

- 14 RAVE RUN**
- 16 EDITOR'S LETTER**
- 16 CONTRIBUTORS**
- 18 RUNNING COMMENTARY**

23 HUMAN RACE Shut out of Boston, a runner launches an alternative marathon. **PLUS: The Intersection (24) Ask Miles (26) Back Story (26) What It Takes To... (28)**

PERSONAL BEST

- 31 THE WARMUP** Tips for quality runs.
- 35 TRAINING** Turn your workouts up a notch for better performance.
- 45 FUEL** Make healthy foods even more nutritious with one key ingredient.
- 53 MIND+BODY** The upsides of being injured. **PLUS: Sore no more.**

COLUMNS

- 60 LIFE & TIMES** Viewing running as a gift makes everything better. *By Kristin Armstrong*
- 62 THE NEWBIE CHRONICLES** Friends got him through his first five-milers. But can *Marc Parent* go it alone?

FEATURES

- 66 LET'S GET STARTED** Anyone can become a runner. Here's how. *By Selene Yeager*

Boston Marathon 2010

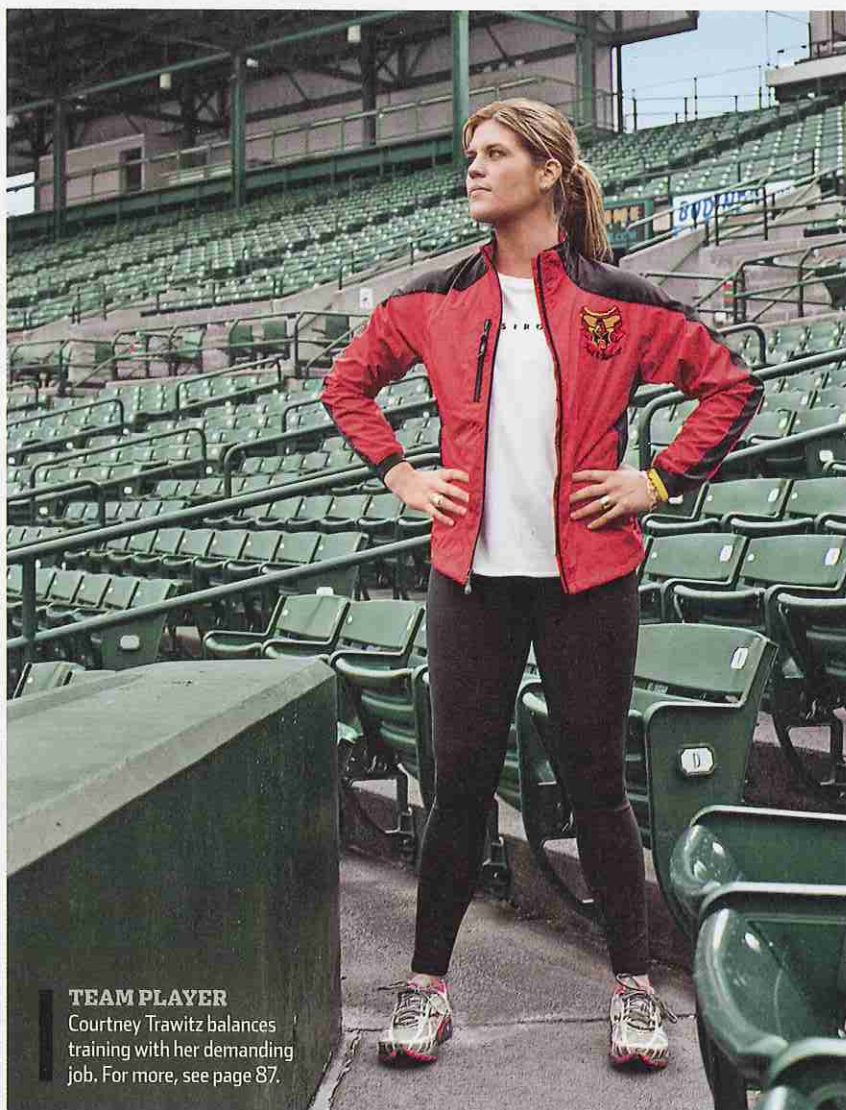
- 72 WATERWORLD** After Heartbreak Hill, everyone deserves a drink. *By Doug Most*
- 76 REBUILDING MEB** The story of Meb Keflezighi's unlikely comeback. *By Todd Balf*
- 84 Inner Workings BOSTON MEDICAL TENT** Bonked? Barfing? You're in the right place. *By Keith O'Brien*

- 87 WORK HARD, RUN HARD** How four real runners combine demanding jobs and ambitious training. *By Sarah Lorge Butler*
- 96 TRANSCENDENTAL STEPS** The power of running on emptiness. *By Claire Trageser*

103 GEAR New socks for any situation.

107 RACES & PLACES A runner revisits where he fell in love with the sport.

124 I'M A RUNNER Jan Brett, children's book author/illustrator. *Interview by Kara Richardson Whitely*



TEAM PLAYER

Courtney Trawitz balances training with her demanding job. For more, see page 87.

