

Running Function  
Meets LA Fashion  
Page 32

MAY 2015

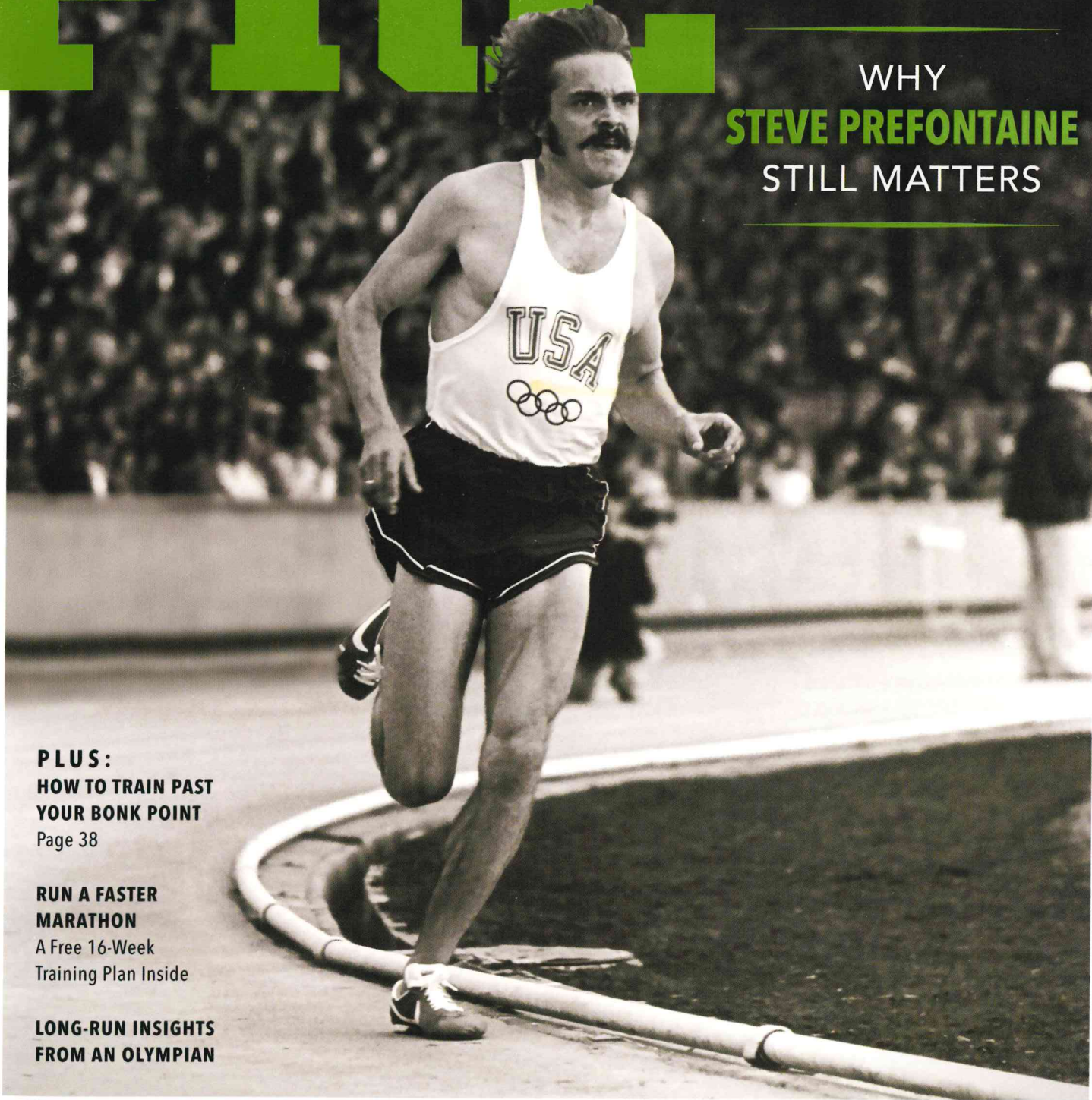
# competitor

The Latest in  
Wearable Tech  
Page 20

# PRÉ

## LIVES ON

WHY  
**STEVE PREFONTAINE**  
STILL MATTERS



**PLUS:**  
**HOW TO TRAIN PAST  
YOUR BONK POINT**  
Page 38

**RUN A FASTER  
MARATHON**  
A Free 16-Week  
Training Plan Inside

**LONG-RUN INSIGHTS  
FROM AN OLYMPIAN**

**SMOOTH J  
GOT FAST.**



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EXCELLENT  
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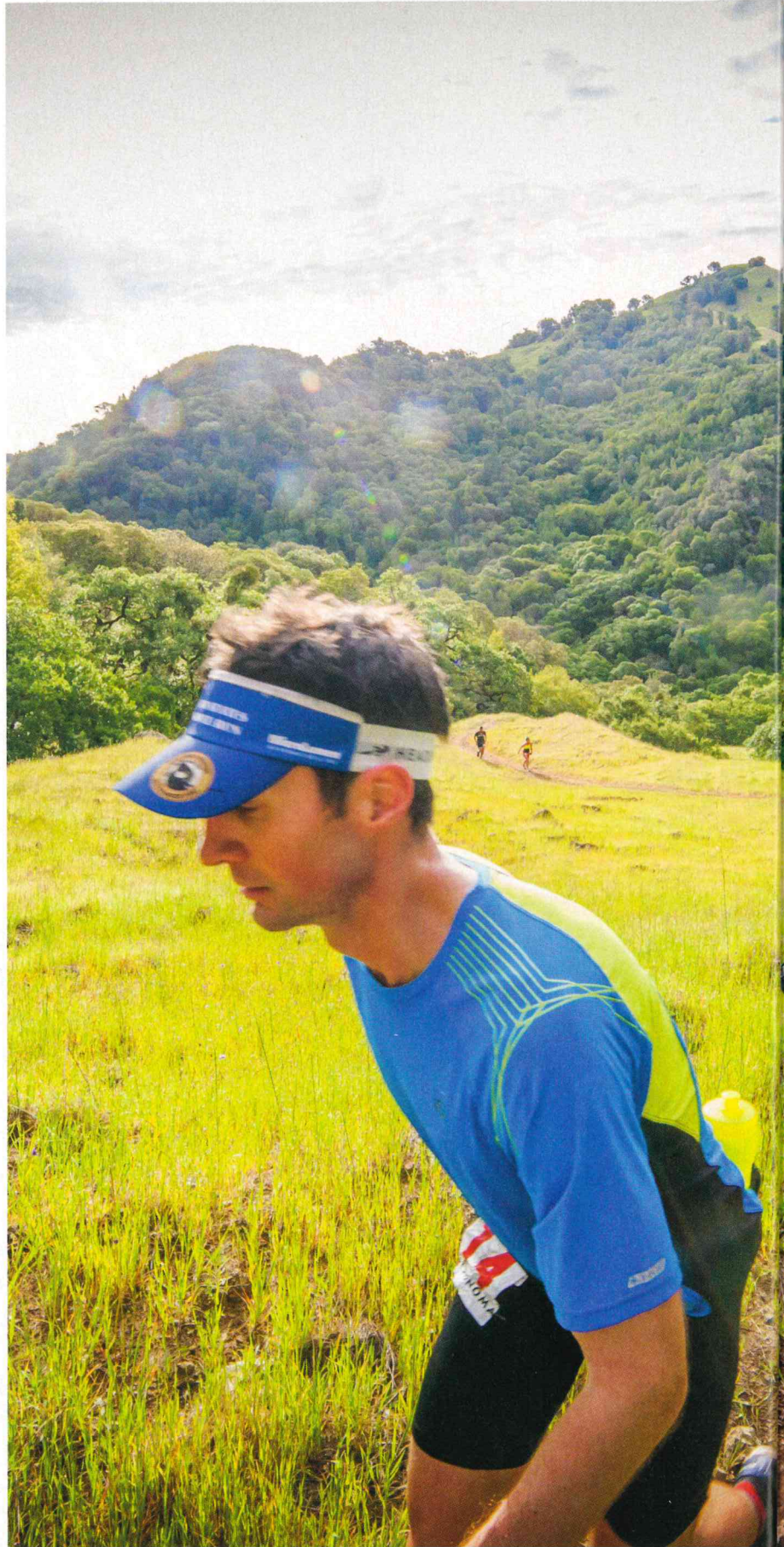


# Rock 'n' Roll MARATHON SERIES®

<b>MAY 17</b>	PORTLAND, OR	<b>OCT 31</b>	MERIDA, MEXICO
<b>MAY 29-31</b>	SAN DIEGO, CA	<b>NOV 7-8</b>	SAVANNAH, GA
<b>JUN 13</b>	SEATTLE, WA	<b>NOV 13-15</b>	LAS VEGAS, NV
<b>JUN 13-14</b>	LIVERPOOL, ENGLAND	<b>DEC 5-6</b>	SAN ANTONIO, TX
<b>JUL 18-19</b>	CHICAGO, IL	<b>2016</b>	
<b>AUG 2</b>	DUBLIN, IRELAND	<b>JAN 16-17</b>	ARIZONA
<b>SEP 5-6</b>	VIRGINIA BEACH, VA	<b>FEB 28</b>	NEW ORLEANS, LA
<b>SEP 20</b>	MONTREAL, CANADA	<b>MAR 12</b>	WASHINGTON D.C.
<b>SEP 26-27</b>	SAN JOSE, CA	<b>MAR 20</b>	MEXICO CITY, MEXICO
<b>OCT 10</b>	BROOKLYN, NY	<b>MAR 19-20</b>	DALLAS, TX
<b>OCT 18</b>	DENVER, CO	<b>APR 2</b>	SAN FRANCISCO, CA
<b>OCT 18</b>	LISBON, PORTUGAL	<b>APR 3</b>	CARLSBAD, CA
<b>OCT 17-18</b>	ST. LOUIS, MO	<b>APR 12</b>	RALEIGH, NC
<b>OCT 25</b>	LOS ANGELES, CA	<b>APR 24</b>	MADRID, SPAIN
<b>OCT 24-25</b>	VANCOUVER, CANADA	<b>APR 30</b>	NASHVILLE, TN
<b>OCT 31</b>	PHILADELPHIA, PA		

## FIFTY SHADES OF TRAIL

Joe Uhan leads James Varner and Brian Daly up a steep ascent near mile 13 of the Lake Sonoma 50 on April 12 near Healdsburg, Calif. They were among the 300 hardy runners who toed the starting line at the grueling 50-mile trail race, which has typically been one of the most competitive springtime ultra-distance events in the U.S. Held primarily on single-track dirt trails around the Warm Springs Arm of the manmade Lake Sonoma reservoir, the course sends runners on a challenging ride that includes 10,500 feet of elevation gain and an equal amount of descent from start to finish. Alex Varner, from San Rafael, Calif., (pictured at top right) blitzed the field with a new course record of 6 hours, 9 minutes, 39 seconds, out-running contenders Ryan Bak of Bend, Ore., and Michael Aish of Arvada, Colo. (pictured at middle right). Meanwhile, Stephanie Howe, from Bend, Ore., (pictured at bottom right) splashed and dashed to a new women's course record of 7:08:23. Runners feasted on locally made gourmet tamales and rehydrated with Bear Republic Brewing Company's Racer 5 IPA after the race, and then were treated to a private tour and wine tasting event at Pezzi King Vineyards the day after the race.





## Features

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We look at the enduring appeal of running's greatest icon, Steve Prefontaine, through 40 friends, family, rivals, athletes and more.  
By Adam Elder

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In the Hollywood hills of the young and stylish, vibrant hues, wild patterns and interesting cuts are defining the hippest trends in run apparel.  
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Photographs by Mark Hunter

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Avoid hitting the wall in your next long-distance race with these training tips.  
By Greg McMillan

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Our picks for a variety of upcoming races this summer

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### Last Lap

1,500-meter star Jenny Simpson shares her most important running tip, her favorite places to run and the food she can't live without.

### ON THE COVER:

American running legend Steve Prefontaine at Hayward Field in Eugene, Ore.  
Photo by Jeff Johnson

### BELOW:

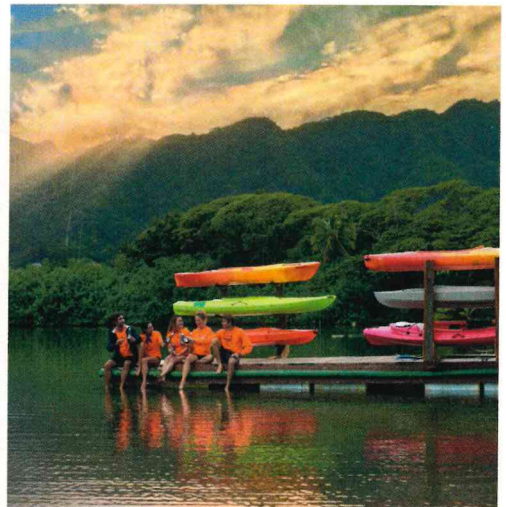
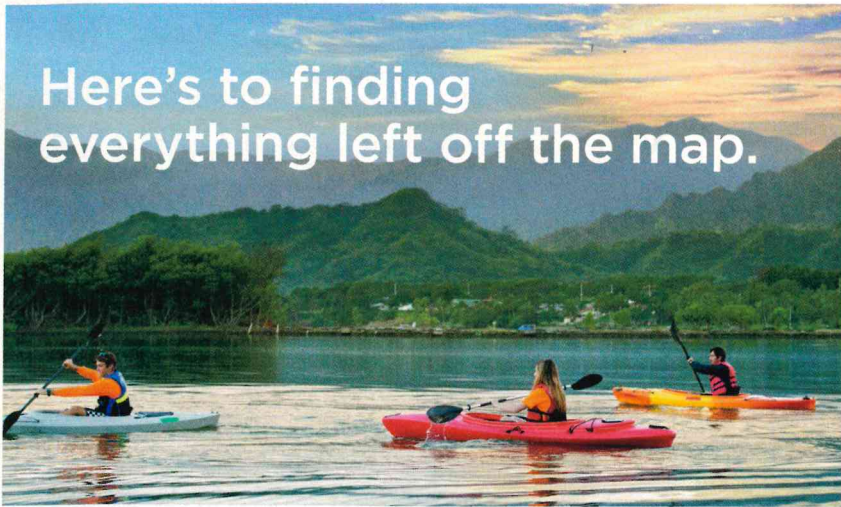
Photographer Mark Hunter and his Cobra Fitness running crew at the top of Runyon Canyon in Los Angeles. See Hunter's work in "SoCal Cool" on page 32.



PHOTO: MARK HUNTER



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### MARK HUNTER

For more than a decade, Mark Hunter has been the definitive photographer of alternative culture. He counts Microsoft, Sony Playstation, T-Mobile, Yahoo!, Virgin Mobile, UE BOOM, adidas and Capitol Records among his commercial clients. His editorial images have appeared in Rolling Stone, Vice, Complex, i-D, L.A. Weekly and Nylon. He is happy to add Competitor to that list. He photographed our "SoCal Cool" fashion feature on page 32.



### JEFF BARTEL

Jeff Bartel is a founder, principal and the executive art director at Nemo Design, an action-oriented design agency in Portland, Ore. Nemo makes award-winning work for Nike, Converse, MasterCraft and Hot Wheels. Ever since his second birthday coincided with Steve Prefontaine breaking the 2,000-meter American record, Bartel has been an avid runner, pounding the pavement daily and leading Nemo's run club. He designed the "Pre Lives On" feature story on page 22.



### ADAM ELDER

Competitor magazine's managing editor, a native of Eugene, Ore., spent this issue chasing after the ghost of the great Steve Prefontaine. For "Pre Lives On," on page 22, he tracked down 40 people—from family members and friends to current athletes—who could speak to the enormous impact that Pre continues to have on American running. He's written for The New York Times, The Wall Street Journal, The Guardian, Newyorker.com, Wired.com, Esquire.com and Playboy.com.



### GREG MCMILLAN

Greg McMillan is a San Diego-based runner, exercise scientist and coach. He has a master's degree in exercise physiology and his research focused on the determining factors of distance running performance. He won the 2009 U.S. masters trail national championship, and has coached Olympians, Boston Marathon qualifiers and age-group runners of all ability levels. This month, he writes about how to avoid bonking in your next half or full marathon on page 38.

## competitor

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[Competitor.com/trailrunning](http://Competitor.com/trailrunning)



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## GEAR TALK

We've tested a lot of new running gear this spring, from jackets and shirts to shoes and GPS watches. Get an in-depth look at [Competitor.com/geartalk](http://Competitor.com/geartalk)



## OUT THERE

Check out Susan Lacke's humorous look at running every week at [Competitor.com/OutThere](http://Competitor.com/OutThere)



## WORKOUT OF THE WEEK

Every week, we provide a new workout to challenge you and improve your running. Find the perfect one for you at [Competitor.com/workoutoftheweek](http://Competitor.com/workoutoftheweek)

## BUCKET LIST 5KS

There are more than 15,000 5K races in the U.S., but a few stand out. See our bucket list at [Competitor.com/top5ks](http://Competitor.com/top5ks)





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## ADIDAS

### Ultra Boost

\$180, [Adidas.com](http://Adidas.com)

Weights: 11.1 oz. (men's 9.0), 9.3 oz. (women's 7.0)

Offset: 10mm; 32mm (heel), 22mm (forefoot)

# V

# S

Not all maximalist shoes were created the same. For this one, we have two words: energy return. The thick midsole is comprised of 3,000 Ultra Boost foam energy capsules—20 percent more than shoes with its original Boost foam. It produces an exceptionally soft and springy ride that is especially appreciated over the final miles of a run. It's a neutral shoe that serves up a snug fit, a secure heel and a smidge of support from its elevated platform.

## ASICS

### 33-M

\$140, [Asicsamerica.com](http://Asicsamerica.com)

Weights: 10.9 oz. (men's 9.0), 8.9 oz. (women's 7.0)

Offset: 4mm; 31mm (heel), 27mm (forefoot)

ASICS' first true maximalist shoe is unique too. It jumped into the max-cushioned craze this year with this well-padded model in its natural running line. With a low heel-toe offset and a flexible, two-layer foam midsole, the 33-M offers a super-comfy, uninhibited ride with softness, moderate flexibility and a little bit of responsiveness.

For more shoe reviews, go to [Competitor.com/shoes](http://Competitor.com/shoes)

## LACE UP AND GO LONG

Shoelaces come untied, loosen, bind and can be a knot in your stride. Too loose makes for sloppy striding, too tight and shoes bind and pinch. Here are three lacing methods to keep you running in your sweet spot. (Our step-by-step directions come from Ian's Shoelace Site.)

BY ALLISON PATTILLO



### LYDIARD LACING

(also known as "straight bar lacing" or "parallel lacing")

**Try this:** if the top of your shoes feel tight or bind.

- Begin straight across on the outside and go in through the bottom eyelets.
- The left lace end runs straight up on the inside, and then goes straight across on the outside.
- Both lace ends run straight up the inside, each skipping an eyelet.
- Both lace ends continue straight across on the outside and in through the adjacent eyelets.
- Alternate until lacing is completed.

### GAP LACING

(also known as a variation of crisscross lacing)

**Try this:** to accommodate high arches and wider feet.

- Begin straight across on the inside and out through the bottom eyelets.
- Use crisscross lacing until just below the area that needs more room.
- Run lace ends straight up the sides to the next higher set of eyelets, creating the gap.
- Continue with crisscross lacing above the sensitive zone.

**For more on shoe lacing, go to [Fieggen.com/shoelace](http://Fieggen.com/shoelace)**

### LOOP LACING LOCK

(also known as "runner's tie" when used as a high lock)

**Try this:** to minimize heel slippage.

- Lace to the second eyelet from the top using your preferred method.
- Run lace ends straight up on the outside and in through the top eyelets.
- Cross lace ends, and then pass them under the opposing vertical section.
- Tying the laces pulls the vertical sections inward for increased foot security.



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Cascadia 10

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## SAGE CANADAY

Sage Canaday is a two-time U.S. Olympic Trials Marathon qualifier and an elite ultra-distance trail runner.

### [1] JULBO STONY SUNGLASSES

\$100, Julbousa.com

"This is my favorite pair to race in because it has a light-weight frame and comes with an adjustable nosepiece."

### [2] ULTIMATE DIRECTION AK RACE VEST 2.0

\$100, Ultimatedirection.com

"I like this for long mountain runs because it can carry two 20-ounce bottles in the front for easy access, and it can also carry gels or bars and a jacket."

