's death from the local newspaper to his mom, includ-

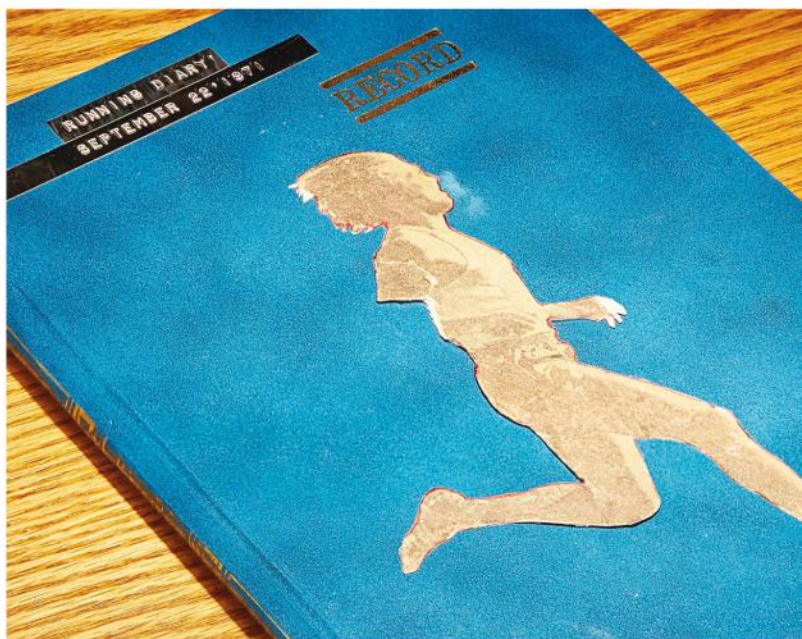
ing the fact that a John Denver tape cassette was found near the overturned car. She recalls how shaken her brother was. "He wondered how somebody is too strong to die and yet they can, in a heartbeat," she says.

Days later, Miller and his Lane teammates were at an end-of-year banquet. As it was wrapping up, a memorial service for Pre was beginning at Hayward a half-mile away. When dinner ended, Miller and his teammates sprinted to the stadium to hear Bill Bowerman say, "Memory of our last great champion will live in his charge to the finish line, his runs through hills and dales. Truly, he is part of the Hayward heritage."

Perhaps Bowerman's words provided the inspiration, or maybe he had a plan in place all along, but shortly after the memorial service concluded, Miller set out to further burnish that memory. He did so by sculpting a work of art befitting his idol—and what that idol meant to a young runner from Eugene.

**Even before he** became a runner, John Miller enjoyed working with his hands. As a preteen he sketched on scratch paper and in notebooks, anywhere he could draw the caricatures that flowed from his imagination. Later, in high school, he started working in other media, including metal and wood. He learned to make oak bookshelves that friends and family

Miller's high school running diary, adorned with his idol's image.





members still use and admire. What started as a penchant for doodling became a lifelong activity that might have led to more. “John could draw as well as anybody I’ve ever seen,” says McDonnell, who went on to a career in New York City ad agencies. “John could have been a cartoonist or an illustrator. He was immensely talented.”

Shortly after Pre’s death, Miller put that talent to use.

Returning to Lane Community College that fall, he enrolled in a sculpture class. His project: a bronze relief of Steve Prefontaine. Using a photo that had been taped to his bedroom wall for years, Miller first made a series of line sketches that provided a sense of scale and detail for his intended work. Then, using wax, he molded a figure of Pre set against a flat backdrop. He engraved the singlet with “OREGON” in block letters across the front. On the face he crafted the mustache Pre favored late in his career—bushy with ends that curved downward at the corners of the mouth. He gave the figure motion: the right arm tucked close to the torso, the left arm pumping upward, hair flying. He cocked the head slightly to the left, as if the figure was glancing at a scoreboard clock.

When done with the wax model, he encased all but the base in plaster. He then heated the cast in a kiln to melt the wax out of the plaster. He filled the remaining plaster mold with bronze, and, once it hardened, chipped away the plaster, producing a golden-brown depiction of Pre.

The whole process took six months. When completed, says McDonnell, the relief captured the runner precisely. “It was like looking at a miniature Pre.”