COVER- STYLIST: MARGI GETZLOFF; GROOMER: JENNIFER BUDNIER; SHORTS AND SHOES: NIKE

ON OUR COVER

SPECIAL BEGINNER'S GUIDE
RUNNERS
Get Fit, Stay Fit

- Instant Inspiration
- All Your Questions Answered
- Run-Walk Training Plan
- The Beginners Who Lost 100 Pounds!

10 Power Foods For Runners
MORE NUTRITION ON EVERY PAGE

Work Hard, Run Hard
How Real Runners Find Time to Do It All

Run-Busting Workouts
Crank Your Training Up A Notch (Or Two)

Meat Better Than Ever
The Untold Story Of His Amazing Comeback

Injured? Preserve Your Fitness—And Your Sanity
PREVENT INJURY. RECOVER SOONER.

Get in the Zone
The Mental Secret To Effortless Running

- P.42
- P.76
- P.53
- P.58
- P.96

This past November, **MEB KEFLEZIGHI**, 34, became the first American man to win the New York City Marathon since 1982. Two years earlier, Keflezighi broke his hip and almost retired. After extensive, cutting-edge rehab, he's headed to the Boston Marathon on April 19 with more strength and speed than ever—plus something trickier to quantify: "Momentum."

PHOTOGRAPHED exclusively for RUNNER'S WORLD
 by **EMBRY RUCKER** in San Diego, California



DOG TIRED

Early morning runs help Trawitz handle daily stress at the ballpark.

the Perfectionist

COURTNEY TRAWITZ AGE 27

Single, no kids ■ Account Executive, Rochester, New York

During the six-month-long baseball season, whenever the Triple-A Rochester Red Wings are playing their home field, Trawitz is at the ballpark—in three-inch heels—by 8 a.m. She returns home around 11 p.m. or midnight, lays out two sets of workout clothes, and hits the sack. She's up at 3:10 a.m., out running by 3:30, and when she returns at 4:30, she weight trains for an hour. Trawitz finished the 2009 ING New York City Marathon (her first) in 4:24—since then, she's set a goal to break four hours. ■ So what drives her to work out during 72 epic days of home games? A sense of perfectionism, Trawitz admits. She's fallen off the workout wagon before and gained 25 pounds. "This year, I knew if I missed one day of my training, it would snowball from there, and I didn't want to let that happen."

► **CONSIDER THE ALTERNATIVE**

Rather than aim for November's ING New York City Marathon, Trawitz could target shorter races during the Red Wings season and run 26.2 in January or February, says Evans. Training during the off-season (September through mid-April), with its saner 9-to-5 work schedule, would allow her to focus better on quality training and race stronger, says Sinclair.

► **STRAY FROM THE PLAN**

"The fear that if she got off her plan, she'd never get back on, that's a distortion in thinking," says Jeffrey L. Brown, Psy.D., a psychologist who teaches at Harvard Medical School. Trawitz should deviate from her schedule so she realizes that a missed run doesn't translate into a derailed goal. She should also allow for ranges of perfection, he says. Following her program 90 percent of the time can still be considered success.

► **ADJUST THE BAR**

Perfectionists "expect to do A-plus work in every arena of their life," says Sharon Teitelbaum, a work-life coach in Watertown, Massachusetts. "This is completely unsustainable." Trawitz should find one area within her working or running life where she could deliver B-plus work, and not suffer any consequences. She'll soon figure out where else she can lower her standards without losing her identity.

How She Manages

► **TRAINS FOR A CAUSE**

Trawitz ran her first marathon with the Lance Armstrong Foundation's LiveStrong Team. On her fridge, she kept a picture of a little boy battling cancer. "It can't be that bad to run six miles at 3:30 a.m. when he's fighting cancer at age 4," she says.

► **MAKES IT PERSONAL**

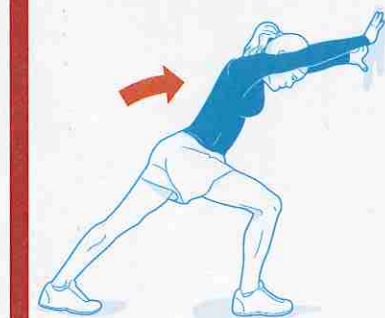
"Running gives me time to myself, away from the stress of work and anything else that might be bothering me," says Trawitz.

A Better Balance

► **SLEEP MORE**

Trawitz risks injury, illness, and burnout with her chronic sleep deprivation, says Sinclair. When the team is home, she should reduce her mileage, cut back on weight training, or take a couple of days off to get more shut-eye. When the team is away, Sinclair recommends that she aim to snooze for seven and a half to eight hours per night. She should also schedule quality workouts after she's had several nights in a row of good sleep.

/// OCCUPATIONAL HAZARD ///



Dress Shoes

The Remedy GO LOW

Wearing high heels shortens the calf muscles and can lead to plantar fasciitis and Achilles tendinopathy, says Kennedy-Armbruster. Wear flat shoes or remove heels often and stretch your calves (see left).

The Remedy GET SUPPORT

Men and women with pain in their feet, legs, hips, or back may benefit from wearing over-the-counter or custom orthotics inside their shoes, says Daniel Bannink, D.P.T., a physical therapist in Lake Orion, Michigan.