### [3] STRAVA RUNNING

Free, Strava.com

"I upload all of my training using a Garmin watch so I can analyze everything from pace to cadence to heart rate, document my mileage and compare my runs."

### [4] COMPRESSPORT R2 CALF SLEEVES

\$50, Compressportusa.com

"I wear these for every hard workout, race and long run because they reduce muscle oscillation."

### [5] HOKA ONE ONE CHALLENGER ATR

\$130, Hokaoneone.com

"I like how light these trail shoes are, but I also like how much support, cushioning and traction they provide."



### FLORA HEALTH UDO'S OIL BLEND

\$30 for 180-capsule jar, Florahealth.com

"I take it daily for a healthy dose of Omega-3 fatty acids to speed recovery and reduce soreness. They also make teas, almond and olive oils for cooking, and probiotics."



### VFUEL PEACH COBBLER ENERGY GEL

\$1.59 per 32g packet, Vfuel.com

"They have a good consistency—not too thick, not too watery. They have a nice mild flavor with some coconut oil, so there's fat as well as the carbs in every serving."



### UGO ULTRA CHERRY CACAO BARS

\$2.50 each, Ugobars.com

"They're a good balance of carbohydrates, healthy fats and protein made from a blend of high-quality nuts with some fruit and chocolate."



### AVERY BREWING INDIA PALE ALE

\$9 per 6-pack, Averybrewing.com

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[3]

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BY ADAM W. CHASE



### SPEED SESSIONS

**New Balance 1600v2, \$110**  
For track intervals or short races, the featherweight 1600v2 racing flat is about as much, or as little, of a boost as you'll need. It packs tremendous cushioning for such a minimal shoe. (5.1 oz.)

### 5K TO HALF MARATHON

**Skechers GOMeb Speed 3, \$120**  
Although Meb's race shoe might be too svelte for most marathoners, it's a great choice for half marathons down to 5K races because of its semi-firm, energy-returning midsole and its mid-foot stability plate. (7.3 oz.)

### ULTRA-DISTANCE RACING

**Altra Lone Peak 2.0, \$120**  
Built to go the distance with plenty of forefoot splay and toe-swelling room, these adequately cushioned, rock-eating trail fiends offer long-wearing comfort and a zero-drop platform for ultra-distance races. (11.2 oz.)

### TRAIL RACING

**La Sportiva Bushido, \$125**  
The stable, low-profile Bushido offers confidence through traction from a dual-density sticky outsole, plus underfoot protection from a rock plate and tight handling from a lightweight, narrow and snug-fitting upper. (10.9 oz.)

### MARATHON

**Brooks PureConnect 4, \$100**  
With the snug fit of its burrito-wrap tongue, PureConnect 4 threads the needle between sustainable comfort and Spartan-like performance, providing just enough cushion with a podular midsole that rolls naturally from heel to toe. (8.3 oz.)

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## FUNCTION AND FORM

BY AARON HERSH

As a run training tool for dedicated racers or aspiring first-time finishers, Garmin's fēnix 3 provides all the info in a simple-to-read, easy-to-use package. It's a phenomenal training device. But so is Garmin's much

cheaper Forerunner 220, so why would a runner want to spend twice as much for the fēnix 3? First, its stylish body makes it wearable on non-running days, unlike most other legitimate training watches.

Second, its robust navigation and mapping features can handle long runs in the wilderness. Third, the Garmin Connect IQ app platform allows the fēnix 3 to adapt to its owner's preferences and future upgrades.

### NOT THE ONE?

If Garmin fēnix 3 isn't the training accessory for you, try these.



#### SUUNTO AMBIT 3 PEAK BLACK

\$500, Suunto.com  
Multisport GPS watch suited to outdoor adventures.



#### TIMEX ONE GPS+

\$400, Timex.com  
A true fitness "smart watch" that connects to the Internet without a phone.

### GARMIN FĒNIX 3

\$500, Garmin.com



#### WHAT IT DOES

It's an all-purpose training tool chock-full of features to track any long off-piste adventure.

#### HOW IT'S BETTER

Stellar GPS performance and outstanding battery life in a sleek package that can be worn with split shorts or a shirt and tie.

#### WHY YOU NEED IT

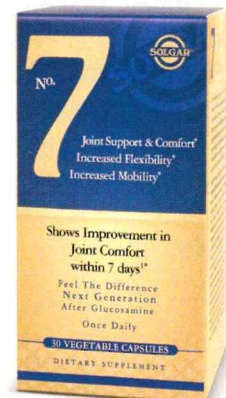
Garmin's Connect IQ app platform future-proofs the fēnix 3, allowing it to evolve as new features become available.



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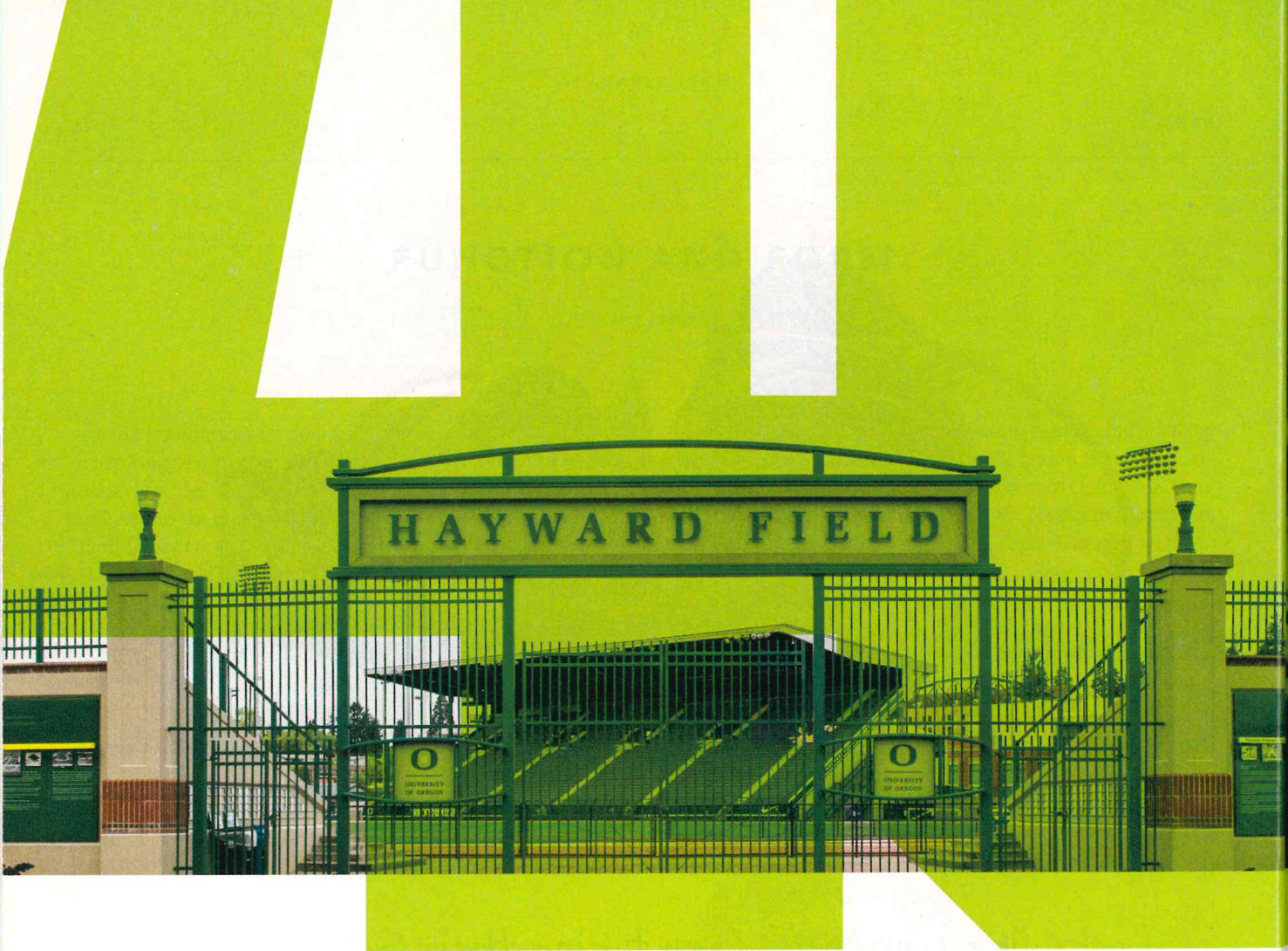


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# PRE LIVES ON

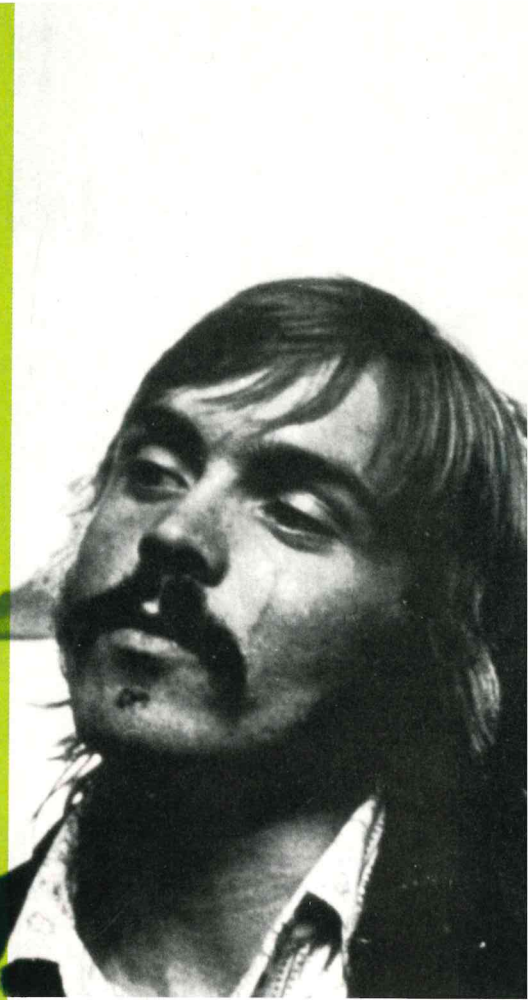
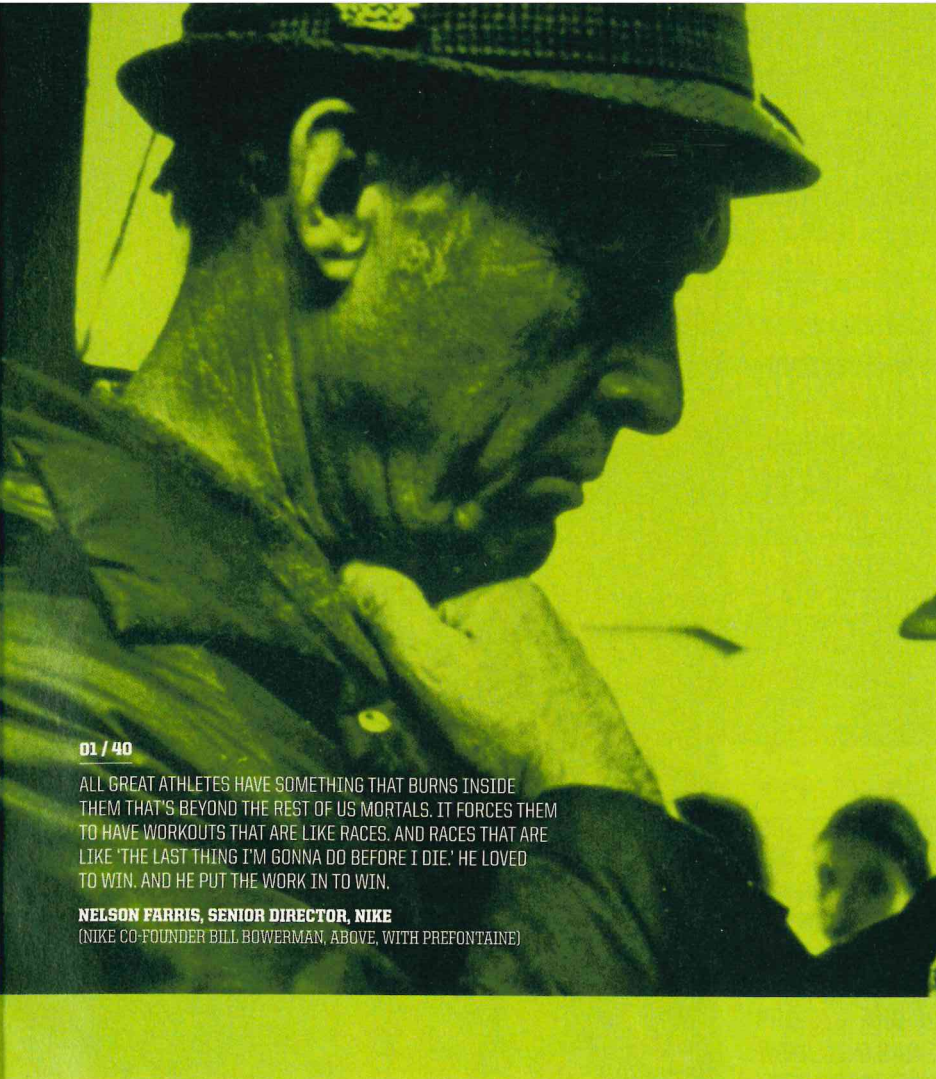
**ON THE 40TH ANNIVERSARY OF STEVE PREFONTAINE'S TRAGIC DEATH, HIS FRIENDS, FAMILY, RIVALS, CURRENT ATHLETES AND OTHERS DISCUSS WHY THE LEGENDARY ATHLETE REMAINS RUNNING'S MOST ENDURING ICON.**

By Adam Elder

*Current photos by Kennett Mohrman*

*Additional photos by Jeff Johnson, Rich Clarkson, Mary Marckx Creel, The University of Oregon Archives, Coos History Museum & Maritime Collection, and Marshfield High School.*





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ALL GREAT ATHLETES HAVE SOMETHING THAT BURNS INSIDE THEM THAT'S BEYOND THE REST OF US MORTALS. IT FORCES THEM TO HAVE WORKOUTS THAT ARE LIKE RACES, AND RACES THAT ARE LIKE 'THE LAST THING I'M GONNA DO BEFORE I DIE.' HE LOVED TO WIN. AND HE PUT THE WORK IN TO WIN.

**NELSON FARRIS, SENIOR DIRECTOR, NIKE**  
(NIKE CO-FOUNDER BILL BOWERMAN, ABOVE, WITH PREFONTAINE)

**F**orty years after he passed away in a late-night car accident on May 30, 1975 at age 24, no other runner has captured the imagination like the spiky Oregonian known simply as "Pre."

Not only did Steve Prefontaine hold every American record between 2,000 and 10,000 meters at the time of his death and never lost a race longer than a mile in college, Pre seemed to embody the very essence of running. He ran with a huge heart and total abandon, and inspired a cult following that continually renews with each successive generation to this day.

On the track, he had the swagger of a prizefighter, running his lungs out, always from the front, as if each race was his last. Off the track, he dove head first into a hipster-like array of social causes and artistic pursuits, yet would often keep these to himself, out of the public eye. He was a working-class hero, hewn from the rough coastal logging town of Coos Bay, who went on to take center stage at the University of Oregon in front of a rapturous Hayward Field crowd with whom he formed a symbiotic relationship that made him literally unbeatable there.

After finishing fourth in the 5,000 meters at the 1972 Olympics in one of the greatest races of all time, he started working for a local startup called Nike. And he turned his passion toward publicly fighting for greater athletes' rights against the governing bodies of the era, putting his eligibility for the next Olympics on the line.

He died the night after his first major victory against the authorities—arranging a series of successful international track meets in direct defiance of them. Just when everything, it seemed, was in place for success in 1976. He exited this world full of promise, full of unrealized expectations, and left a huge hole in the sport of running which remains agape to this day.

With his irresistible charisma, his intensity, his running dominance, his social conscience and the heartbreaking possibility of what might have been, Pre appeals to the imagination like no other athlete in any sport. And so on the 40<sup>th</sup> anniversary of his passing, we asked 40 of his friends, family members, rivals, current athletes and commentators for their thoughts on Pre's legacy.

Why is he still so popular? What made him great? And after a biography, a documentary and two Hollywood movies, is there anything we still don't know about him?

We came away with an embarrassment of riches about the man and the legend, a portion of which is on the following pages.

*For much, much more on Pre as we celebrate his life this month, including how we put this story together, visit [Competitor.com/Prefontaine](http://Competitor.com/Prefontaine).*

*Pre was very much a man of his time. He brought that sixties anti-war, anti-authoritarian mentality to the politics of the sport as well as to the track itself. His hair flowing in the wind added more charisma because it was so visual. He was a fighter. It's that head cocked as he's looking to the far turn on the straightaway. He had that football mentality in the distance running game. There was no mystery to the guy. He was going to make it a sufferfest—who's got the biggest balls.*

TONI REAVIS, VETERAN RUNNING JOURNALIST



WHEN HE WOULD WARM UP, HE'D BE INTERACTING IN THE STANDS. HE DIDN'T LOOK LIKE AN ATHLETE WHO WAS FOCUSED ON ANYTHING. HE WAS JUST GOING AROUND GRINNING, SHAKING HANDS. THIS IS VERY UNLIKE AN ELITE ATHLETE. THEN IT OCCURRED TO ME WHAT THIS REALLY WAS: HE WAS SUCH AN ENTERTAINER, IT WAS LIKE AN ACTOR LOOKING THROUGH THE CURTAINS TO SEE WHO'S IN THE AUDIENCE AND KNOW WHO HE WAS GOING TO BE PERFORMING FOR THAT DAY. BECAUSE THAT WAS WHAT HE WAS THERE TO DO. AND SINCE HE WAS GOING TO DO OR DIE ON THE TRACK, HE JUST WANTED TO SEE WHO WAS GONNA BE THERE TODAY, BECAUSE HE WAS RUNNING FOR US. THAT WAS KIND OF THE SENSE. YOU'VE HEARD OF 'PRE'S PEOPLE'—HE COULD HAVE GIVEN US ALL KOOL-AID AND WE WOULD'VE DRUNK IT. HE OWNED US.

JEFF JOHNSON, NIKE EMPLOYEE NO. 1;  
FORMER PHOTOGRAPHER FOR TRACK & FIELD NEWS



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HE WAS A YEAR BEHIND ME, AND HE WANTED TO PLAY FOOTBALL. I'M THE ONE THAT TALKED HIM INTO RUNNING. I SAID, 'YOU'RE TOO LITTLE FOR FOOTBALL, AND YOU HAVE TERRIBLE HANDS!' I HAD ALL THE FRESHMAN RECORDS, AND THEN HE BROKE ALL MY RECORDS THE NEXT YEAR. HE'D RUN TO MY HOUSE IN THE MORNING OR I'D RUN TO HIS HOUSE IN THE MORNING, I MEAN EVERY MORNING. WE'D USUALLY GO FOR A 6- TO 10-MILE RUN IN THE MORNINGS, AND DO OUR WORKOUT IN THE EVENINGS TOO.

TOM HUGGINS, HIGH SCHOOL FRIEND AND TEAMMATE

JUST LIKE EVERYBODY ELSE; I WISH WE COULD HAVE SEEN WHAT ELSE THERE WAS ABOUT PRE. BUT I THINK THAT'S ALSO PART OF THE AURA AROUND WHY HIS STORY'S SO POPULAR. NOT TO MENTION HE WAS INVOLVED WITH NIKE. HE WAS AT THE GRASS ROOTS OF A LOT OF THINGS IN THE SPORTS WORLD. IT WOULD HAVE BEEN FULFILLING TO SEE WHAT DIRECTIONS HE WOULD HAVE TAKEN BEYOND THE TRACK. THERE'S SOMETHING ELSE HE WOULD HAVE SUCCEEDED AT.

