

SHOE BUYER'S GUIDE 20 NEW REVIEWS
+ Best 'Minimal' Models

RUNNER'S[®]

WORLD

JUNE 2012

5 Weeks To Your First

(OR FASTEST)

5-K

- Training Plan
- Expert Tips
- Get Race-Ready For Summer

6 Power-Packed Meals

TASTY CARBS PLUS
PLENTY OF PROTEIN

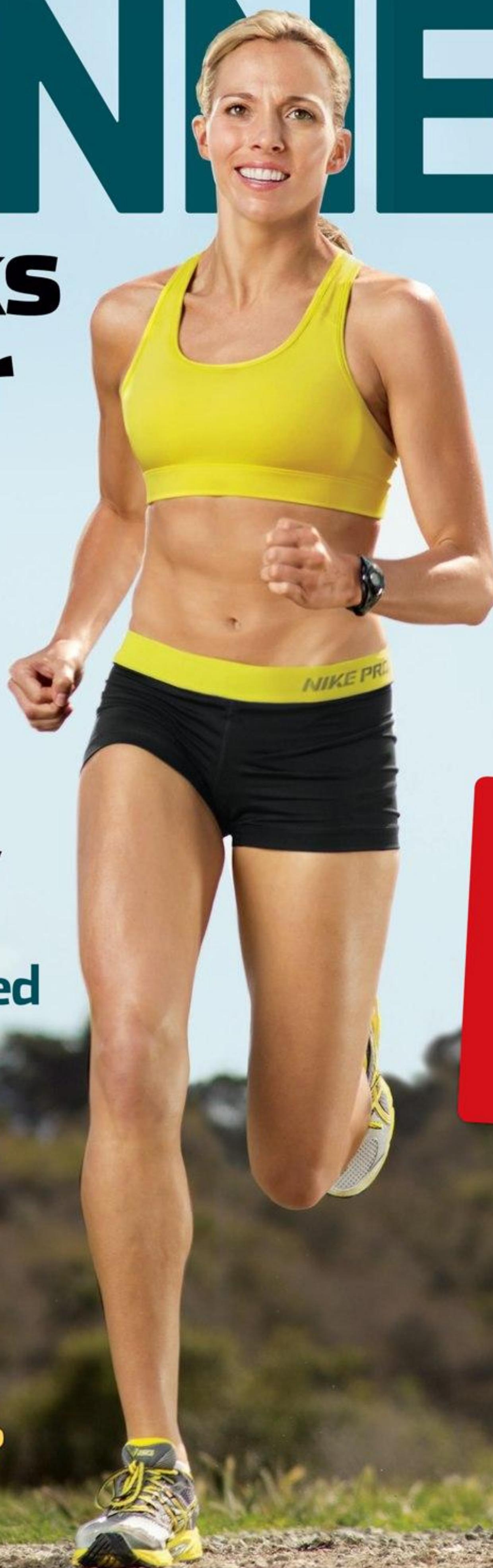
RECOVER RIGHT, RUN FASTER

A Smarter Way
To Do Speedwork

Tight Hamstrings?

4 EASY EXERCISES

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NUTRITION SPECIAL

The Vegan King

How Ultra-Champ
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Remembering *Born to Run's* 'Caballo Blanco'

1954-2012



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WORLD'S LEADING RUNNING MAGAZINE