While he worked on his sculpture, Miller continued to run, at the same rugged pace. For a while, the work paid off. During the 1975 cross-country season, he earned All-American status by finishing 19th at the junior college nationals. But few honors would follow. He entered the University of Oregon in the fall of 1976 and, along with McDonnell, found a spot on the Ducks as a walk-on. On that same team was a cast of highly recruited and nationally known runners, the likes of Alberto Salazar, Rudy Chapa, and Matt Centrowitz Sr. Trying to keep up with that caliber of athlete led to injury and frustration for Miller. He was seeing little meet action. “The program at Oregon would chew people up, and that happened to John,” remembers Mike Friton, a high school teammate who also ran for the Ducks. “When it wasn’t working well, he got down on himself. John wanted to be that tough-as-nails Pre-type of runner, but he didn’t have the body for it. Very few people do.”

After just one year with the Ducks, he quit the team and school, where he had been an advertising major. Any thoughts of becoming a full-time artist ended as well. He put his craftsman skills to use in home construction,

and would later become a millwright at logging plants, keeping mechanical equipment running. He also found a girl to fall in love with.

Amy Sunderland was a high school senior when she met Miller, then 21. He took her to meets at Hayward and told her about the great races he had seen. Though she had grown up in Eugene and knew of Pre, “I had never met somebody who told the stories like John did,” Sunderland recalls. “Seeing Prefontaine live his passion was what drove John. He was like, ‘I don’t have to have two or three degrees. I don’t have to be any type of guy except for just the guy I am to make a difference.’”

He also told her about the bronze sculpture. When the two married, a year after meeting, the sculpture found a spot in a glass-framed box on a wall of every house they lived in. “It had a place of importance in our home,” says Sunderland. “It always did.” Their marriage, though, wasn’t as permanent; the two divorced in 1993.

It was then that old Mildew got to work on another idea: a plan to honor his hero in a more public manner.

**After the breakup** with Sunderland, Miller had time on his hands—time to do something his friends and running buddies say he always intended to do. They believe he began making a second sculpture of Pre, this one without a backdrop. He used the figure of Pre from the original relief to cast the duplicate, altering the body slightly by soldering two small spikes to its back.

By the time Miller had completed the new work, an old friend bopped back into his life: Tim Lewis. Careers had taken the two in different directions. While Miller was working 10-hour shifts at the plant, Lewis was a freelance video producer, going wherever the next job led him. His projects would eventually include shoots with everyone from anarchists to tree-huggers, and there would be times, he would tell friends, when he was happy “living off the grid” in the woods outside of Eugene. But in the spring of 1994 he “needed a couch,” and Miller opened his door. For three months they spent hours together, reliving the past and discussing the present. Miller filled him in on Rochelle Blue, the girl he had just started dating. It was a bit like two decades earlier, when Lewis used to go up to Miller’s bedroom after a long run and the two would look at stories about Pre and plot their own Olympic runs. “Maybe in 1984,” they’d say. “We’ll be in our late 20s, the perfect time for middle-distance runners.”

One night, over a couple of beers, a new plan was hatched. Miller told Lewis that he had a home in mind for his latest Pre sculpture.

“What are you thinking?” Lewis asked.

“Pre’s Rock,” Miller replied.

“Man, tell me more.”

A few nights later, Miller drove to Skyline by

himself. In the 19 years since Pre’s car crash, no permanent marker had been put there—fans just knew where to go to leave tokens to Pre. In a matter of minutes, Miller drilled two holes into the large gray boulder near where Pre’s overturned MGB had finally come to a stop. With that step complete, he returned home—and plotted his next move. He and Lewis found a weekday afternoon when both were free, and few people might be visiting the rock. On the chosen day, the two drove to Skyline and went to work. Miller prepared the rock, applying epoxy into the holes that he had drilled. Lewis, meanwhile, scooted up and down Skyline, calling to his friend, “All clear, all clear”—until it wasn’t. Just as Miller was about to insert the statue’s spikes into the holes, a Skyline resident spotted them. The two held their breath.

“What are you guys up to?” he asked.