MARY SLANEY, THREE-TIME U.S. OLYMPIAN,  
1993 WORLD CHAMPION, 1,500-METER RUN, 3,000-METER RUN





06 / 40

*I was a skinny, shy transfer student who marveled at the senior boys in the class of 1969 as gods. They were men, fully grown, driving hot cars, wearing letterman jackets, frequently accompanied by gorgeous 18-year-old female goddesses. Back then, seniors did not talk to or associate with underclassmen. But Pre introduced himself to me and asked if I had spikes. I replied no, and he said he'd bring me a pair from 'the shoe room.' He was receiving complimentary spikes from most shoe companies back then. He gave me a pair of red Pumas with Velcro. I wish I still had that pair of spikes.*

**MAC MCINTOSH (LEFT), HIGH SCHOOL FRIEND AND TEAMMATE, CURRENT HEAD TRACK COACH, MARSHFIELD HIGH SCHOOL, COOS BAY, ORE.**

07 / 40

SENIOR YEAR AT A CROSS COUNTRY MEET IN ROSEBURG, WE KNEW BY THE COMPETITION THAT THERE WAS NOBODY THAT COULD COME CLOSE TO CHALLENGING STEVE. SO WE'D ASKED HIM TO RUN WITH OUR NO. 4, 5 AND 6 GUYS THROUGH THE FIRST HALF OF THE RACE. AROUND THE HALF-MILE MARK, OUT OF THE PACK COMES THIS GOLD STREAK. IN THE NEXT 400 YARDS HE'D PUT 200 YARDS ON THE FIELD. HE DISAPPEARED AND NOBODY SAW HIM. HE FINISHED AND THERE WASN'T ANYBODY IN SIGHT FOR ANOTHER MINUTE AND A HALF. AFTER THE RACE WE SAID, 'WHAT HAPPENED TO OUR PLAN?' HE SAID, 'WELL, I WAS BACK THERE WORKING WITH THE GUYS, AND THIS DUMB GUY UP IN THE FRONT OF THE PACK SAID, "THAT PREFONTAINE GUY DOESN'T SEEM TO BE THAT FAST!" AND THAT'S ALL HE NEEDED.

**PHIL PURSIAN, PRE'S ASSISTANT TRACK COACH AT MARSHFIELD HIGH SCHOOL, COOS BAY, ORE.**

08 / 40

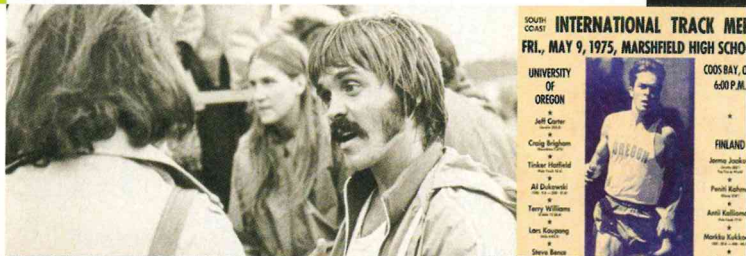
**PRE PROVED THAT THE SPORT ISN'T NECESSARILY FOR THE SKINNY, SCRAWNY GUYS OR THE EAST AFRICANS. IF YOU WORK REALLY HARD AND KIND OF HAVE A CHIP ON YOUR SHOULDER AND ARE DEDICATED, YOU CAN FIND SUCCESS. THAT CERTAINLY RESONATED WITH ME BECAUSE I DIDN'T FIT THE TYPICAL RUNNING PROFILE, AND SOMETIMES WHEN PERFORMANCES WOULD GO BAD I WAS ABLE TO FALL BACK ON THE IDEA OF WHAT PRE STOOD FOR: GOING OUT AND PROVING PEOPLE WRONG.**

**CHRIS SOLINSKY, PROFESSIONAL RUNNER, NIKE BOWERMAN TRACK CLUB, FORMER AMERICAN-RECORD HOLDER, 10,000-METER RUN**

09 / 40

HE WAS A TOUGH NUT, PHYSICALLY AND MENTALLY. I REMEMBER ONE TIME I TALKED TO HIM, AND HE SAID, 'YOU KNOW, I LIKE PAIN. I MAY GET BEAT, BUT THEY'RE GONNA PAY FOR IT.' A LOT OF PEOPLE WHO TRIED TO DUPLICATE HIS TRAINING FOUND THEIR BODIES WOULDN'T TOLERATE IT.

**STAN JAMES, FORMER UNIVERSITY OF OREGON TRACK TEAM PHYSICIAN**



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*We were not a wealthy family. Nowadays parents are putting their kids in camps at 2 years old trying to make them the next great quarterback. My brother didn't start running until he was a freshman in high school—and it wasn't because my parents were going, 'You need to do this, Steve.' My parents weren't leaving work early so they could see their son run.*

**LINDA PREFONTAINE, PRE'S YOUNGER SISTER (RIGHT, WITH THEIR MOTHER, ELFRIEDE, AND THEIR FATHER, RAYMOND), OWNER OF PREFONTAINE PRODUCTIONS**



PRE LIVES ON



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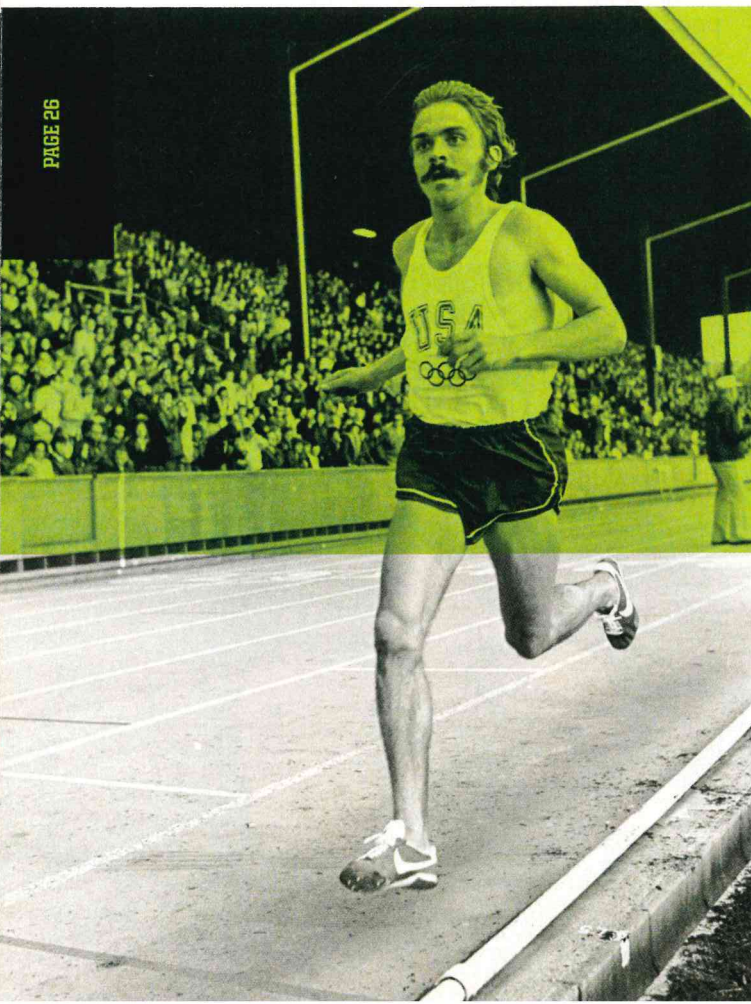
IN MY YEARS OF COACHING, A COMMON SIGHT IS A SMALL GROUP OF PEOPLE ARRIVING AT THE TRACK WITH THEIR CAMERAS OUT. THEY'LL WALK SLOWLY AROUND THE FACILITY, TAKING PICTURES, SOAKING IN THE ATMOSPHERE. SOME WILL EVEN BEND DOWN AND KISS THE TRACK. THEY ARE HERE FOR PRE.

**DOUG LANDRUM, CURRENT DISTANCE COACH, MARSHFIELD HIGH SCHOOL, COOS BAY, ORE.**

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HIS GREATEST UTTERANCE WAS, 'A RACE IS A WORK OF ART THAT PEOPLE CAN LOOK AT AND BE AFFECTED BY IN AS MANY WAYS AS THEY ARE CAPABLE OF UNDERSTANDING.' THAT IS NOT ONLY THE CREED OF THE FRONT RUNNER, BUT OF THE ARTIST, DETERMINED NOT ONLY TO WIN RACES BUT GLIMPSE HIS TRUE POTENTIAL, NO MATTER THE PRICE, AND SHOW IT TO ENRAPTURED ONLOOKERS.

**KENNY MOORE (RIGHT), FRIEND, TWO-TIME OLYMPIAN, "WITHOUT LIMITS" CO-WRITER**



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**He was a really, really tough competitor. He would take on any challenge.**

**OLLAN CASSELL, AAU EXECUTIVE DIRECTOR, 1970-1980, USA TRACK & FIELD EXECUTIVE DIRECTOR, 1980-1997, 1964 OLYMPIC GOLD MEDALIST, 4X400-METER RELAY**

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LOOK AT CHAMPIONSHIP RACES NOW. EVEN IN THE 5,000 IT'S 'SIT AND WAIT' FOR THE LAST HALF-MILE. PRE STARTED AT ABOUT FOUR LAPS OUT, NOT TWO LAPS OUT. HE SET AN AMERICAN RECORD FOR THE 5,000 METERS IN 1972--TO QUALIFY FOR THE TEAM.

**JON ANDERSON, 1972 OLYMPIAN, 1973 BOSTON MARATHON CHAMPION, PRE'S PALLBEARER**

*We've had lots of phenomenal athletes here in our program, but as a runner, Pre's in a class by himself. He won seven NCAA titles while he was here.*

**ROBERT JOHNSON, CURRENT HEAD TRACK AND CROSS COUNTRY COACH, UNIVERSITY OF OREGON TRACK AND FIELD**



16 / 40

IN 1971 STEVE AND I GOT TOGETHER WITH THE INTENT THAT WE WOULD DO SOME INTENSE TRAINING TOGETHER TO GET EACH OTHER TO ANOTHER LEVEL OF PERFORMANCE. WE REALIZED THAT IT COULD GET COMPETITIVE, BUT WE DIDN'T WANT THAT. IT WAS A GREAT WORKING RELATIONSHIP WITH HIM. IT LASTED MAYBE A MONTH, THEN AT THAT POINT COACH BOWERMAN SAID, 'THAT'S IT STEVE, CAN'T DO THIS ANYMORE.' SO THAT ENDED THAT.

**JIM RYUN, 1968 OLYMPIC 1,500-METER SILVER MEDALIST AND FIRST HIGH SCHOOLER TO RUN A SUB-4-MINUTE MILE**

17 / 40

HE NEVER TAUGHT HIMSELF TO BE PATIENT AND GO WITH THE KICKERS. EVERY STEP YOU TAKE AT THE FRONT, YOU'RE THINKING ABOUT THE RUNNERS BEHIND YOU. BUT IN THE PACK, YOUR EYES ARE TOTALLY FOCUSED ON THE SHOULDER BLADES OF THE GUY IN FRONT OF YOU, AND YOU'RE TOTALLY RELAXED. HE HAD A TON OF LEG SPEED—I REMEMBER DOING REPEATS WITH HIM. HE HAD THE INTELLIGENCE AND THE SPEED TO RACE MORE TACTICALLY, BUT I THINK HE BOXED HIMSELF IN WITH HIS QUOTES THAT FORCED HIM TO BE THAT KIND OF RUNNER. HE WAS A GREAT COMPETITOR WHO SHOULD HAVE LISTENED TO HIS COACH.

**PAUL GIES, UNIVERSITY OF OREGON TEAMMATE**

19 / 40

HE TALKED IN SEVERAL ARTICLES ABOUT WANTING TO PERFORM LIKE AN ARTIST, GIVING PEOPLE THE SENSE THAT HE'S PRODUCING A WORK OF ART FOR THEM. THERE WERE TIMES PRE WOULD RUN HIS VICTORY LAP IN UNDER 70 SECONDS! AND THAT KIND OF SHOWMANSHIP MADE HIM DIFFERENT THAN ANY OTHER RUNNER BEFORE OR SINCE, I THINK.

**TOM JORDAN, PREFONTAINE CLASSIC MEET DIRECTOR, PRE BIOGRAPHER**



18 / 40

HE WAS SO MULTITALENTED. HE HAD THE RUNNING THING GOING, MAJORED IN COMMUNICATIONS, AND HAD THIS ABILITY TO WORK WITH HIS HANDS. HE WAS A CLEAN FREAK. HE ALWAYS MADE HIS BED—IT WAS PERFECT. THE BATHROOMS WERE ALWAYS CLEAN, NOT A DISH WAS LEFT IN THE SINK, HIS CAR WAS ALWAYS PERFECT—IT WAS ALWAYS WAXED AND WASHED.

**PAT TYSON, OREGON TEAMMATE, FRIEND, ROOMMATE, CURRENT HEAD TRACK AND CROSS-COUNTRY COACH, GONZAGA UNIVERSITY**

20 / 40

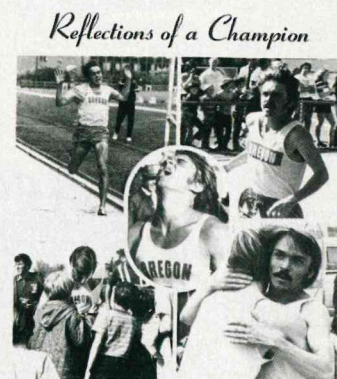
HE WAS A REBEL WITH A CAUSE. PRE WASN'T JUST OUT THERE FOR HIMSELF, HE WAS OUT THERE FOR ALL RUNNERS AND COMPETITORS IN TRACK AND FIELD.

**KATE SHARPLES, PREFONTAINE MEMORIAL COMMITTEE**

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*Steve was very clear with his priorities in life from a very early age. That was one of the main reasons for his success athletically. I was getting to the same state of mind when I was 25 that he had when he was an 18-year-old senior in high school.*

**MAC WILKINS, OREGON TEAMMATE, 1976 GOLD MEDAL WINNER, DISCUS**



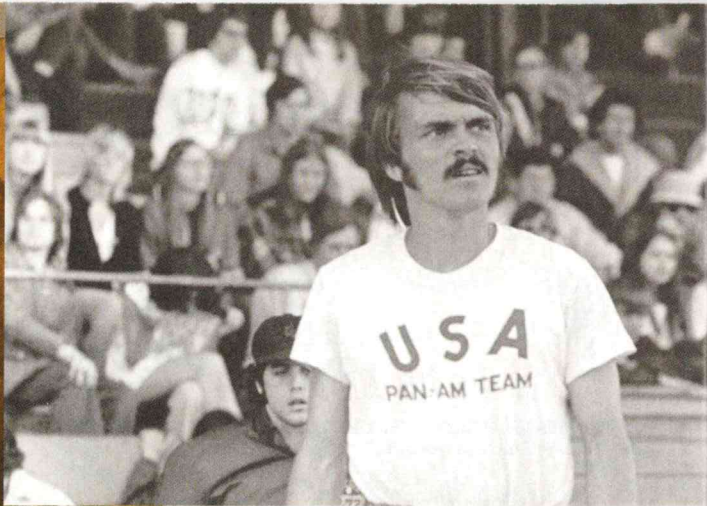
The First Annual

STEVE PREFONTAINE CLASSIC

HAYWARD FIELD

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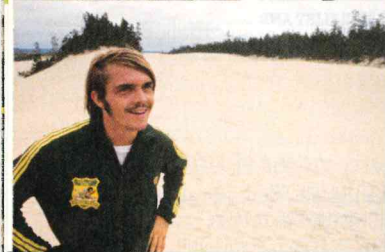
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ONE THING THE MOVIES DIDN'T REALLY PORTRAY IS WHAT A SENSE OF HUMOR HE HAD—HE WAS A REALLY FUNNY GUY. HE LIKED TO BE SO ENTERTAINING. EVERYBODY ALWAYS WANTED HIM AT THEIR PARTY. HE LIKED BEING THE CENTER OF ATTENTION. AND HE'S STILL DOING IT.

**MARY MARCKX CREEL (LEFT), PRE'S GIRLFRIEND**



23 / 40

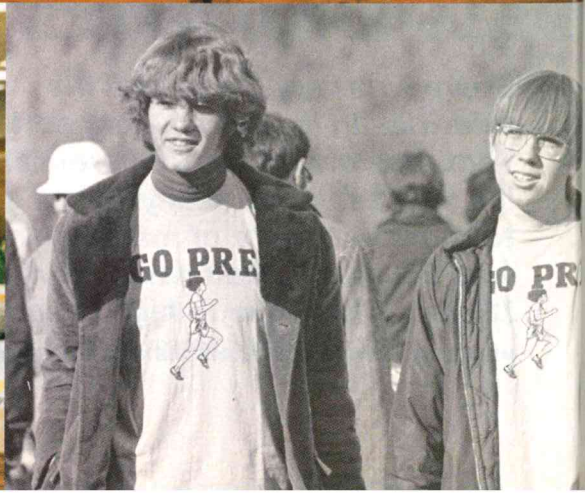
WHEN HE WAS IN COMPETITION AND TRAINING, THAT WAS THE ONLY THING YOU GET HIM AWAY FROM THAT AND HE'S YOUR TYPICAL TEENAGE KID.

**RICH CLARKSON, LEGENDARY SPORTS PHOTOGRAPHER**

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THERE WAS A GUY [AT THE PREFONTAINE MEMORIAL 10K IN COOS BAY] A COUPLE YEARS AGO THAT LOOKED ALMOST EXACTLY LIKE PRE. THE HIGH SCHOOL TEAMS THAT COME DOWN, IT'S EARLY IN THEIR SEASON AND SOME OF THEM COME WITH THE LONG HAIR AND A MOUSTACHE. INCLUDING THE GIRLS!

**BOB HUGGINS (BELOW), PREFONTAINE MEMORIAL COMMITTEE**



25 / 40

I LIVED IN EUGENE FOR THREE AND A HALF YEARS, AND THERE'S STORIES ABOUT PRE THAT AREN'T ALWAYS THE NICEST. BUT THE DISNEY VERSION THAT LIVES ON, WHICH I THINK IS KIND OF THE IMPORTANT ONE, IS OF HARD WORK AND PERSEVERANCE AND DETERMINATION, AND IT TRANSCENDS SPORTS BOUNDARIES. YOU CAN SHOW A PREFONTAINE MOVIE TO SOMEONE WHO CARES NOT FOR RUNNING, AND THEY'RE GOING TO ENJOY IT. IT'S THAT GOOD OF A STORY.

**WILL LEER, PROFESSIONAL RUNNER,  
NIKE OREGON TRACK CLUB, 3:51 MILER**

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*You look at his pictures, and he hasn't aged compared to all of us. That's the thing about dying young. You remember them as that last picture or on that last day.*

**MARK FEIG, UNIVERSITY OF OREGON TEAMMATE**



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HE WAS PROUD OF BEING FROM COOS BAY. I REMEMBER ONE TIME HE HAD SOME FRIENDS FROM COOS BAY OVER. THOSE WERE ROUGH, TOUGH GUYS. THEY WERE DRINKING HARD WHISKEY, TALKING HARD; ONE GUY WAS IN LOGGING AND HAD SCARS ALL OVER HIM. PRE NEVER TOLD US STORIES, BUT THOSE GUYS WOULD TALK ABOUT GROWING UP IN COOS BAY AND IT SOUNDED LIKE A VERY BLUE-COLLAR, TOUGH ENVIRONMENT TO GROW UP IN.

**STEVE BENCE, FORMER UNIVERSITY OF OREGON TEAMMATE,  
NIKE DIRECTOR**

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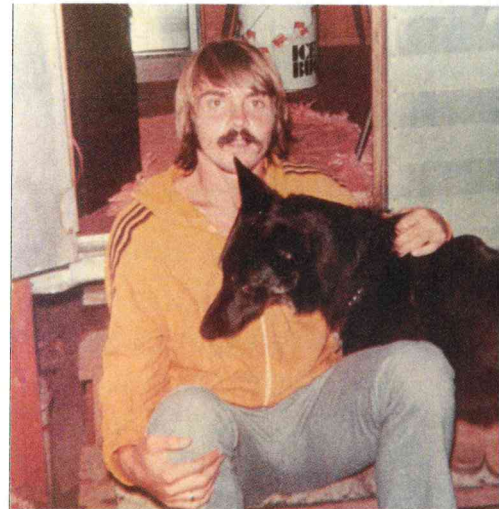
HE WENT TOO YOUNG TO SEE WHAT HE COULD HAVE DONE, LIKE THE 10K AND MARATHON, BUT WE ALL WILL BE CALLED THAT WAY. IT'S A ONE-WAY TICKET, AND I JUST TRY TO MAXIMIZE MY POTENTIAL, LIKE HE SAYS, OTHERWISE IT'S A WASTED GIFT. AND I REALLY BELIEVE I HAVE THIS GIFT AND I TRY TO MAXIMIZE IT THE BEST THAT I CAN.