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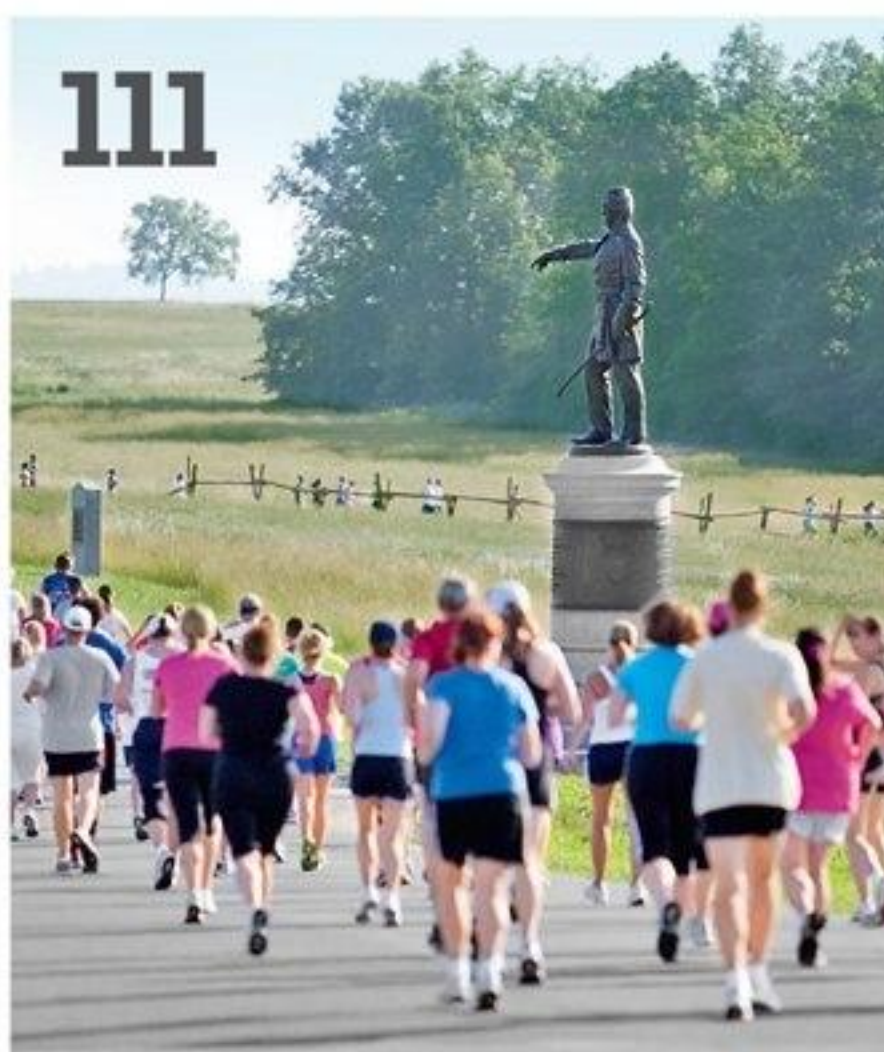
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Running near her Los Angeles home has its perks, says **LILIBET SNELLINGS**, 29—including the ideal weather and access to continuous beachfronts. Snellings, who ran track and cross-country at the University of Colorado, logs between 25 and 40 miles per week. "When every day is a good running day," she says, "you never have an excuse not to run."

PHOTOGRAPHED exclusively for RUNNER'S WORLD by
LORI ADAMSKI-PEEK in Santa Barbara, California



Races+Places

BUZZ FROM THE PACK, ELITE NEWS, AND OUR RACE CALENDAR

MARCH ON
Gettysburg 5-Kers
run through a
former battlefield.



Past Is Present

On the hallowed grounds of Gettysburg, runners make their own history BY JASON STEVENSON

SINCE THIS IS a Civil War battlefield, a muzzle-loading rifle is the starting gun. A bearded man dressed as a Union soldier aims the long barrel over the crowd and fires. But I go nowhere. On this summer day, I'm stuck at the rear of the pack with my wife, Jackie, who is pushing a jogging stroller. I'm getting antsy, until finally we cross the starting line. Then, I shout back, "See you at the finish!" and I'm gone.

Really, I'm not a bad husband. We had planned to run the Spirit of Gettysburg 5-K separately—me pushing for my best time and Jackie pushing our 3-month-old son, Calvin. But I didn't realize how badly I needed to race until I pinned on my bib number.