They didn’t bother to dissemble. “He’s putting this statue of Pre into the rock,” Lewis said.

For a moment the man said nothing. Finally, he responded, “Wow, cool. Need a hand?”

Miller and Lewis looked at each other. “No, we’re good,” said Miller. “Thanks.” He turned back to the job. Within 15 minutes, Pre was in the rock and, according to Lewis, never coming out. “John knew what he was doing with that epoxy.” They pulled out a six-pack of Rolling Rock, sat down on the curb, and toasted their hero. “John was very proud. It was his favorite piece by far,” Lewis says. Still, he adds, “you can have a great work of art, but it’s also where you put it. Putting it in the rock was the masterpiece.”

When they left Skyline that afternoon, the two decided to keep what they had done on the down low. “John never looked to publicize it,” says Lewis. Over the years, they told only a few running friends and family their secret. It would be that way until the day John Miller died.

**Even when he** stopped running for the University of Oregon, when the dream of being like Pre was over, John Miller continued to run. For many years, his days would start with a four- or five-miler. He and Lewis even jumped into an all-comers meet at Hayward one day when they were long past their prime, running the 400 meters barefoot. By his 40s, though, Miller’s knees were shot—he would eventually need six surgeries—and his running days were over. But he kept going. He began hiking more and climbing the mountains around Oregon, anything that might provide a challenge.

He enjoyed a life of running, and running around—until that life was suddenly taken away.

In the early morning of October 31, 2013, a couple of hours before he would normally get up for work, Miller woke abruptly. His left leg was spasming. Rochelle, whom he had married in 1996, asked what was wrong. “I’m not sure,” he said. “I feel like I’ve got a cramp or some-

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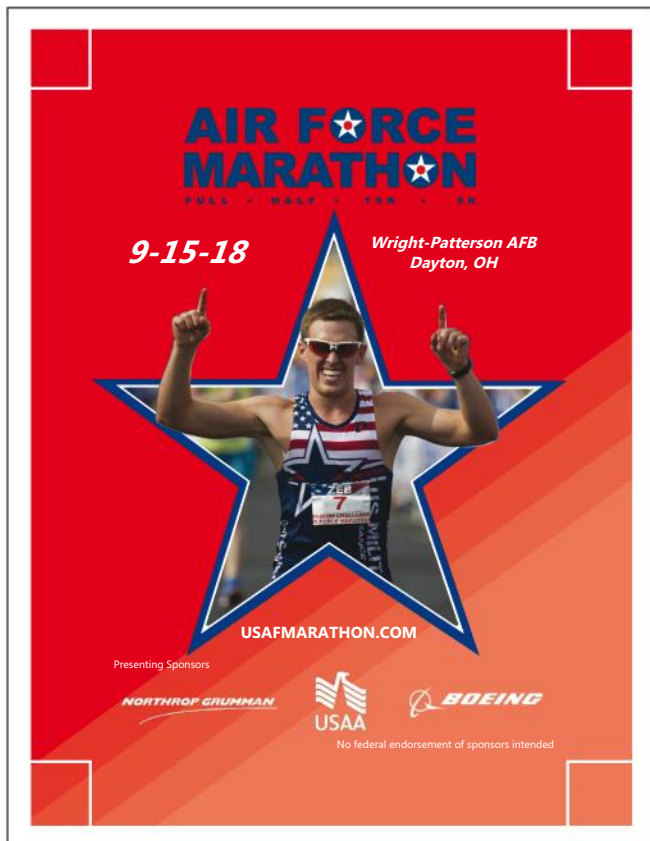
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thing.” After a half-hour or so, with the spasms intensifying and becoming extremely painful, Rochelle called an ambulance. At the hospital, a CAT scan revealed Miller had glioblastoma multiforme, a malignant tumor growing in a mostly inoperable part of his brain.

Miller was bedridden for weeks—doctors at first told Rochelle he might not live a month—and even when he had recovered some of his strength, he needed either a wheelchair or a pair of hiking poles to get around. He used them to go to the places he most wanted to be. He made it to Hayward Field, to see the Prefontaine Classic, the annual track meet named after his hero. And, more than once, he made it to Pre’s Rock. On one occasion his brother, Don, took him. He told Don how he drilled the holes into the rock, and also how vandals had bent Pre’s upheld left arm inward, and how he had used a pipe to push it back close to its original position.