**MEB KEFLEZIGHI, 2014 BOSTON MARATHON CHAMPION, 2004 OLYMPIC MARATHON SILVER MEDALIST**

27 / 40

IF YOU THINK ABOUT IT, WHAT WE HAVE BEEN SOMEWHAT LACKING IN THE SPORT OF TRACK AND FIELD, AND MANY TIMES DURING ITS HISTORY, ARE HEROES. PRE REPRESENTED THIS HEROIC, TOUGH CHARACTER THAT WAS A REBEL AND DID ALL SORTS OF COOL THINGS—FROM NIKE TO WORKING WITH PRISONERS.

**VIN LANANNA, PRESIDENT OF TRACK TOWN USA,  
FORMER OREGON TRACK AND CROSS-COUNTRY COACH**



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IT'S IMPORTANT TO REMEMBER WHO PRE WAS AND THE BATTLES HE CHOSE TO FIGHT, AND THE BATTLES HE'D BE FIGHTING TODAY IF HE WERE AROUND. I THINK HE WOULD CONTINUE TO FIGHT FOR THE RIGHTS OF ATHLETES. I THINK HE'D BE APPALLED AT THE WAY THE IOC TREATS ATHLETES, AND AT HOW IAAF AND USATF TREAT THEIR ATHLETES.

**NICK SYMMONDS,  
PROFESSIONAL RUNNER,  
BROOKS BEASTS TRACK CLUB,  
2008, 2012 U.S. OLYMPIAN**

30 / 40

HE WAS OBSESSED WITH WHAT HE WAS DOING, AND I'VE ALWAYS BEEN FASCINATED BY THOSE PEOPLE. HE WAS GOING TO BE SOMEBODY VERY INFLUENTIAL. HE WAS A PERSON WITH A REAL CONSCIENCE. AND IT WOULD HAVE BEEN VERY INTERESTING TO SEE WHAT HE WOULD HAVE DONE IN THE COURSE OF HIS LIFE. BECAUSE HE WAS DEVELOPING IN SO MANY WAYS. QUITE A WONDERFUL GUY, REALLY.

**ROBERT TOWNE, DIRECTOR,  
"WITHOUT LIMITS"**

32 / 40

I THINK EVERYONE WHO'S A RUNNER HAS THE PRE PHASE. WHEN WE GO TO RACES FAR AWAY, IF THERE'S A FRESHMAN OR SOPHOMORE THAT HASN'T SEEN OR HEARD OF PREFONTAINE, USUALLY WE'LL BRING ONE OF THE MOVIES AND GET A LITTLE INSPIRATION BEFORE THE RACE. THAT'S HOW I GOT INTERESTED, AND I LIKE SHOWING THE MOVIES TO THE FRESHMEN JUST BECAUSE THAT'S HOW I FOUND OUT ABOUT PRE, AND TO PASS THAT DOWN IS PRETTY COOL.

**GRANT FISHER, TWO-TIME FOOT LOCKER NATIONAL HIGH SCHOOL CROSS COUNTRY CHAMPION, GRAND BLANC, MICH.**

PRE LIVES ON

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PRE'S HEYDAY CAME JUST AS I STARTED RUNNING AND FOLLOWING TRACK AND FIELD. BUT I WAS BORN IN ENGLAND AND GREW UP IN CANADA. MY HEROES GROWING UP WERE ROD DIXON AND BRENDAN FOSTER. I ROOTED AGAINST PRE.

**MALCOLM GLADWELL, BESTSELLING AUTHOR**

35 / 40

THE BIGGEST THING [ABOUT HAVING A PRE PHOTO IN MY OFFICE AND ON MY PLAYBOOK] IS HIS EYES. THEY'RE BOTH LOOKING TO THE FUTURE—HE WAS A VERY PROGRESSIVE THINKER—AND ALSO LOOKING AT THE SCOREBOARD, CONSTANTLY MEASURING HIMSELF AGAINST HIMSELF. WE TRY TO TALK EVERY DAY ABOUT BEATING YESTERDAY. AND I THINK A PRE PHOTO IS A PRETTY PROFOUND REPRESENTATION OF THAT.

**MARK HELFRICH, CURRENT UNIVERSITY OF OREGON FOOTBALL COACH WHO ALSO GREW UP IN COOS BAY.**

36 / 40

I CAN'T TELL YOU HOW MANY TIMES I INTERVIEWED HIM AFTER RACES AND HE'D BE MAD AT SOMEBODY BECAUSE THEY FAILED TO DO THEIR PART, THAT HE HAD TO TAKE THE LEAD BECAUSE NO ONE ELSE WOULD. HE WAS JUST A FEISTY CHARACTER. MOST OF THE MEDIA GUYS DIDN'T REALLY CARE FOR HIM. HE WAS NOT PARTICULARLY CORDIAL OR FUN, YET HE WAS DOING A LOT OF STUFF BEHIND THE SCENES THAT WERE REALLY PRETTY NEAT. BOY HE HAD A BIG HEART—BOTH AS A COMPETITOR BUT ALSO IN HELPING OTHERS.

**BLAINE NEWNHAM, FORMER SPORTS EDITOR AND COLUMNIST, EUGENE REGISTER-GUARD**

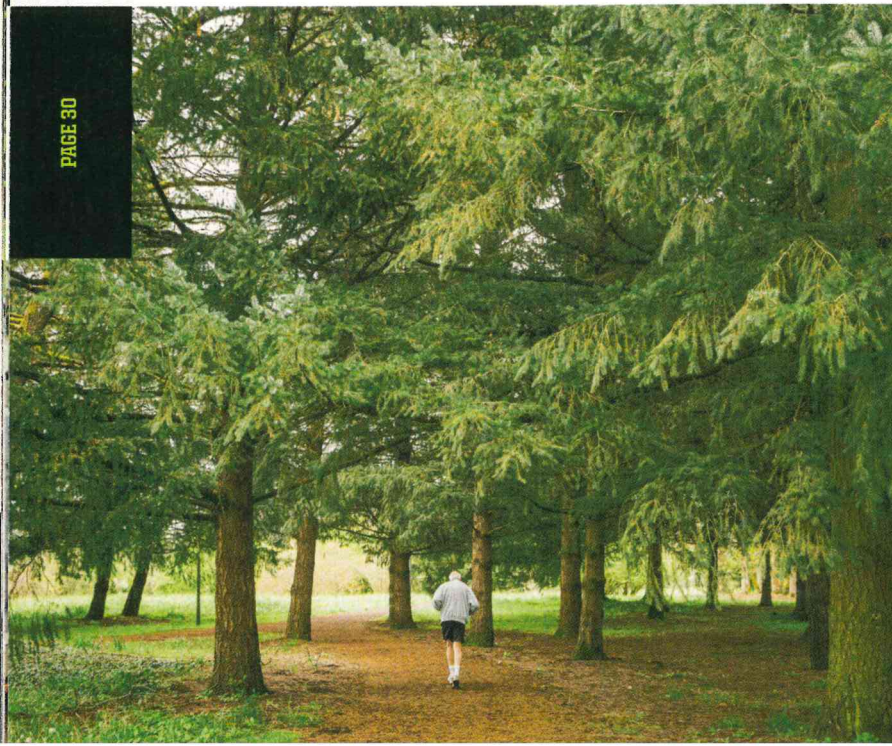
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*We specifically have a Prefontaine section—we get quite a few people coming into the store asking for merchandise. The best-selling item is definitely the 'Stop Pre' T-shirt. It's the staple.*

**RILEY, DUCK SHOP EMPLOYEE, U OF O CAMPUS**



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*For some, Prefontaine and Pre's Rock (the site of his death) epitomize all that is great about running. The ideals of what's essential about being a runner. Prefontaine embodied that and it's a sad place to go, yet people pay tribute.*

**DANIEL WOJCIK, FOLKLORE PROFESSOR, UNIVERSITY OF OREGON**

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I TRULY THINK PRE'S LEGACY IS TO YOUNG RUNNERS. BECAUSE IN A CERTAIN WAY, AND IN A VERY GOOD WAY, HE NEVER GREW UP. HE MAINTAINED A CERTAIN INNOCENCE OF YOUTH THAT MITIGATED AGAINST HIS REALIZING HIS LIMITATIONS. AS YOU KNOW, CAUTION STARTS TO SET IN IN YOUR EARLY 20S. AND HE NEVER LOST THAT CAUTION. PEOPLE MAKE THE JAMES DEAN PARALLEL BUT IT'S NOT REALLY THAT BECAUSE IT WASN'T A RECKLESSNESS. IT WAS A WELL-THOUGHT-OUT, PURPOSEFUL ENERGY THAT WAS METED OUT. I THINK THAT'S WHAT THE YOUNG PEOPLE SENSE. HE'S SORT OF THIS 'OLDER ONE OF US.' YOUNG KIDS CAN SEE HIM AT THAT POINT IN HIS LIFE AS A MUCH OLDER YOUNG PERSON THAT WAS CUT OFF JUST AS IT WAS ALL KINDA COMING TOGETHER.

**FRANK SHORTER, 1972 OLYMPIC MARATHON CHAMPION, 1976 OLYMPIC MARATHON SILVER MEDALIST**

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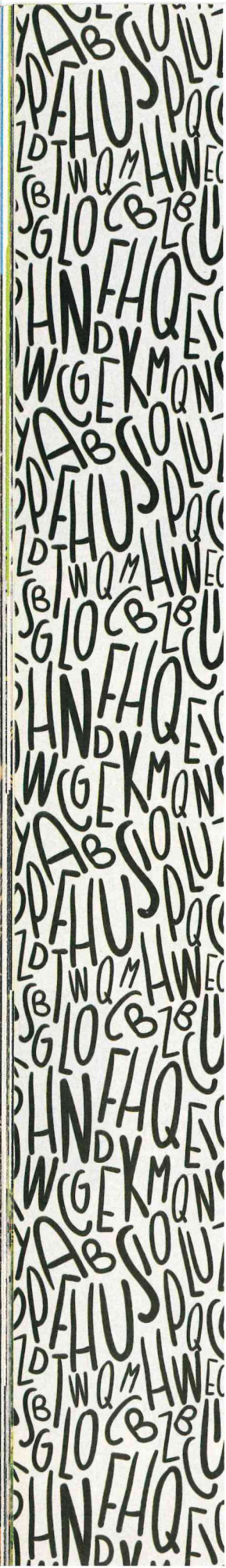
YOU HAD TO WATCH PRE ALL THE TIME, BECAUSE HE COULD RACE. AND THAT'S THE BIG THING. PEOPLE TODAY LOOK AT TIMES. I DON'T THINK YOU SHOULD BE LOOKING AT TIME. I THINK YOU SHOULD BE LOOKING AT HOW GOOD OF A RACER ARE THESE GUYS, AND PREFONTAINE WAS A DAMN GOOD RACER.

**IAN STEWART, 1972 BRONZE MEDALIST, 5,000 METERS**

40 / 40

RUNNERS ARE KIND OF QUIRKY, FUNNY, NO-SHAME KINDA GUYS. AND ALTHOUGH I LOVE THAT, AND THAT'S PART OF MY PERSONALITY, PRE HAD THIS SWAGGER, LIKE HOW A LOT OF THE SPRINTERS CARRY THAT WITH THEM. THAT ATTITUDE THAT 'I'M GREAT, AND I'M IN A SPORT THAT MIGHT BE KINDA WEIRD TO A LOT OF PEOPLE,' AND HE JUST MADE IT COOL. HE OWNED IT.

**ANDREW WHEATING, PROFESSIONAL RUNNER, NIKE OREGON TRACK CLUB, 2008, 2012 U.S. OLYMPIAN**



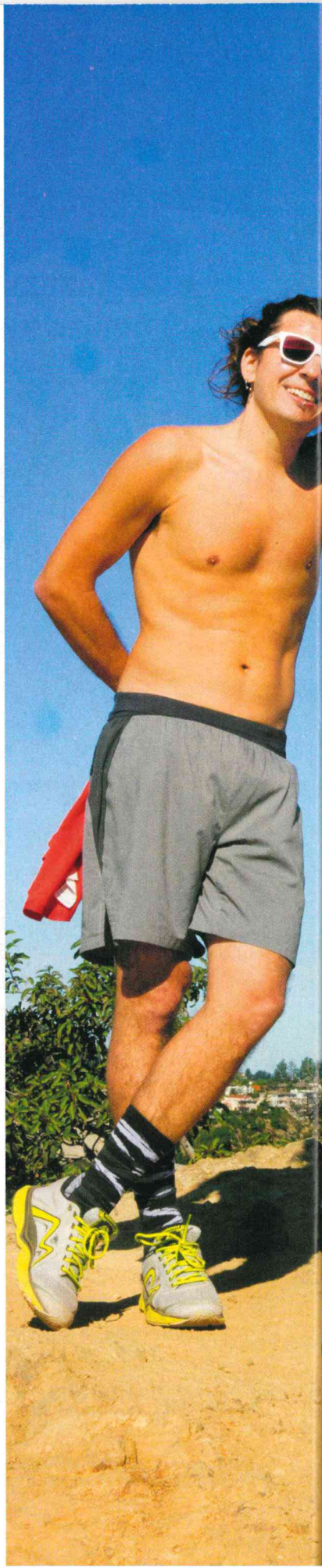
By Emily Polachek

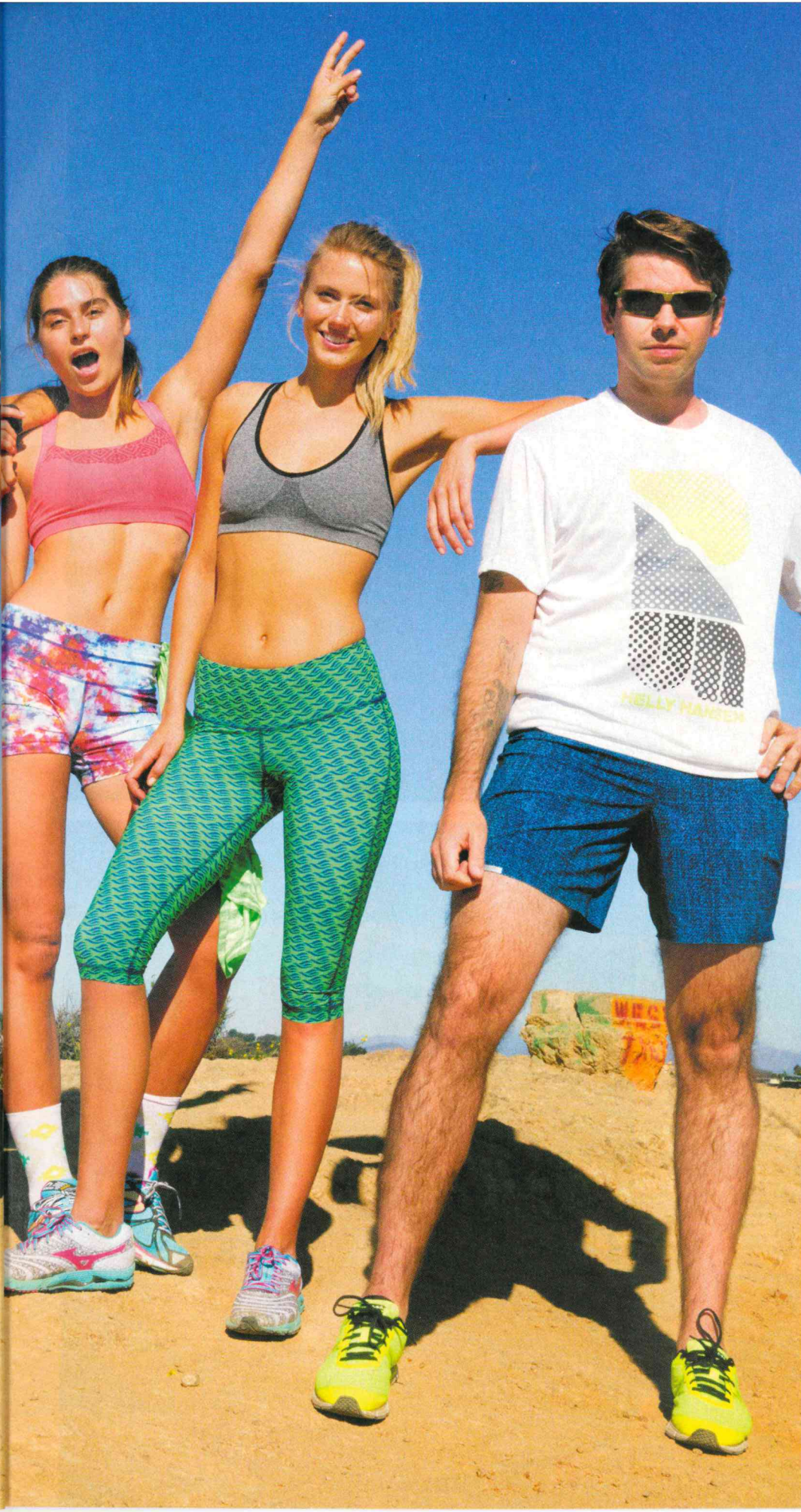
# SOCAL COOL

Photos by Mark Hunter

In the Hollywood Hills, vibrant hues paired with wild patterns and interesting cuts are defining the hippest trends in run apparel this summer.

Rebel from the daily routine while staying cool and dry in these fresh pieces.





#### ON DOM (LEFT)

THE NORTH FACE BETTER  
THAN NAKED SHORTS 5"  
\$55, [Thenorthface.com](http://Thenorthface.com)

STANCE BANDIT CREW  
\$18, [Stance.com](http://Stance.com)

KARHU FAST5 FULCRUM  
\$140, [Karhu.com](http://Karhu.com)

#### ON TAVIA

PATAGONIA ACTIVE  
MESH BRA  
\$40, [Patagonia.com](http://Patagonia.com)

ATHLETA HYPERSONIC  
SONAR SHORTIE  
\$44, [Athleta.gap.com](http://Athleta.gap.com)

STANCE STREAK CREW  
\$18, [Stance.com](http://Stance.com)

NEWTON KISMET  
\$129, [Newtonrunning.com](http://Newtonrunning.com)

#### ON SILJA

ZENSAH RACEY  
SPORTS BRA  
\$40, [Zensah.com](http://Zensah.com)

GRACED BY GRIT LAND &  
SEA LOGO KNICKER  
\$72, [Gracedbygrit.com](http://Gracedbygrit.com)

MIZUNO WAVE  
SAYONARA 2  
\$120, [Mizunousa.com](http://Mizunousa.com)

#### ON JONNY (RIGHT)

HELLY HANSEN VTR RUN  
PRINTED SS  
\$28, [Hellyhansen.com](http://Hellyhansen.com)

LULULEMON SURGE  
SHORT 7"  
\$64, [Lululemon.com](http://Lululemon.com)

USA 361 CHROMOSO  
\$90, [361usadirect.com](http://361usadirect.com)

**SOCAL  
COOL**



**ON TAVIA**

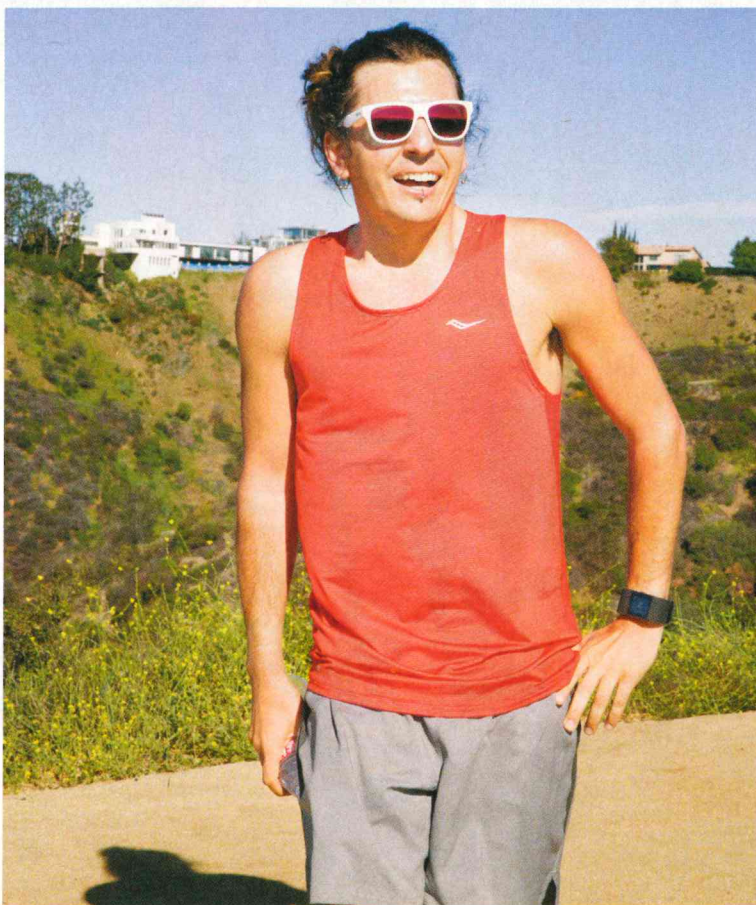
**THE NORTH FACE KOKOMO  
BURNOUT SHORT-SLEEVE**  
\$40, [Thenorthface.com](http://Thenorthface.com)