The course begins at the edge of the historic Pennsylvania town, and after a few quick turns, the scenery shifts to small farms and orchards restored to their

prebattle appearance by the National Park Service. Fought on the first three days of July 1863, Gettysburg was the decisive clash of the Civil War in which 83,000 Union soldiers turned back the invasion of 75,000 Confederates. The country roads of the race route are where the first skirmishes occurred. ➔

The U.S. Olympic
Track Trials start
June 22. Visit
runnersworld.com/olympic-trials for news and results.

NEWS
flash



CIVIL WARRIORS

Runners (above) pass this Union general's monument (below) twice.

In a field on my left I see a tall stone obelisk signifying a regiment that attacked or defended that ground. I'm moving too fast to read the inscription, but I see many similar markers looming behind it—silent reminders that the race's peaceful backdrop is where thousands of men fell and died.

As I near a grove of trees at the one-mile mark, I detect the first protests from my legs and worry about my pace. My only regular workout has been rocking Calvin back to sleep at 2 a.m. I knew that getting married, turning 30, and becoming a parent were a triple threat to personal fitness.



I'd seen the proof in my friends' Facebook photos. Running Gettysburg, I told myself, is how I'll escape that outcome—unless this race confirms I'm too far gone.

I leave the trees and begin the gradual climb to the halfway point at Oak Hill. More monuments flash by, but I hardly notice them as my brain and body redline to keep me going. It's a familiar feeling—since Calvin's birth, my wife and I have sacrificed sleep, meals, and sometimes our sanity. And so, for the last mile, this becomes just another midlife challenge.

Pacing myself along the zigzagging split-rail fences, I join a pack of runners straining for the finish, which we hear—because of the cheering spectators—before we make the final turn and see it. I manage to cross the line in 24:06, a new record for me.

I walk back along the course to find Jackie. We run side-by-side as she pushes a snoozing Calvin across the line. I had set a PR, and my son finished his first race. Though our efforts won't make it into textbooks, my family wrote its own piece of history today in Gettysburg. **EW**

RUN IT: June 23, 2012
ywcagettsburg.org



Q+A

While preparing for June's U.S. Olympic Team Trials in Track & Field, Olympian and 800-meter specialist **NICK SYMMONDS** has been fighting regulations that limit the number of sponsored logos an elite athlete can display during competition.

Q How does your activism coexist with your running?

A I maintain my opinions on the athletes' rights situation, but I've got an important task at hand: training hard and making the Olympic team. My voice is going to be a lot louder as a two-time Olympian and possibly an Olympic medalist.

Q Have you changed your training regimen at all?

A The training that I'm doing today is very, very similar to the training that I was doing four years ago [when he competed at the Beijing Olympics]. I'm using an "If it ain't broke, don't fix it" kind of mentality.

Q What do the Olympic Team Trials mean to you?

A Going into the Trials in '08, I was like, "Just make the team. That's all you've got to worry about." Since then, I've made a couple of finals at the world level (sixth and fifth in the 800 at the 2009 and 2011 World Championships, respectively), so just making the team is not going to be enough for me. My goals are set higher this year. I'd like to make the Olympic final.
—JON GUGALA

Step Back

Get a workout—and a history lesson—at these three races

RUN THROUGH HISTORY

Sharpsburg, Maryland
5-K and 10-K, June 3, 2012

→ Race at the Antietam National Battlefield, where Confederate General Robert E. Lee first invaded the North to start a 12-hour clash that left 23,000 soldiers wounded, killed, or missing.
runthroughhistory.org

EAST OREGONIAN RIVER RUN

Pendleton, Oregon
5-K and 15-K, June 16, 2012

→ Run on the same gravel paths traders and emigrants used more than a hundred years ago while traveling the Oregon Trail. eosportstraining.com/eoriverrun.html



REMEMBER ANTIETAM

The bloodiest day of battle on U.S. soil took place here.

FRANCIS MARION DIRT DASH

Awendaw, South Carolina
Half-Marathon, 12-K, and 5-K,
September 8, 2012

→ Trek through the forest where General Francis Marion (the "Swamp Fox") attacked the British during the Revolutionary War. eagle-endurance.com
—DANA BLINDER