And then there was the time Miller went with Dayne, his son. Dayne was born in 1998, when John was 42; by then he’d thought he would never be a father. Like his dad, Dayne found a sport he could devote himself to: golf. He became one of Oregon’s elite high school golfers, just as his dad had become a top-ranked cross-country runner. While he never became a competitive runner, Dayne knew how much the sport meant to his father. Whenever John’s running friends came to

the house, he’d hear their stories about Hayward, about Pre, and about their best races back in high school and college.

Dayne had only been to the rock once, as a toddler, so he couldn’t recall seeing his dad’s finest effort. One afternoon in the spring of 2015, when the cancer was wearing on his father, John and Dayne drove to Skyline Boulevard with Tim Lewis. Dayne helped his dad out of Lewis’s truck and into his wheelchair, rolled him to the rock and close to the statue, now weathered after years out in the Eugene rain. But the details—the mustache, the Oregon shirt, the face cocked toward an unseen clock—were still obvious. “When he told me he made that statue, I was like, there’s no one else who could make a statue like that,” Dayne, now 19, remembers. “It was just so lifelike.”


Four months later, on September 27, 2015, around 7 p.m., Rochelle went to check on her husband. For days, he had been in bed, mostly sleeping, and no longer talking. She saw him breathing erratically. She bent down to him and said, “John, you’ve had a good fight. We’ll be all right. Go see your mom. Go see your dad.” Then she whispered, “Go see Pre. We’ll be fine.” He died moments later, at age 59.

**It’s a warm August** afternoon and Tim Lewis sits in a lawn chair beside Pre’s Rock. Nearly two years have elapsed since his friend died, a

bit less since Lewis and a few of Miller’s teammates and friends from high school and college came up to the rock and spread some of their friend’s ashes on it.

The small statue is easy to miss; it almost blends into the basalt. For a few years it was the only permanent remembrance, but in 1997 a local group helped get a large granite headstone featuring an embossed photo of Pre and words of appreciation installed. It makes the sculpture seem even smaller; its creator even more anonymous.

On this day, moss and wild blackberries grow on the rock, and there seems to be a larger than normal collection of notes and bibs left by fans. Lewis takes a sip of his Rolling Rock and pours the last few ounces on the stone. “This was John’s legacy,” he says, “this statue of his hero.” He pauses. “John might not have become an artist or maybe all of the things he dreamed of becoming, but who does?”

As he is about to leave, a car pulls up and three college kids get out. They’re passing through Eugene, on their way from Seattle to San Diego. One says she ran in high school and that her dad had told her about Pre and the rock. Lewis tells them to enjoy it. Then he gets into his pickup and heads up Skyline to make a U-turn. By the time he drives around a curve and back toward the rock, the site is empty. The college kids have already moved on. 

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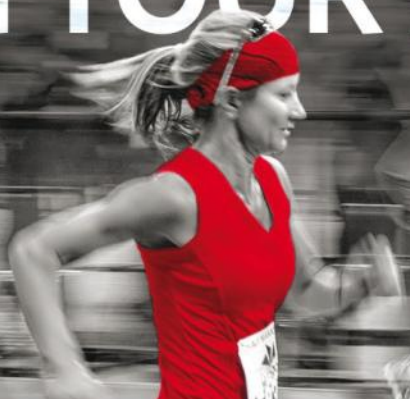
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 405 W. Main Ave,  
 West Fargo, ND 58078.  
 888-RUN-FARGO  
 mark@gofarevents.com  
[www.Fargomarathon.com](http://www.Fargomarathon.com)

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### MAY 19 & 20, 2018 - Rite Aid Cleveland Marathon, Half Marathon, 10K, 8K, 5K, 1-Mile, Kids Run & Challenge Series

Cleveland, OH  
**Contact:** Cleveland Marathon, Inc.,  
 29525 Chagrin Blvd., # 215,  
 Pepper Pike, OH 44122.  
 (216) 464-5510  
 info@clevelandmarathon.com  
[www.clevelandmarathon.com](http://www.clevelandmarathon.com)