**ATHLETA HYPERSONIC  
SONAR SHORTIE**  
\$44, [Athleta.gap.com](http://Athleta.gap.com)

**ON DOM**

**SMITH LOWDOWN SLIM**  
\$70, [Smithoptics.com](http://Smithoptics.com)

**SAUCONY SPEED OF  
LITE SINGLET**  
\$48, [Saucony.com](http://Saucony.com)





**ON SILJA**

**LULULEMON COOL  
RACERBACK**  
\$42, Lululemon.com

**PRANA ARISSA SKORT**  
\$65, Prana.com

**ALTRA OLYMPUS 1.5**  
\$135, Altrarunning.com

**ON TAVIA**

**CIELE GOCAP CHAKA**  
\$45, Cieleathletics.com

**LORNA JANE JASMINE  
SPORTS BRA**  
\$66, Lornajane.com

**HELLY HANSEN ASPIRE  
PRINTED SHORTS**  
\$40, Hellyhansen.com

**35**





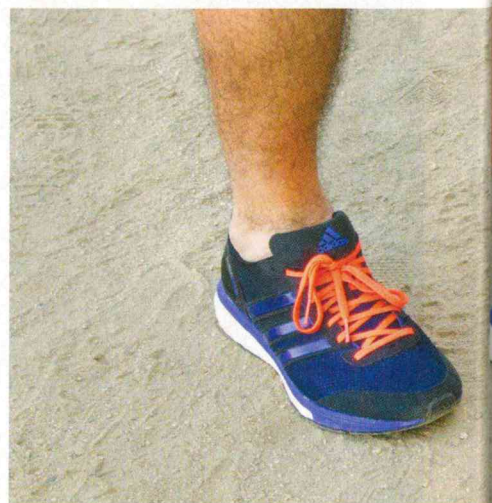
**COOL KICKS (LEFT TO RIGHT)**

**ADIDAS ADIZERO BOSTON 5**  
\$120, [Adidas.com](http://Adidas.com)

**ASICS GEL-FUJIRUNNEGADE**  
\$100, [Asicsamerica.com](http://Asicsamerica.com)

**NIKE FLYKNIT LUNAR 3**  
\$150, [Nike.com](http://Nike.com)

**UNDER ARMOUR SPEEDFORM XC TRAIL**  
\$100, [Underarmour.com](http://Underarmour.com)





**ON JONNY (LEFT)**

**NIKE "RUN WITH THE HUNTED" T-SHIRT**  
\$35, Nike.com

**BROOKS SHERPA IV 5" SHORT**  
\$45, Brooksrrunning.com

**ON TAVIA**

**NIKE RUN QUADRANT TANK**  
\$35, Nike.com

**ATHLETA RENEW BRA**  
\$44, Athleta.gap.com

**UNDER ARMOUR HEATGEAR ARMOUR 3"  
PRINTED SHORTLY**  
\$30, Underarmour.com

**ON SILJA**

**NEW BALANCE ULTRA HOODED JACKET**  
\$125, Newbalance.com

**LORNA JANE SKILLFUL SPORTS BRA**  
\$66, Lornajane.com

**NIKE PRO 11" SWIFT TRAINING SHORTS**  
\$45, Nike.com

**ON DOM (RIGHT)**

**RUNYON CANYON RAD REFLECTIVE  
RUNNING CAMP HAT**  
\$24, Runyon.co

**ASICS FUJITRAIL LIGHT TOP**  
\$45, Asicsamerica.com

**ASICS FUJITRAIL SHORT 5"**  
\$50, Asicsamerica.com



# BONK-PROOF YOUR RUNNING

Avoid hitting the wall in your next half marathon or marathon.

BY GREG MCMILLAN, M.S.

ILLUSTRATIONS BY SHAWN O'KEEFE

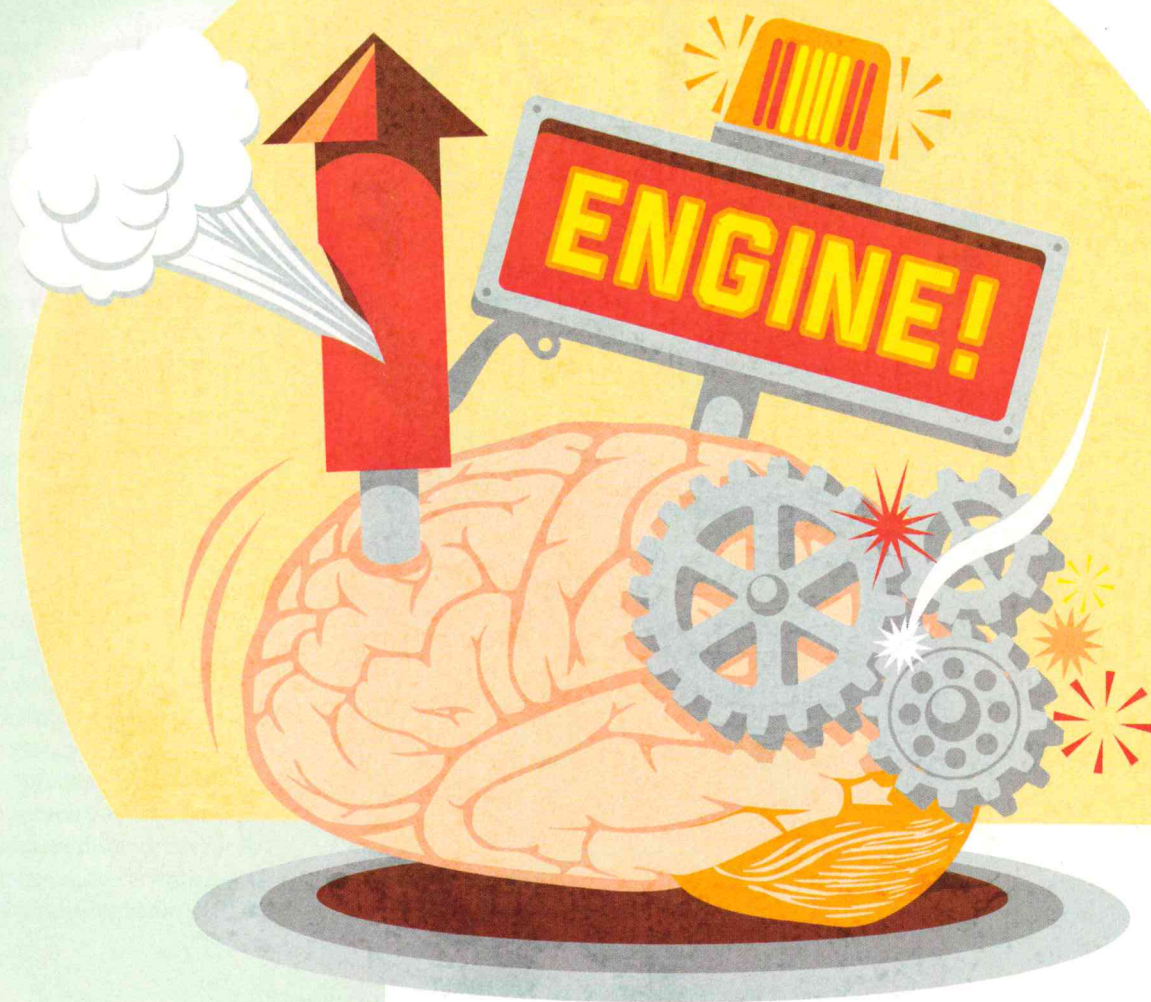
In my first two marathons, I totally bonked. I was on pace, then suddenly I slowed. Soon, I was reduced to a walk and I no longer cared about my time. I hit the wall and it wasn't pretty.

Heading into my third marathon, I set my mind to bonk-proofing my running in training by employing some very specific workouts. On race day, the bonk never came and I finished strong during the final 10K.

**This article explains how I approached my training differently.**







## BONKING DEFINED

To bonk or hit the wall is to reach a point of exhaustion where you experience a sudden and dramatic reduction in your pace. It's not tiredness. It's exhaustion of mind, body and soul.

Exercise scientists have been working for years to find out the exact cause of bonking. Early on, they looked at muscle carbohydrate (glycogen) stores, blood glucose (sugar) and muscle damage, but nothing was definitive.

Then they looked at the brain and nervous system. They found changes in neurotransmitters and within the central nervous system. But again, there were always exceptions to when runners should have bonked but didn't, and some bonked when it wasn't expected.

## HAPPY BRAIN = HAPPY BODY

The current theory is that bonking is a complex interaction of all of the peripheral factors, like muscle glycogen, blood glucose levels, muscle damage and fatigue, as well as central factors (some at the conscious level and some subconscious). In a nutshell, the brain operates like a car's computer system. In a car with stability control, for example, if the computer receives feedback that the car is out of control, the computer will do all it needs to do to keep you safe.

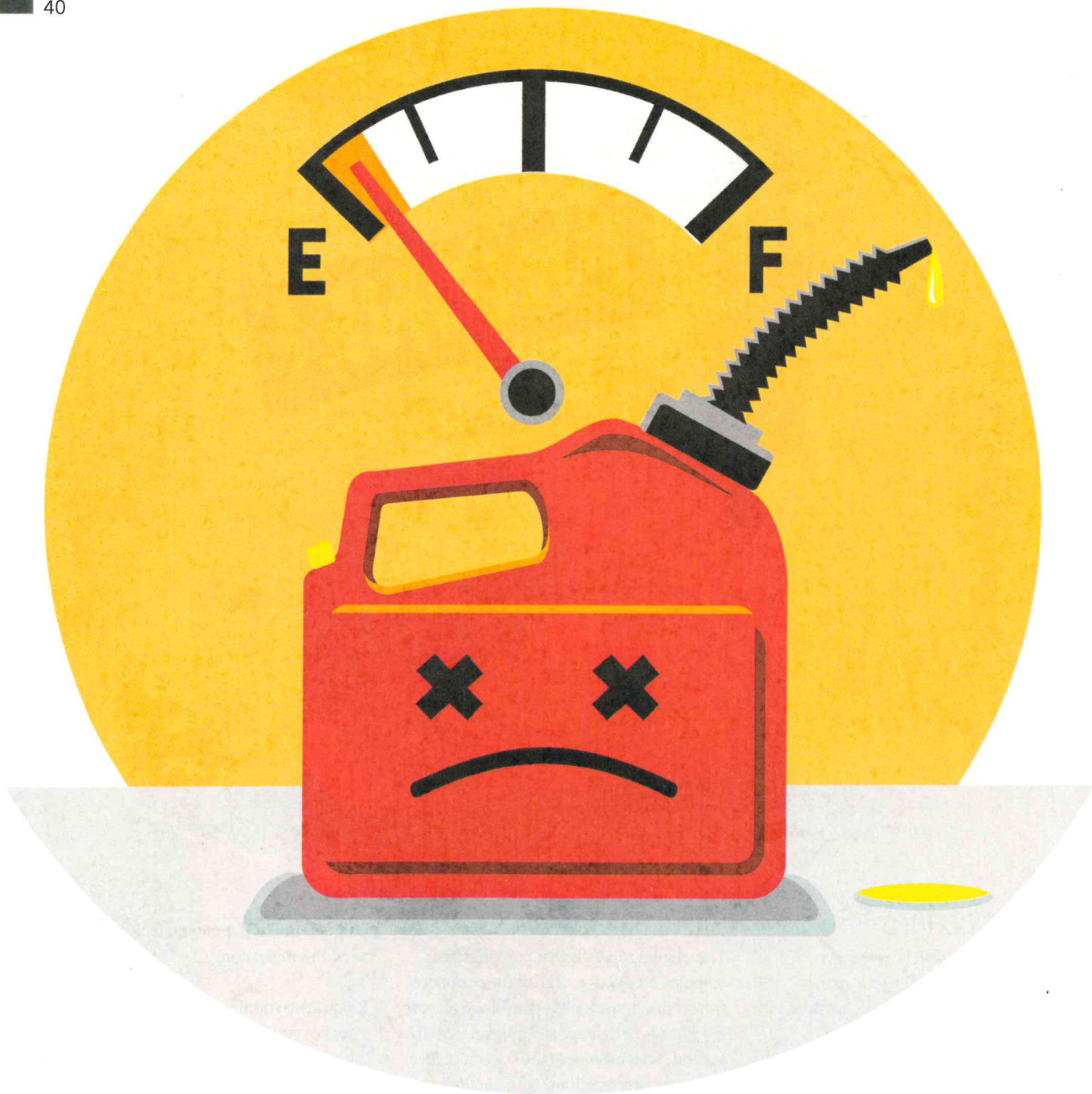
In the body, renowned researcher Tim Noakes calls this the central governor, and it acts similarly to the computer in your car. Noakes suggests that your brain, based on feedback from the body and within the brain itself, perceives that running at your race pace for the race distance is a threat. As a result, it produces the initial feelings of

fatigue, similar to how you feel in miles 15 to 20 in a marathon.

If you keep running at that current pace, it makes you feel more and more fatigued and gets ready to cut the power. If you keep going, the brain believes this threat is becoming dire and shuts down power to the muscles.

The result? You bonk.

However, if you can keep your brain (i.e., the central governor) happy so it doesn't perceive your race pace for the race distance as a significant threat, it will let your body keep racing along. Luckily, the bonk point is trainable, and with exposure to training and some specific bonking runs, your central governor won't put the brakes on—instead, it will help power you to the finish.



## FINDING YOUR BONK POINT

In the first running boom of the 1970s, the rule of thumb was that your bonk point was three times your average daily mileage. So, if you were preparing for the marathon, you better average roughly 9 miles a day in order to push your bonk point past the 26.2 miles of the marathon.

But there's a strategy to bonk-proof your body without having to run 60-plus miles per week.

The first step: Find your current bonk point. Warning: This isn't easy or fun.

As you probably suspect, you're going to have to run until exhaustion and see how long that takes. You don't have to run fast. Again, bonking isn't just tiredness. It's the point where you simply can't maintain your pace anymore and are slowed significantly (usually 2 to 3 minutes slower than long-run pace, often to the point where you must walk).

*Note: Your true bonk point is how long you can run without fueling. Fueling delays the bonk, so you should avoid carbohydrates before or during this bonking run. For many runners, carb-free running leads to bonking in 1.5–2.5 hours.*

Once you know your bonk point, extend it by utilizing the strategies here. You should see your bonk point extend by 30 to 60 minutes across your training plan.

## IMPROVING YOUR BONK POINT

Once you know your bonk point, you want to challenge it every seven to 14 days with a no-carb run lasting 80 to 90 percent of your bonk point. From a two-hour bonk-point example, you'd need to execute no-carb runs of 1 hour, 36 minutes (80 percent of the bonk point) to 1 hour, 48 minutes (90 percent). Aim to get several of these runs in during the final 12 to 16 weeks before your half marathon or marathon.

*Note: You won't fully bonk on these runs—you'll get tired and signal your body and mind to quickly adapt to this type of running.*

Because training should be aimed at improving your bonk point, you should retest your bonk point every four weeks or so to see if it has changed. I suspect you'll see that your bonk point is farther out, meaning you'll then need to extend the distance of your 80 to 90 percent, no-carb runs to reflect your increasing bonk point.

There are three other ways to bonk-proof yourself.

1. Run more. Within your race-specific training phase (the last 10 weeks before your race), add another run to your weekly routine. You don't have to do this every week but if your body is feeling OK, with no persistent aches or pains, add another easy 30- to 60-minute run to your week.
2. Extend your average runs. If your runs typically average one hour, bump it up to 75 minutes. These additional 15 minutes help teach your body and mind that long-distance running is nothing to get worried about.
3. Add a midweek long run. You'll need to be smart about how this fits in with your other workouts, but a midweek long run of 90-105 minutes is a great way to build resistance to the bonk.

4. Do more carb-free running. As with the bonk-point test run, work toward doing more of your running with no carbs. Fuel for your key workouts—but on regular runs, begin to run carb-free.

A big part of bonk-proofing yourself means lots of practice running at your goal race pace. Your body becomes more economical at the paces you run, so race pace training is a great way to bonk-proof. Racing too fast, too early is often the demise of runners.

Lastly, make sure you focus on the duration—not the speed—of your long, easy runs. While you will certainly want to do some race-specific long runs (fast finish or pace practice runs), it's better for you to run longer and slower rather than shorter and faster.

## PRECAUTIONS

**Bonk-proofing works, but you need to be smart about implementing it.**

1. Always carry a rescue gel and fluids with you in case you really need it. Runners susceptible to hypoglycemia may want to skip this type of training.
2. Run in areas where help is close by (and not a remote road or trail)—just in case you get woozy.
3. Bonk-point test runs are hard on the body (and mind), so you need to plan extended recovery after them. I find that an additional two to three recovery days beyond my normal long run recovery is a good rule of thumb.
4. Keep an eye on your musculoskeletal system and make sure your recovery isn't only about feeling better mentally, but also being ready physically.
5. This strategy is NOT for race day. I repeat: This strategy is NOT for race day.
6. I highly recommend this strategy only for runners who have proven they can complete the distance and now want to finish faster.
7. The limit on bonk-point runs is 3-3.5 hours. If you can run carb-free for three hours, it is unlikely (given a proper race strategy and race day fueling) that you will hit the wall in your next race.





# Rock out to help end breast cancer.

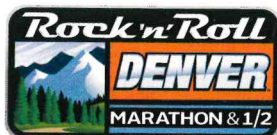
The Edith Sanford Breast Foundation is heading on tour as the Featured Charity Partner of the Seattle and Denver Rock 'n' Roll Marathons. Get ready to lace up and meet us out there!

Race for TeamEdith—our national fundraising team—in one of these choice destinations, and every dollar you raise will power research to advance breast cancer treatment, prevention and cures.

- June 13: Seattle, Washington
- October 18: Denver, Colorado

**Give your 100% and so will we!**

Join TeamEdith or learn more at [edithsanford.org](http://edithsanford.org).



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## WHAT I LEARNED FROM COACH MARK WETMORE

My college coach, Mark Wetmore, will go down as one of the most successful distance running coaches of all time. Since taking over as the head track and cross-country coach at the University of Colorado in 1995, he has produced nearly 250 All-American runners, plus 22 individual NCAA champions, 29 conference team titles and seven national championship teams in cross country. He has also guided 11 Olympians during his career. He came to CU at a pivotal time in my running career, and working with him proved to be a big turning point for me.

Mark taught us many invaluable lessons related to the physiology of training, the psychology of running and simply the ability to train hard. However, my largest takeaway from Mark was the importance of the long run. These are the key lessons to remember when working on your long run:

### GRADUALLY BUILD UP DISTANCE

The long run should not comprise more than 35 percent of your total weekly volume. Build into it gradually and allow your body to adapt to the longer distance before adding more mileage to avoid overuse injuries. A safe amount to increase by each week is 20 percent once you have adapted to a given distance.

### CONSIDER PACE AND EFFORT

Along with the distance run, your effort is also important. A good rule of thumb is making your long run 15 to 30 seconds per mile faster than your normal easy-day pace. Caution: Don't fall prey to running your long run at goal race pace. It shouldn't be easy, but it shouldn't be a simulated race effort either.

### CONSISTENCY RULES

The long run rewards those willing to put in the time and effort—not just for a few weeks, but over the course of several months. There is a reason most marathon training programs are 12 to 16 weeks long. This has to do with the benefits of having consistent long runs in your training schedule.

### IT'S ONLY A PART OF A BIGGER PLAN

Although the long run is a significant element in a training program, it's not the only one. The distance you are training for affects the value of the long run. The longer the race, the more important the long run becomes. Still, be mindful of the place it holds in your comprehensive plan. Don't forget your tempo runs, lactate threshold workouts, speed work and hills.



Two-time U.S. Olympian Alan Culpepper won national titles from the 5K to the marathon. His first book, "Run Like a Champion," is available at [VeloPress.com](http://VeloPress.com).



## LOOSEN YOUR FEET WITH A GOLF BALL

BY JASON DEVANEY

As a runner, your feet will take a pounding, regardless of what shoes you wear or how much experience you have.

