

2015 HALF-MARATHON CALENDAR

BIG CITIES+SCENIC TOWNS+FAST COURSES+EPIC PEAKS+DOGS!

RUNNER'S WORLD

POWER BREAKFASTS
LOSE WEIGHT,
BOOST ENERGY
PLUS
*What (and When)
to Eat Post-Run*

22

**NEW SHOES
REVIEWED**

► *Swipe for
Award Winners!*

**BEGINNERS
LEARN TO LOVE
EVERY RUN**

**RUNNING SOLO
HOW TO PUSH YOURSELF**

**DOUBLE YOUR
ENDURANCE
ACTION PLAN**

**PETER SAGAL RACES
SHALANE FLANAGAN
(Sort of)**

GET FIT & STRONG

(And Stay That Way!)

WHY HEALTHY RUNNING IS ALL IN YOUR...HIPS

Noelle McKenzie,
who ran track at
Temple University,
is now a 1:33
half-marathoner.



YOUR *Perfect* Half Marathon

if you
VALUE SCENERY AND SERENITY

RUNTHEBLUEGRASS

March 28 | Lexington, Kentucky
runthebluegrass.org
Rolling Rural Looped Course

Pass 40 farms and see dozens of horses during this rural ramble. Take special note of Manchester Farm at mile 11 - its still-standing original farmhouse, built around 1789, appeared in *Gone with the Wind*.