## SOUTH ATLANTIC

### NOV 18-19 - Chartway Norfolk Harbor Half Marathon Weekend, 5K, Relay & 1 Mile

Norfolk, VA  
**Contact:** J&A Racing,  
 3601 Shore Drive, Virginia Beach, VA 23455.  
 (757) 412-1056  
 info@norfolkharborhalf.com  
[www.norfolkharborhalf.com](http://www.norfolkharborhalf.com)

### NOV 23 - Thanksgiving Day 2017 The 30A 10K, 5K & 1 Mile Run

Rosemary Beach, FL  
**Contact:** Karen Meadows,  
 PO Box 613651, WaterSound, FL 32461.  
 (850) 325-0561  
 info@30a10k.com  
[www.30a10k.com](http://www.30a10k.com)

### DEC 16 - Great Outdoor Provision Co. Surf-N-Santa 5 Mile

Virginia Beach, VA  
**Contact:** J&A Racing,  
 3601 Shore Drive, Virginia Beach, VA 23455.  
 (757) 412-1056  
 info@surfsanta5miler.com  
[www.surfsanta5miler.com](http://www.surfsanta5miler.com)

### FEB 4, 2018 - Daytona Beach Half Marathon & 5K

Daytona Beach, FL  
**Contact:** Kate Sark  
 (386) 822-5062  
 raceinfo@daytonabeachhalf.com  
[www.dbhalf.com/runner17](http://www.dbhalf.com/runner17)

### MAR 17-18, 2018 - Yuengling Shamrock Marathon & Anthem Shamrock Half Marathon, 8K, Relay & 1M

Virginia Beach, VA  
**Contact:** J&A Racing,  
 3601 Shore Drive, Virginia Beach, VA 23455.  
 (757) 412-1056  
 info@shamrockmarathon.com  
[www.shamrockmarathon.com](http://www.shamrockmarathon.com)

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SPRINGDALE (NORTHWEST), AR  
**Contact:** Tabby Holmes  
 P.O. Box 8012, Fayetteville, AR 72703  
 info@hogeyemarathon.com  
[www.hogeyemarathon.com](http://www.hogeyemarathon.com)

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# KARLIE KLOSS

25, MODEL, NEW YORK CITY



**Growing up** I was really athletic and played every sport in the book, but I hated running. Each year in school, you were timed for a mile run. It was the worst day of the year.

**The first time** I really went for a run longer than four miles was only three years ago when I trained for a half marathon in Paris.

**I like to do things** that take me out of my comfort zone, and the idea of running a half marathon was beyond scary and definitely took me out of my comfort zone.

**I definitely** have a lot to learn about getting faster and controlling my pace. I think that will be a big thing for me on New York City Marathon day, but I'm

► **Kloss is a model and television personality, frequently featured on fashion show runways around the world. She is a correspondent on the Netflix show *Bill Nye Saves the World* and will run the New York City Marathon, her first, on November 5.**

**“I like putting my mind to something difficult and figuring out how to tick it off my bucket list.”**

hoping that the adrenaline of the crowd will keep me energized.


**Sometimes fans** notice me when I go for a run, but that's part of the fun. I'm quick, so they can't catch me.

**In Paris** during Fashion Week, I went for a long run along the Seine River. When I go on long runs in new places, I try to make the most of them. It's a great way to see a beautiful place.

**I love to run** in the rain. There's something really romantic about it, especially in New York. When it's raining, it's almost like I get the city all to myself.

**I bring my sneakers** everywhere. If I need to be uptown or downtown, I will actually block out time to run the West Side Highway and go to appointments in my gym clothes. Sometimes, it's actually a faster way to get around New York City than a taxi.

**I'm not into** staying on a treadmill. That's one reason why I waited so long to start running—a treadmill is not the most inspiring way to do it.

**Running a marathon** is something I never dreamed I would do. As the day gets closer, I'm a bit nervous, but I like to do things that scare me. 

MAKEUP BY MELANIE INGLESSES; HAIR STYLING BY FLORIDO BASALLO; STYLING BY KARLA WELCH; CLOTHING & SHOES: ADIDAS BY STELLA MCCARTNEY

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