"A lot of runners have tight muscles in their feet and it can result in inflammation and/or plantar fasciitis," says certified strength and conditioning coach Wendy Warren, M.S.. "Also, heel-striking can greatly affect foot inflammation issues as well."

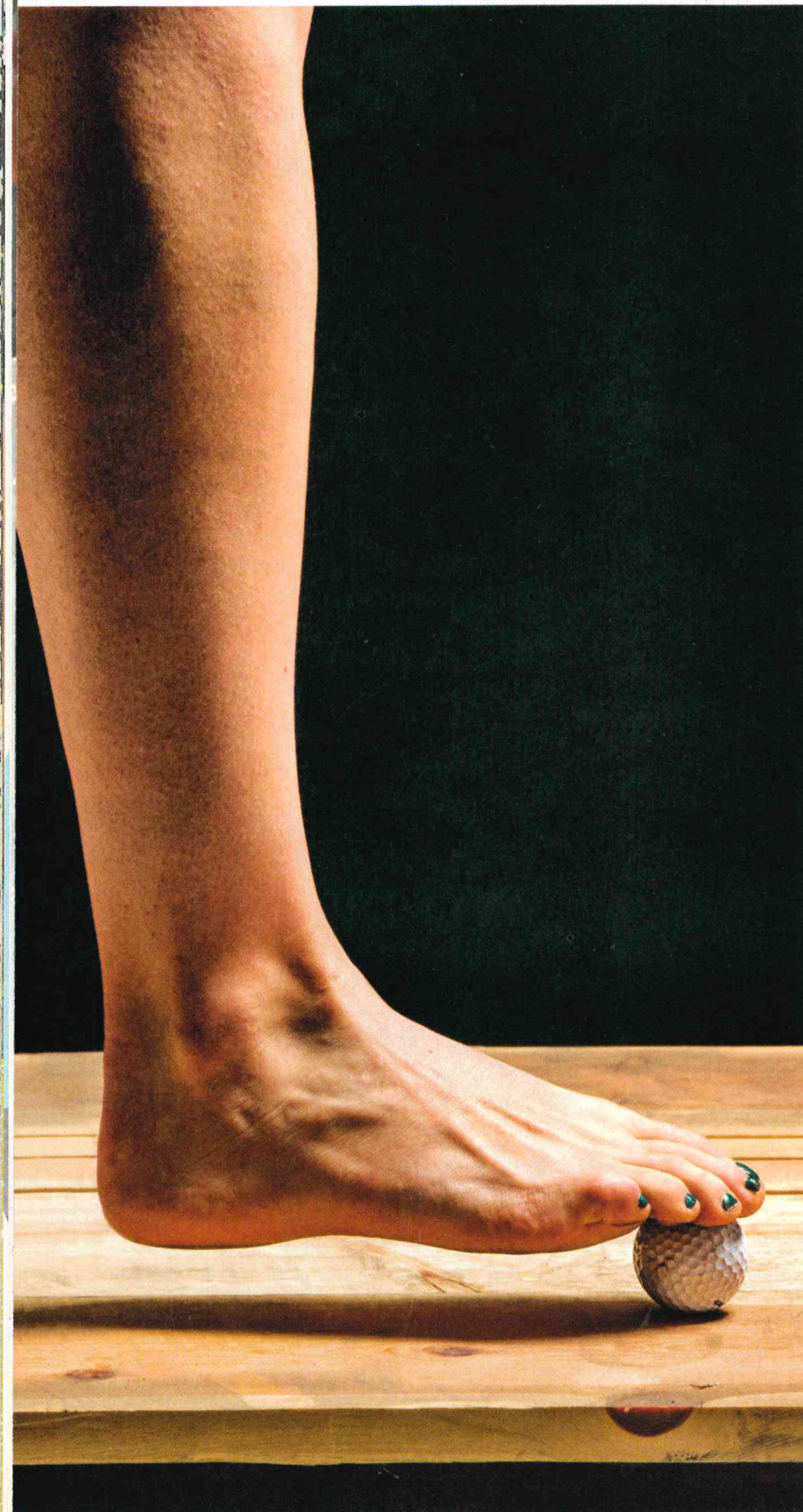
Rolling your foot over a golf ball is a simple solution for both treating and preventing foot pain and injuries.

### HOW TO DO IT:

**STEP 1:** Take off your shoes and socks and place a golf ball under one foot. Starting from the front, work the ball back toward your heel. (Freezing the golf ball ahead of time can help relieve inflammation.)

**STEP 2:** As you roll the ball, apply pressure where needed. "If you find a spot that is particularly tender, hold it there for at least 15 to 20 seconds," Warren says. "Move on, but revisit it again one more time."

If you feel pain during the exercise, there might be a bigger issue. "The pain you feel should not be avoided, because it is indicative of a problem area that needs to be released," Warren says.



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MIKE RUTT - HOKA ONE ONE ELITE 800 METER RUNNER

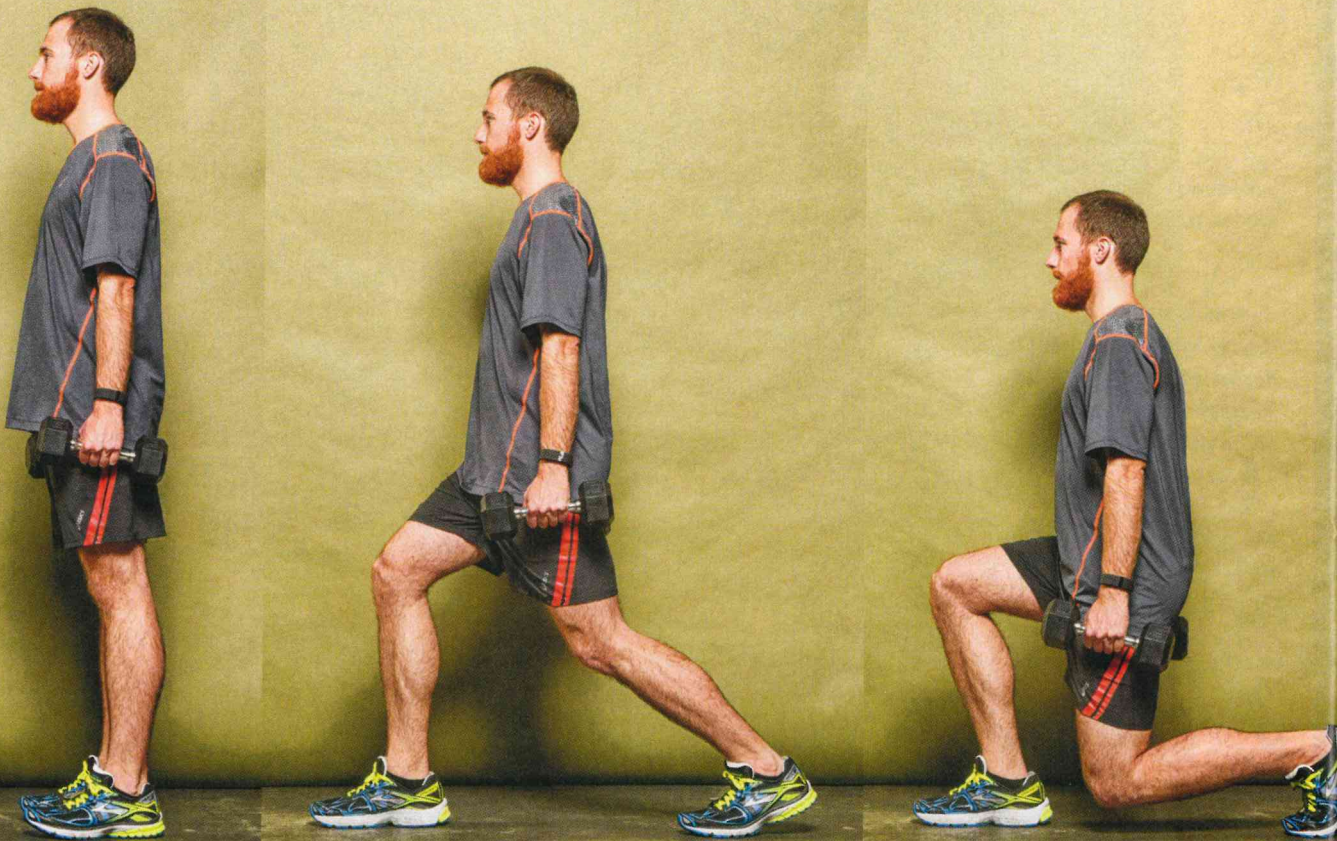


**THIS IS NOT A SHOE.** THIS IS AN INVITATION. TO GO LONG. TO GO FOR THE MILE REPEATS. TO GO FOR THE RECOVERY DAYS. TO GO STRIDE IT OUT. TO GO IT ALONE. TO GO WITH THE FRIENDS WHO DEMAND AS MUCH OUT OF EACH MILE AS YOU DO. TO GO BECAUSE THERE ISN'T ANYBODY WHO CAN TAKE IT AWAY FROM YOU WHEN YOU'RE DONE. TO GO BECAUSE YOU CAN. DESIGNED LIGHT, STABLE AND WITH SUPERIOR CUSHIONING, THE BONDI 4 INVITES YOU TO GO FURTHER THAN YOU DID YESTERDAY. TO GET FASTER FOR TOMORROW. LET'S GO.

**HOKA** ONE ONE

## WEIGHTED LUNGES

BY DUNCAN LARKIN



### STEP 1

Stand with both feet together and shoulder-width apart. Hold the dumbbells at your sides with shoulders relaxed.

### STEP 2

Take a giant step forward with one foot. Keep your lead toe pointed forward. Try not to move your front foot, and do your best to stay balanced.

### STEP 3

Bend the front leg. "The rear knee should be close to the ground and roughly at 90 degrees," Kawamoto says. "The front knee should also be at 90 degrees and just over the shoelaces. The torso can lean slightly forward from the hips." Maintain a straight back.

### STEP 4

While keeping the weight on your front heel, push off it slowly to return back to the starting position.

### STEP 5

Repeat this sequence, leading with the opposite leg.

Some of the most important leg muscles, like the quadriceps, hamstrings and gluteals, can be strengthened with one important exercise: the weighted lunge.

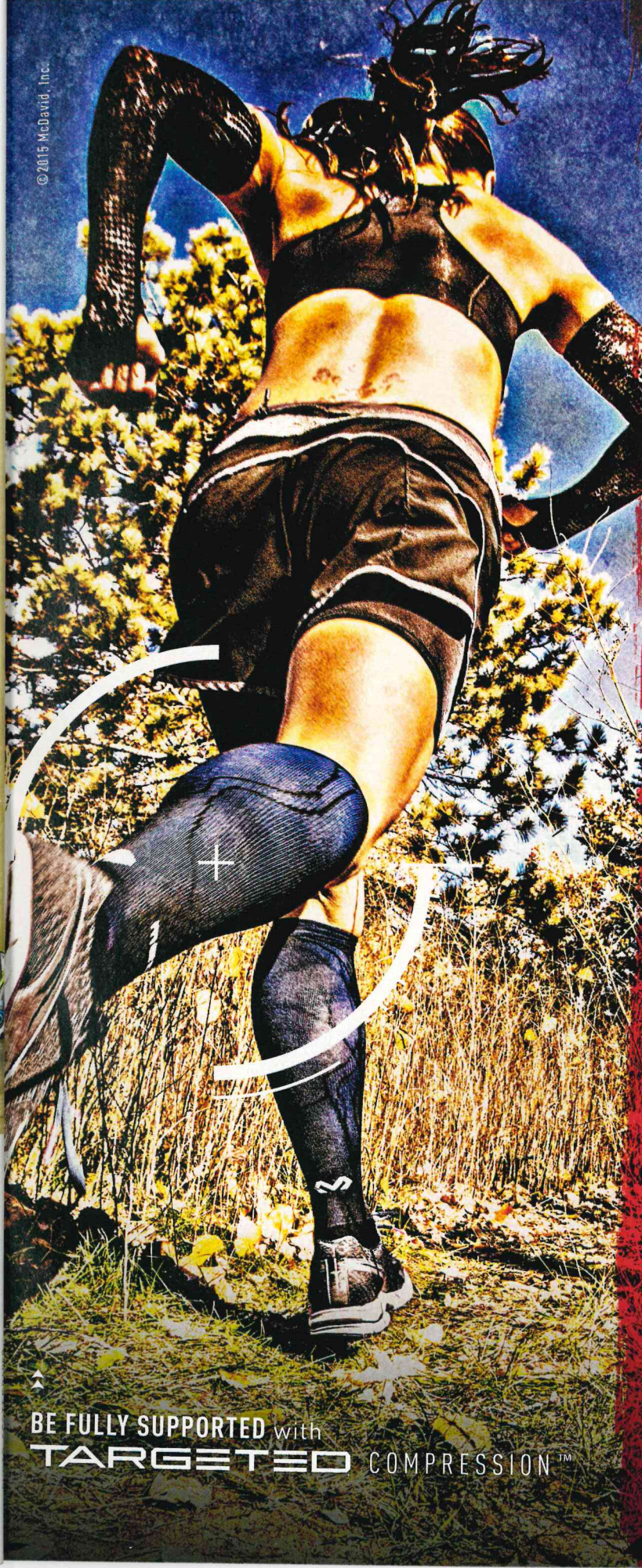
"Weighted lunges will improve the use

of fast-twitch muscle fibers—muscle fibers that don't normally get recruited when running slowly," says Jon-Erik Kawamoto, a Canadian strength-training coach. They help to develop lower limb and hip musculature,

which are vital elements for running fast. He suggests runners do lunges one to two times per week. "In the offseason, I recommend 8 to 12 reps per leg, and in season, I recommend 4 to 6 reps per leg," he says.



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## BUTT KICKS

BY MARIO FRAIOLI



### WHY

Butt kicks engage the hamstrings and loosen the quads while promoting quick turnover.

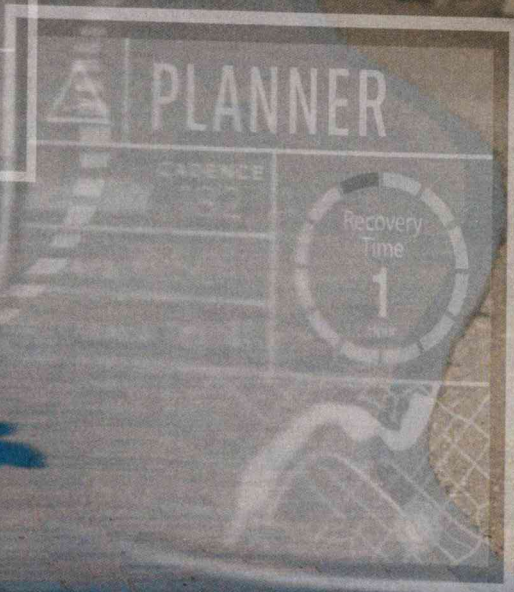
### HOW

Using short strides, almost as if you were running in place, lift your knees slightly and try to bring your heel directly under your butt—not behind—with each stride. Alternate legs rapidly, focusing on executing a quick turnover. Perform two 15-meter reps, progressing to 30-meter reps as your coordination improves.

### WHEN

Do this drill as part of your warm-up routine before speed workouts and races, and an additional one to two times after easy runs during the week.

For more, go to [Competitor.com/drills](http://Competitor.com/drills)

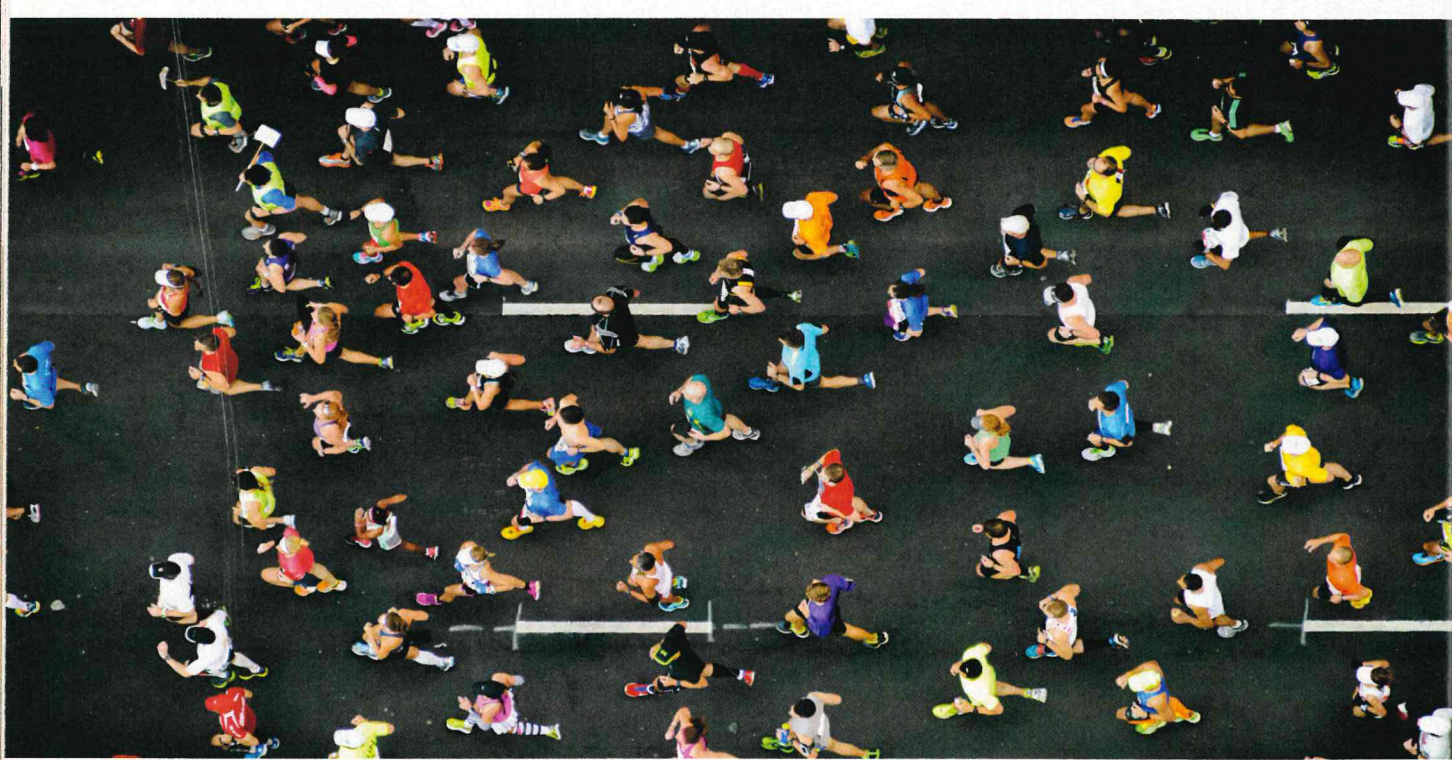


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To learn more, visit [Garmin.com/ForerunnerCoach](http://Garmin.com/ForerunnerCoach)

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## 4 MONTHS TO A FASTER MARATHON

If you've run one marathon or several and you want to run your next one faster, this intermediate training plan is aimed at helping you get stronger and faster over a four-month period leading up to your race.

BY MARIO FRAIOLI, AUTHOR OF "THE OFFICIAL ROCK 'N' ROLL GUIDE TO MARATHON AND HALF-MARATHON TRAINING"

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MILEAGE
1	EASY RUN: 4 MILES	REST	FARTLEK: 6 MILES 10 X 1:00 @ 5K EFFORT W/2:00 JOG RECOVERY BETWEEN REPS	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	EASY RUN: 8 MILES + 4 X 20-SECOND STRIDES	REST OR CROSS-TRAINING	LONG RUN: 12 MILES W/LAST 3 MILES AT GOAL MARATHON PACE	35
2	EASY RUN: 4 MILES	REST	HILL REPEATS: 6 MILES 8 X 20-SECOND HILL REPEATS AT HARD EFFORT W/1:00 RECOVERY BETWEEN REPEATS	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	EASY RUN: 8 MILES + 4 X 20-SECOND STRIDES	REST OR CROSS-TRAINING	LONG RUN: 13 MILES + 4 X 20-SECOND STRIDES	36
3	EASY RUN: 5 MILES	REST	TEMPO RUN: 2-MILE WARM-UP, 3 MILES @ HALF-MARATHON PACE, 2-MILE COOL-DOWN (7 MILES)	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	FARTLEK: 8 MILES 10 X 2:00 @ 10K EFFORT W/2:00 JOG RECOVERY BETWEEN REPS	REST OR CROSS-TRAINING	LONG RUN: 14 MILES + 4 X 20-SECOND STRIDES	39
4	EASY RUN: 5 MILES	REST	HILL REPEATS: 7 MILES 10 X 30-SECOND HILL REPEATS AT HARD EFFORT W/1:00 RECOVERY BETWEEN REPEATS	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	EASY RUN: 6 MILES + 4 X 20-SECOND STRIDES	REST OR CROSS-TRAINING	EASY RUN: 10 MILES + 4 X 20-SECOND STRIDES	33

For more about strength training, go to [Competitor.com/strengthcircuit](http://Competitor.com/strengthcircuit). For details about cross-training, go to [Competitor.com/crosstraining](http://Competitor.com/crosstraining).



