

# THE BEST OF RUNNING

# RUNNER'S

WORLD

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# 152

Inspiring Heroes, Must-Run Places, Unforgettable Events, & Ingenious Inventions

**10** Foods You Should Eat AND 1 VITAMIN YOU'RE MISSING

New Shoe Reviews  
**+** HOLIDAY GIFT GUIDE FOR RUNNERS

Train Smarter  
**YOUR PERFECT WORKOUT**  
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**BEGINNERS**  
Rules Of The Road

**Bounce Back**  
From Any Setback

**Injured?**  
THE RIGHT WAY TO ICE

**4 Steps To**  
Stronger Legs

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RUNNING MAGAZINE  
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← Pre, the Coolest Runner of All Time



DISPOSABLE TIMING CHIPS ■ EARLY MORNING ■ BANANAS ■ NEW YORK CITY MARATHON

GEB VS. TERGAT ■ CHOCOLATE MILK ■ BADWATER ■ "CHARIOTS OF FIRE" ■ FALL WEATHER

■ BODYGLIDE ■ HAYWARD FIELD ■ "ONCE A RUNNER" ■ MILE REPEATS