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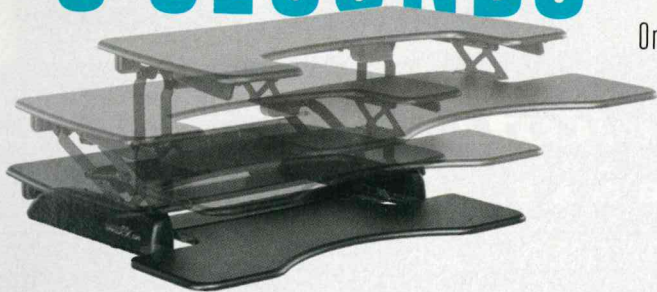
WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MILEAGE
5	EASY RUN: 5 MILES	REST	FARTLEK: 8 MILES 5 X 5:00 @ HALF-MARATHON EFFORT W/1:00 JOG RECOVERY BETWEEN REPS	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	EASY RUN: 8 MILES + 5 X 20-SECOND STRIDES	REST OR CROSS-TRAINING	LONG RUN: 14 MILES W/LAST 5 MILES AT GOAL MARATHON PACE	40
6	EASY RUN: 5 MILES	REST	HILL REPEATS: 7 MILES 8 X 45-SECOND HILL REPEATS AT HARD EFFORT W/1:30 RECOVERY BETWEEN REPEATS	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	EASY RUN: 10 MILES + 5 X 20-SECOND STRIDES	REST OR CROSS-TRAINING	LONG RUN: 15 MILES W/6 X 3:00 PICKUPS @ 10K EFFORT W/5:00 RECOVERY BETWEEN REPS MID-RUN	42
7	EASY RUN: 5 MILES	REST	TEMPO RUN: 2-MILE WARM-UP, 5 MILES @ HALF-MARATHON PACE, 2-MILE COOL-DOWN (9 MILES)	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	FARTLEK: 10 MILES 6 X 4:00 @ 10K EFFORT W/2:00 JOG RECOVERY BETWEEN REPS	REST OR CROSS-TRAINING	LONG RUN: 16 MILES + 5 X 20-SECOND STRIDES	45
8	EASY RUN: 5 MILES	REST	INTERVALS: 7 MILES 10 X 400M @ 5K PACE W/200M JOG RECOVERY BETWEEN REPEATS	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	EASY RUN: 6 MILES + 5 X 20-SECOND STRIDES	REST OR CROSS-TRAINING	EASY RUN: 12 MILES + 5 X 20-SECOND STRIDES	35
9	EASY RUN: 5 MILES	REST	HILL REPEATS: 9 MILES 10 X 1:00 HILL REPEATS AT HARD EFFORT W/2:00 RECOVERY BETWEEN REPEATS	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	EASY RUN: 11 MILES + 6 X 20-SECOND STRIDES	REST OR CROSS-TRAINING	LONG RUN: 17 MILES W/LAST 7 MILES @ GOAL MARATHON PACE	47
10	EASY RUN: 5 MILES	REST	INTERVALS: 10 MILES 8 X 1000M @ 1K PACE W/400M JOG RECOVERY BETWEEN REPEATS	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	FARTLEK: 10 MILES 12 X 1:00 @ 5K EFFORT W/1:00 JOG RECOVERY BETWEEN REPS	REST OR CROSS-TRAINING	EASY RUN: 18 MILES + 6 X 20-SECOND STRIDES	48
11	EASY RUN: 5 MILES	REST	TEMPO RUN: 2-MILE WARM-UP, 6 MILES @ HALF-MARATHON PACE, 2-MILE COOL-DOWN (10 MILES)	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	EASY RUN: 10 MILES + 6 X 20-SECOND STRIDES	REST OR CROSS-TRAINING	EASY RUN: 19 MILES W/LAST 10 MILES @ GOAL MARATHON PACE	49
12	EASY RUN: 5 MILES	REST	INTERVALS: 10 MILES 5 X 1 MILE @ 10K PACE W/2:30 RECOVERY BETWEEN REPS	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	EASY RUN: 6 MILES + 6 X 20-SECOND STRIDES	REST OR CROSS-TRAINING	EASY RUN: 14 MILES + 6 X 20-SECOND STRIDES	40
13	EASY RUN: 5 MILES	REST	EASY RUN: 8 MILES + 5 X 20-SECOND STRIDES	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	EASY RUN: 10 MILES + 6 X 20-SECOND STRIDES	REST OR CROSS-TRAINING	THE SIMULATOR [SEE PAGE 56]: 20 MILES	48
14	EASY RUN: 5 MILES	REST	EASY RUN: 10 MILES	EASY RUN: 5 MILES + STRENGTH-TRAINING CIRCUIT (X 1)	FARTLEK: 10 MILES 5 X 3:00 @ 5K EFFORT W/2:00 JOG RECOVERY BETWEEN REPS	REST OR CROSS-TRAINING	LONG RUN: 22 MILES	52
15	EASY RUN: 5 MILES	REST	EASY RUN: 6 MILES + 6 X 20-SECOND STRIDES	EASY RUN: 5 MILES + STRENGTH TRAINING CIRCUIT (X 1)	INTERVALS: 10 MILES 8 X 800M @ 10K PACE W/400M JOG RECOVERY BETWEEN REPEATS	REST OR CROSS-TRAINING	EASY RUN: 12 MILES + 6 X 20-SECOND STRIDES	38
16	EASY RUN: 5 MILES	REST	TEMPO RUN: 2-MILE WARM-UP, 3 MILES @ GOAL MARATHON PACE, 2-MILE COOL-DOWN (7 MILES)	EASY RUN: 5 MILES	FARTLEK: 5 MILES 4-5 X 2:00 @ 10K EFFORT W/2:00 JOG RECOVERY BETWEEN REPS	REST	EASY RUN: 5 MILES + 6 X 20-SECOND STRIDES	27
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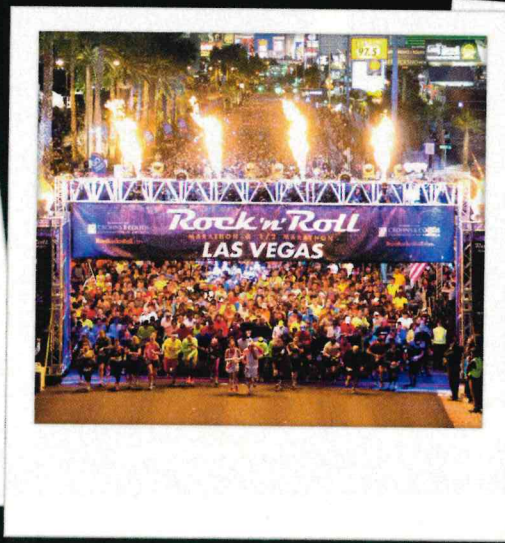
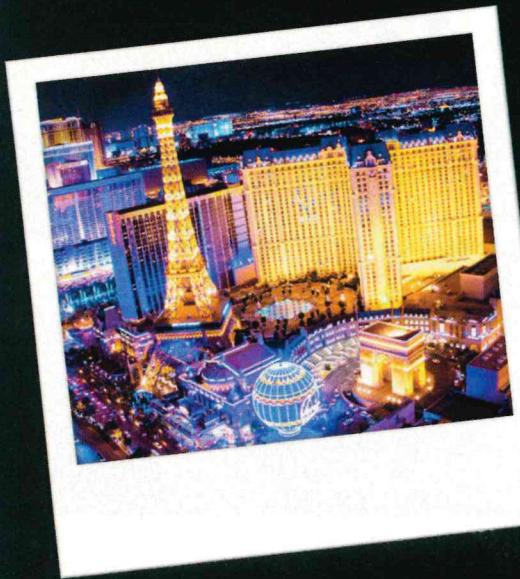
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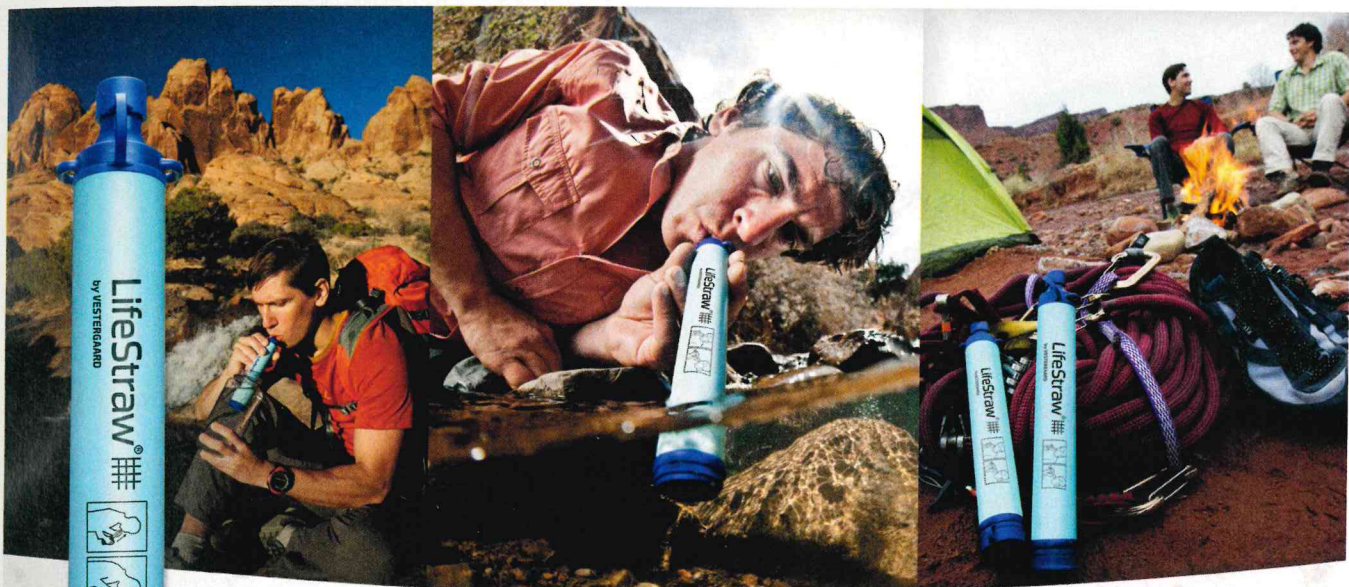
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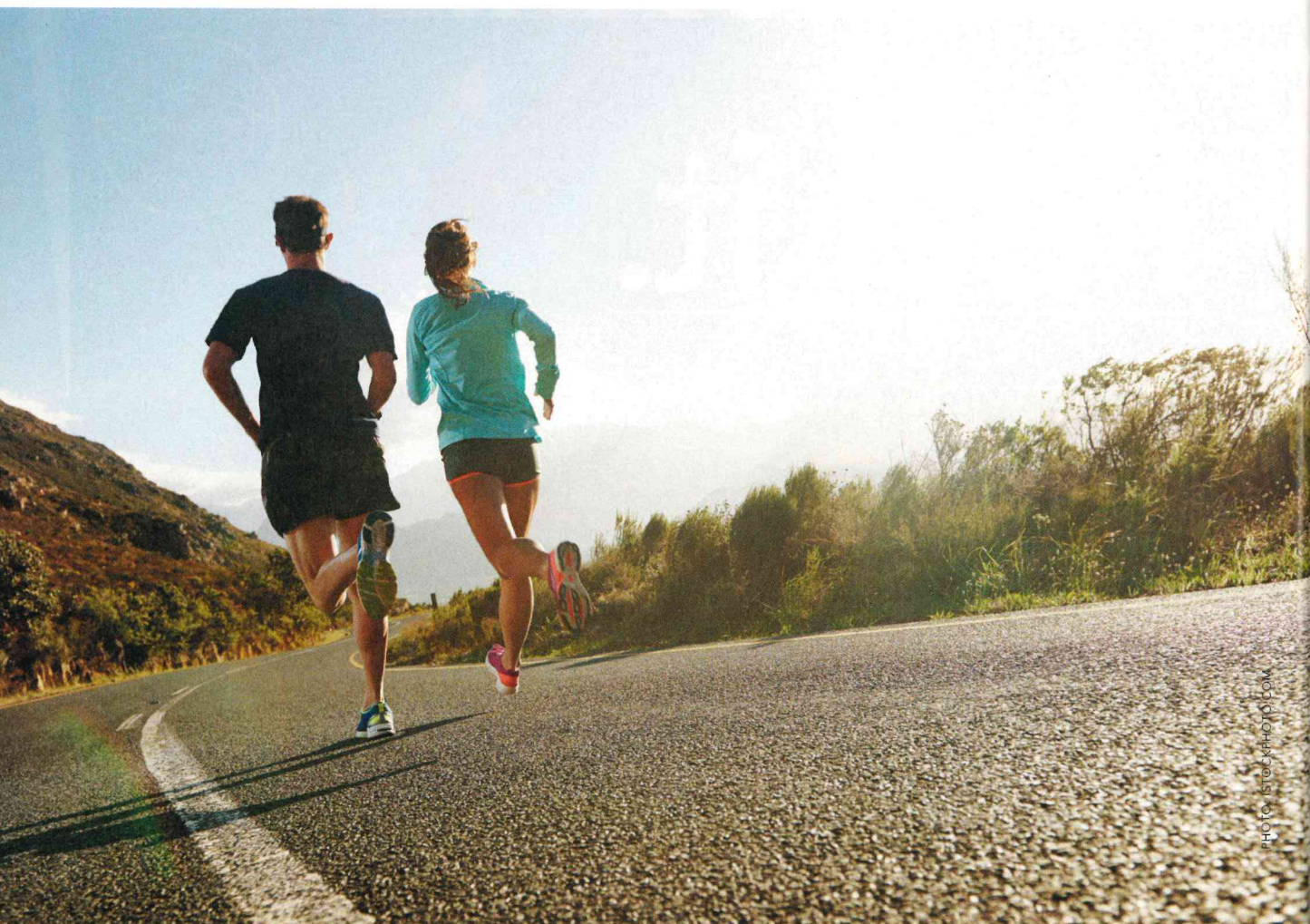
## THE SIMULATOR

BY MARIO FRAIOLI

**WHAT:** A 26.2K or roughly 16.3-mile run at your goal marathon pace on a route that simulates the terrain of your next race.

**WHY:** To simulate the last 16 miles of the marathon. “The idea is that you are fatigued going into it,” says Luke Humphrey, author of the “Hansons Marathon Method” (VeloPress, 2012) and head coach of Hansons Coaching Services. “The body is fatigued and this workout simulates the later parts of a marathon.”

**HOW:** Wear the shoes and race kit you plan to race in as if it were marathon race day. Warm up with 1 to 2 miles of easy running, then run 26.2 kilometers at your goal marathon pace, focusing on form and rhythm and adhering to your race-day nutrition and hydration strategy. Cool down with 1 to 2 miles of easy running. Total mileage will be between 18 to 20 miles. Do this workout three to four weeks out from your goal marathon and be sure to recover adequately in the days that follow.



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## WHAT'S TRENDING IN RUNNING APPAREL THIS SEASON?

BY EMILY POLACHEK



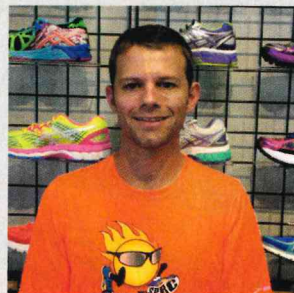
**BOB COLL, OWNER,  
EUGENE RUNNING CO.**  
Eugene, Ore.

"Aesthetically trending looks include two-tone color fades with gradient detail as found in ASICS' Allover Print Tank Top, Singlet and Short Sleeve shirts for men and women, and Nike's Gradient Tank and Forever Gradient Tight for women."



**BRETT RIVERS, OWNER,  
SAN FRANCISCO RUNNING CO.**  
Mill Valley, Calif.

"For men, it's no longer just what length black short you prefer. Patagonia, Nike and The North Face have all added a lot of fun color to some of the most functional designs out there. For women, there are finally really functional shorts with lots of pockets that are also totally on point with style."



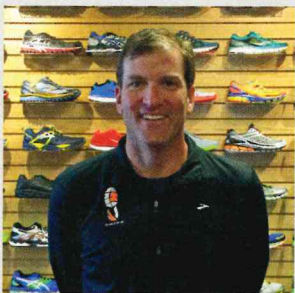
**CODY ANGELL, OWNER,  
ST. PETE RUNNING CO.**  
St. Petersburg, Fla.

"Printed tights and capris are doing very well here, even in our warm climate. Also 'athleisure' is big for both women and men. People want something that looks and feels good for running, the gym and at the coffee shop."



**ANDERS BROOKER, OWNER,  
RUNNER'S EDGE**  
Missoula, Mont.

"People who live in western Montana love any activity that gets them outdoors and want apparel that has great crossover appeal. Our recent apparel growth has come from brands that have a history in the trail and outdoor market."



**JOSH LEVINSON, OWNER,  
CHARM CITY RUN**  
Timonium, Md.

"The current trend is going local. Maryland runners want to represent the Maryland flag and thankfully the Charm City Run logo, as well as other local symbols like the Maryland blue crab."



**MICHELE ALLEN, OWNER,  
IRUN TEXAS**  
San Antonio

"Today's runners, especially women, want something that has a great fit and look—it must be functional, soft and comfortable. They also want cool, flashy outfits to wear to their events."



**ADAM WHITE, OWNER,  
RUNNING CENTRAL**  
Peoria, Ill.

"For women, we are seeing a large surge in printed leggings for both capris and crops. On the men's side, we are seeing things trending away from 5-inch inseam shorts and moving to 7- and 9-inch inseam shorts."



**BURKE BECK, OWNER,  
RED COYOTE RUNNING**  
Oklahoma City, Okla.

"We're seeing more shorts with multiple pockets for more storage on longer runs. A couple of our favorites are the Oiselle Roga Toolbelt Short for women and the Patagonia Strider Pro Short for men."

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## BUZZWORTHY RUNNING NEWS

You heard it here first!



Olympic bronze-medalist and world-class marathoner Shalane Flanagan is writing a cookbook with whole-foods chef and food writer Elyse Kopecky (a former college cross-country teammate of Flanagan), called "Run Fast Eat Slow." The aim is to provide nutrient-dense and delicious recipes for runners that promote long-term performance and health-wellness. Publish date is set for fall 2016.

---



A group of North Dakota runners launched an informal Twitter campaign this spring to get Will Ferrell to run the Fargo Marathon on May 9. Several hundred tweets with the hashtag #FerrellRunFargo ensued, but Ferrell—a three-time marathoner with a 3:56:12 PR—didn't appear to take the bait.

---



After topping the \$500 million revenue mark for the first time in 2014, Brooks Running is looking ahead and hoping to sustain its growth with an increased focus on apparel. The Seattle-based company is rebranding its Moving Comfort division, and all bras by the company will be under the Brooks Moving Comfort label starting this fall.

---



Picky Bars is launching a new chocolate-peanut butter energy snack bar called Oh Fudge Nuts in May. Other flavors from the real-food performance brand started by pro endurance athletes Lauren Fleshman, Jesse Thomas and Steph Rothstein include Lauren's Mega Nuts, All-In Almond, Blueberry Boondizzle, Cookie Doughness and Smooth Caffeinator.

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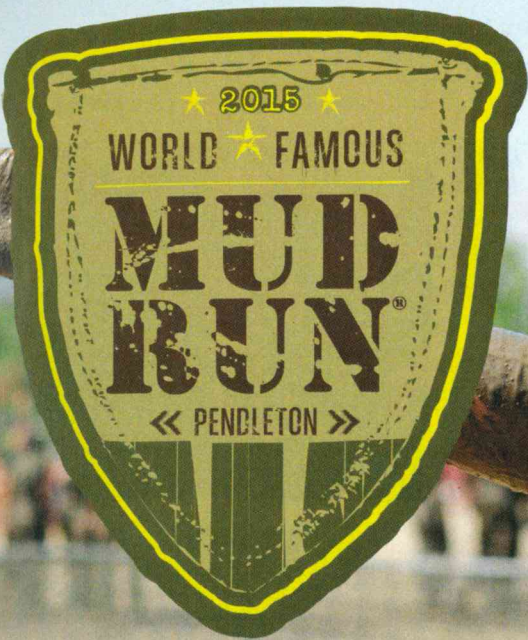


On July 4, the Peachtree Road Race in Atlanta will be featuring a new elite competition called the Peachtree Cup. An American team of three men and three women per team will test their speed against all-star teams from Africa, Asia and Europe in the world's largest 10K.

---



Sock company Stance debuted its first collection of running socks called Fusion Run in March with a blend of artistic flair and design. The brand also announced its sponsorship of U.S. track star Lauren Fleshman, and two-time Leadville 100 champion and ultrarunner Anton Krupicka. They're part of what Stance calls its Punks and Poets group.



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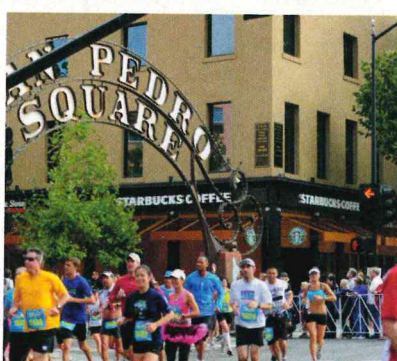
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For a complete race calendar, go to [Competitor.com/calendar](https://www.competitor.com/calendar)



**MARATHONS/HALF MARATHONS**

**BOSTON'S RUN TO REMEMBER**

May 24; Boston  
[Bostonsruntoremember.com](http://Bostonsruntoremember.com)

Celebrate Memorial Day weekend by running this 11th annual Boston half marathon that honors Massachusetts' law enforcement officers killed in the line of duty. The course takes a historic route through downtown Boston, including the Back Bay neighborhood with an awe-inspiring backdrop of the Boston skyline.

**MARATHON TO MARATHON**

June 13; Storm Lake, Iowa  
[Marathon2marathon.com](http://Marathon2marathon.com)

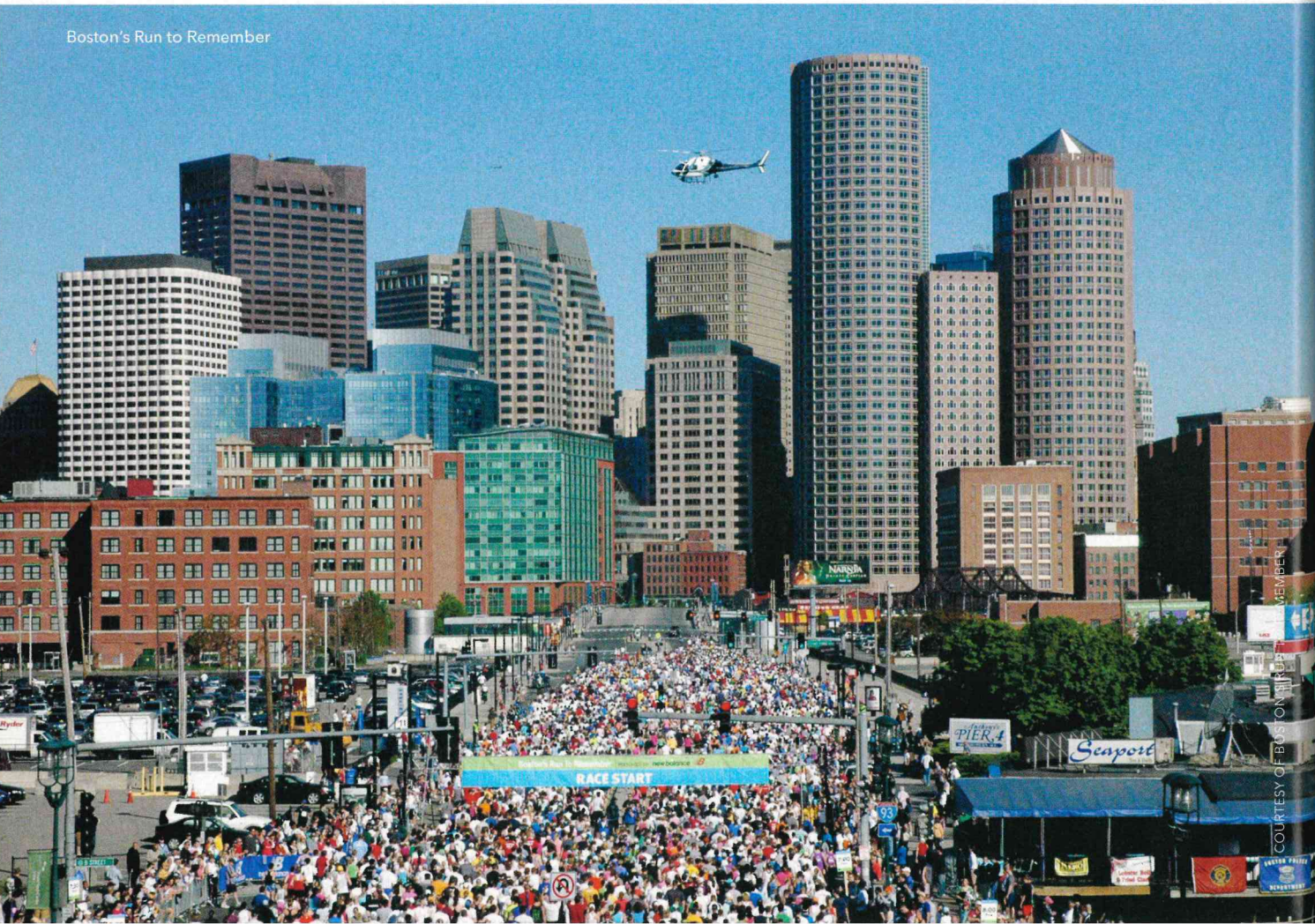
This point-to-point race starts in Storm Lake and finishes in Marathon, Iowa, hence the race's clever name. Despite being a small-town race with only about 250 people living in Marathon, this race has endured as Iowa's most popular marathon for the past 20 years. Its flatness throughout the course also makes it an ideal Boston Marathon qualifier.

**MAYOR'S MIDNIGHT SUN MARATHON**

June 20; Anchorage, Alaska  
[Goseawolves.com](http://Goseawolves.com)

This marathon, the northernmost in the U.S., promises beautiful Alaskan scenery with views of vast meadows and snow-covered peaks, including sights of North America's tallest peak, Mount McKinley. It also provides a mix of running surfaces from bike and ex-army tank trails through coniferous woods to simple blacktop roads.

Boston's Run to Remember



COURTESY OF BOSTON RUN TO REMEMBER



**MARATHONS/HALF MARATHONS**

**SHIPYARD OLD PORT HALF MARATHON**

July 11; Portland, Maine  
[Oldporthalfmarathon.com](http://Oldporthalfmarathon.com)

A true New England-inspired race, this half marathon runs along the Casco Bay with nautical sights of sailboats and lobster boats gliding in and out. In fact, the best parts of the race are the lobster bake the night before, where you're treated to an authentic Maine sit-down meal as part of the race expo, and the beer garden post-race hosted by local Shipyard Brewing Company. Another post-race perk includes free showers by New England Mobile Showers, so make sure to bring a towel!

**THE SAN FRANCISCO MARATHON**

July 27; San Francisco  
[Thesfmarathon.com](http://Thesfmarathon.com)

With three different courses to choose from—the full marathon course, the first half or the second half of the marathon—you'll hit all the major city sights in this race by the bay. Both the marathon and first half marathon start at the famous Ferry Building along the Embarcadero making its way through Fisherman's Wharf, the Marina and eventually across the iconic Golden Gate Bridge and back. The second half starts and runs through Golden Gate Park.

**CRATER LAKE RIM MARATHON**

Aug. 8; Crater Lake National Park, Ore.  
[Craterlakerimruns.com](http://Craterlakerimruns.com)

The breathtaking beauty of this marathon's course makes up for the challenges it poses. While running along the Crater Lake rim, altitudes can reach up to 8,000 feet with several steady inclines. A majority of the course consists of paved roads except for the last 4 miles of dirt cinders. However, despite being a road race, its locale within a national park provides the atmosphere of a trail race.

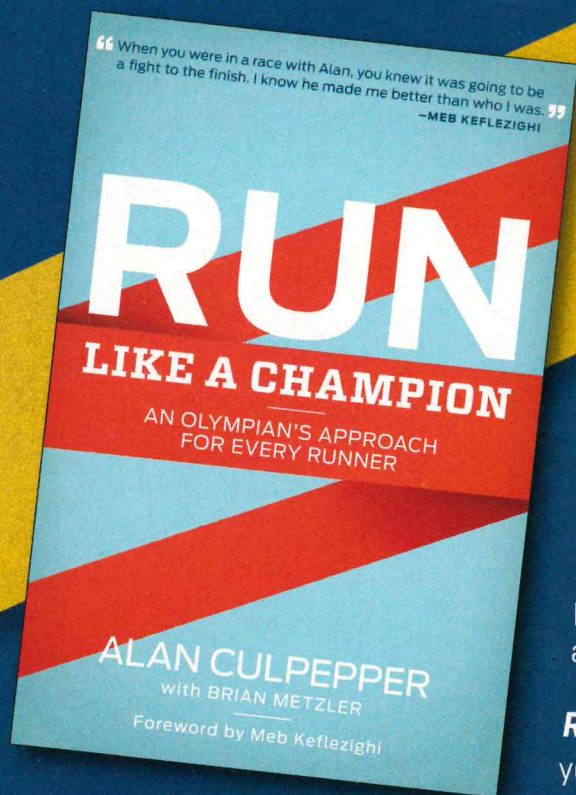
Shipyard Old Port Half Marathon



GAMEFACE MEDIA COURTESY OF SHIPYARD OLD PORT MARATHON

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**5K TO 15K**

**SUSAN G. KOMEN RACE FOR THE CURE**

May 9; Atlanta  
 Komenatlanta.org

This Mother's Day weekend, support a good cause by running in the world's largest fundraising race for breast cancer awareness. Whether you know someone with breast cancer, have been affected by it or simply want to learn more about it, this 5K is a great way to be a part of the cure. All net proceeds go toward funding local programs that offer breast cancer education, screenings and treatment.

**SHORE RUN**

June 7; Seattle  
 Shorerun.com

Another charitable race, all proceeds from this 10K and 5K support Seattle's Fred Hutchinson Cancer Research Center to eliminate cancer and related diseases. Besides running for an important cause, though, the route along Lake Washington with Mount Rainier's snowy peak in the backdrop is enough to convince anyone to participate in this race.

**BTN BIG 10K**

July 25; Chicago  
 Btnbig10k.com

Hosted by the Big Ten Network, this collegiate-themed 10K kicks off the college football season. Thousands of college students and football fans gather at Soldier Field Campus representing their favorite school colors out of the 14 teams in the Big Ten. In true college football fashion, stick around for the post-race Fan Fest and Tailgate party.

Shore Run



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**5K TO 15K**

**WHARF TO WHARF**

July 26; Santa Cruz, Calif.  
Wharftowharf.com

Since 1973 the annual 6-mile race from Santa Cruz to Capitola-by-the-Sea has garnered a reputation among both local runners and international elites as "the best little road race in California." This year the beachside race will have 50 live bands jamming along the racecourse.

**TD BEACH TO BEACON 10K**

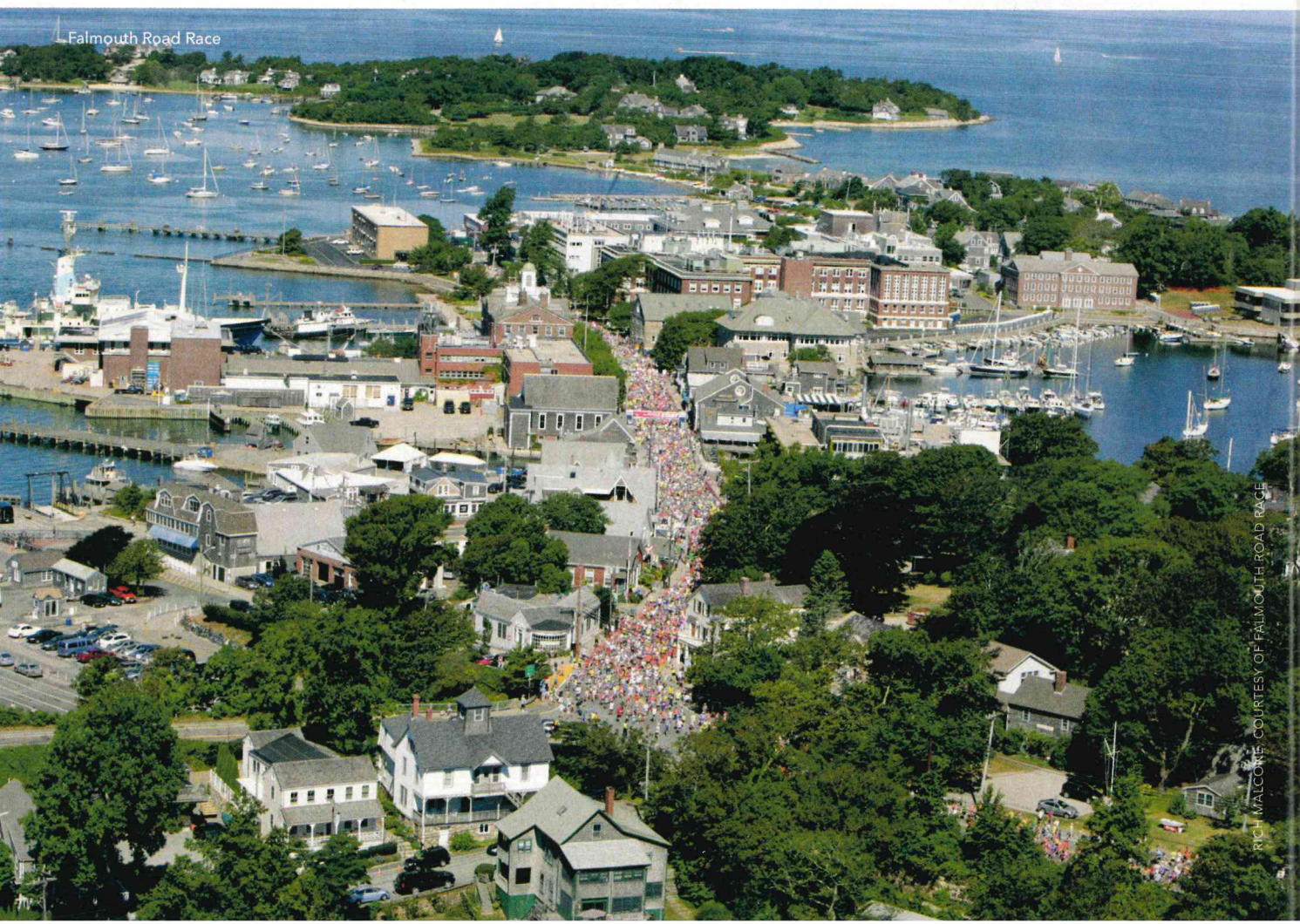
Aug. 1; Cape Elizabeth, Maine  
Beach2beacon.org

Founded by Olympic marathon champion Joan Benoit Samuelson, this popular road race winds along the Maine coastline from Crescent Beach State Park to the nation's first commissioned lighthouse. The incredible views, friendly competition and overall sense of community makes this a race worth running every year.

**FALMOUTH ROAD RACE**

Aug. 16; Falmouth, Mass.  
Falmouthroadrace.com

Summer in Cape Cod isn't complete without this historic 7-mile race. Celebrating its 43rd running this year, the Falmouth Road Race has seen legendary runners Bill Rodgers, Frank Shorter and countless elite athletes speed through its course. Registration for Falmouth residents opens on May 1 and for non-Falmouth residents on May 8.



Falmouth Road Race

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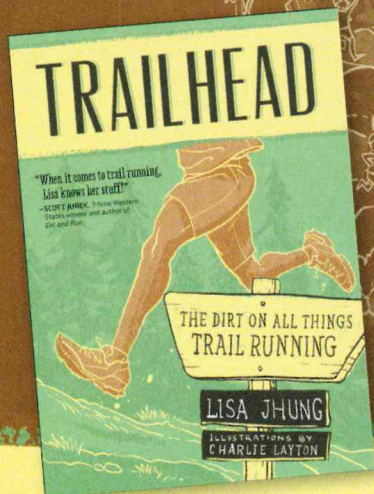
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**TRAIL**

**NITRO TRAIL HALF MARATHON**

May 30; Richmond, Calif.  
[Brazenracing.com/nitrotrail](http://Brazenracing.com/nitrotrail)

Discover Point Pinole Regional Shoreline Park, a hidden gem of Northern California, by running this fast-paced and scenic race. Relatively flat, the course is perfect for first-time trail runners with little to no technical terrain and gently rolling hills that open up to panoramic bay vistas.

**CAYUGA TRAILS 50**

May 31; Ithaca, N.Y.  
[Cayugatrails50.com](http://Cayugatrails50.com)

This 50-miler will test your stamina and skill to navigate trickier paths. Climb and descend roughly 10,000 feet while running through gorges, past waterfalls, up stone-cut stairs and over creek crossings that make up the variable terrain. Although only a single winner can claim the \$10,000 prize purse, there are in-race opportunities to win shoes, pies, sunglasses and even a race entry refund.

**SUMMER NIGHT TRAIL MARATHON**

June 6; Indianapolis, Ind.  
[Summernighttrailmarathon.com](http://Summernighttrailmarathon.com)

Instead of an early-morning trail race that heats up as the day progresses, stay cool with an evening trail marathon starting at 9:30 p.m. Because night trail running requires some skill, you must have proof that you've finished either a trail marathon under 5 hours or a trail ultra with an average pace of 11:29 minutes per mile before registering.

Cayuga Trails 50



PHOTO: GARY LOW



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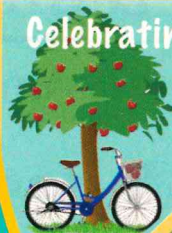
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**TRAIL**

**AFTON TRAIL RUN 50K AND 25K**

July 4; Afton State Park, Minn.  
[Aftontrailrun.com](http://Aftontrailrun.com)

This ultra race offers a single (25K) or double loop (50K) around Afton State Park's trail system within the St. Croix River valley. Established in 1994, the Afton Trail Run has continued to attract runners from all over the country to compete on the vast and hilly prairie-lands of Minnesota.

**TRANSROCKIES RUN3**

Aug. 11-13; Buena Vista, Colo.  
[Transrockies-run.com](http://Transrockies-run.com)

For those who prefer more of a guided trail ultra instead of battling it alone for 50-plus miles, this three-day, 58-mile trail race may fit your needs. (There is also a six-day, 120-mile version too.) It's more about the experience and less about the competition in which TransRockies provides each participant with a tent, breakfast and dinner, bag service and hot showers at the end of each day.

**JAY PEAK TRAIL RUNNING FESTIVAL**

Sept. 5-6; Jay Peak, Vt.  
[Jaypeaktrailrun.com](http://Jaypeaktrailrun.com)

Spend Labor Day weekend running the trails of Vermont at the Jay Peak Ski Resort in this family-friendly event. A kids' trail race, three 5Ks on Saturday, a 25K and 50K provide plenty of options for all levels of trail runners throughout the weekend festivities. Also, volunteers receive free water park passes, as well as being able to enjoy some of the festival activities.

TransRockies Run3



RAVEN/EVE PHOTOGRAPHY COURTESY OF TRANSROCKIES



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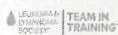


# MAY 29-31, 2015

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[RunRocknRoll.com/San-Diego](http://RunRocknRoll.com/San-Diego)



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**INTERNATIONAL**

**THE BIG FIVE MARATHON**

June 20; Entabeni, South Africa  
[Big-five-marathon.com](http://Big-five-marathon.com)

Experience an African safari tour on foot while running through the private Entabeni Game Reserve. A destination race for the adventurous, nothing separates runners from wild elephants, rhinos, lions and leopards along a 26.2-mile route through the grassy, hot savannah plains.

**AUSTRALIAN OUTBACK MARATHON**

July 25; Yulara, Australia  
[Australianoutbackmarathon.com](http://Australianoutbackmarathon.com)

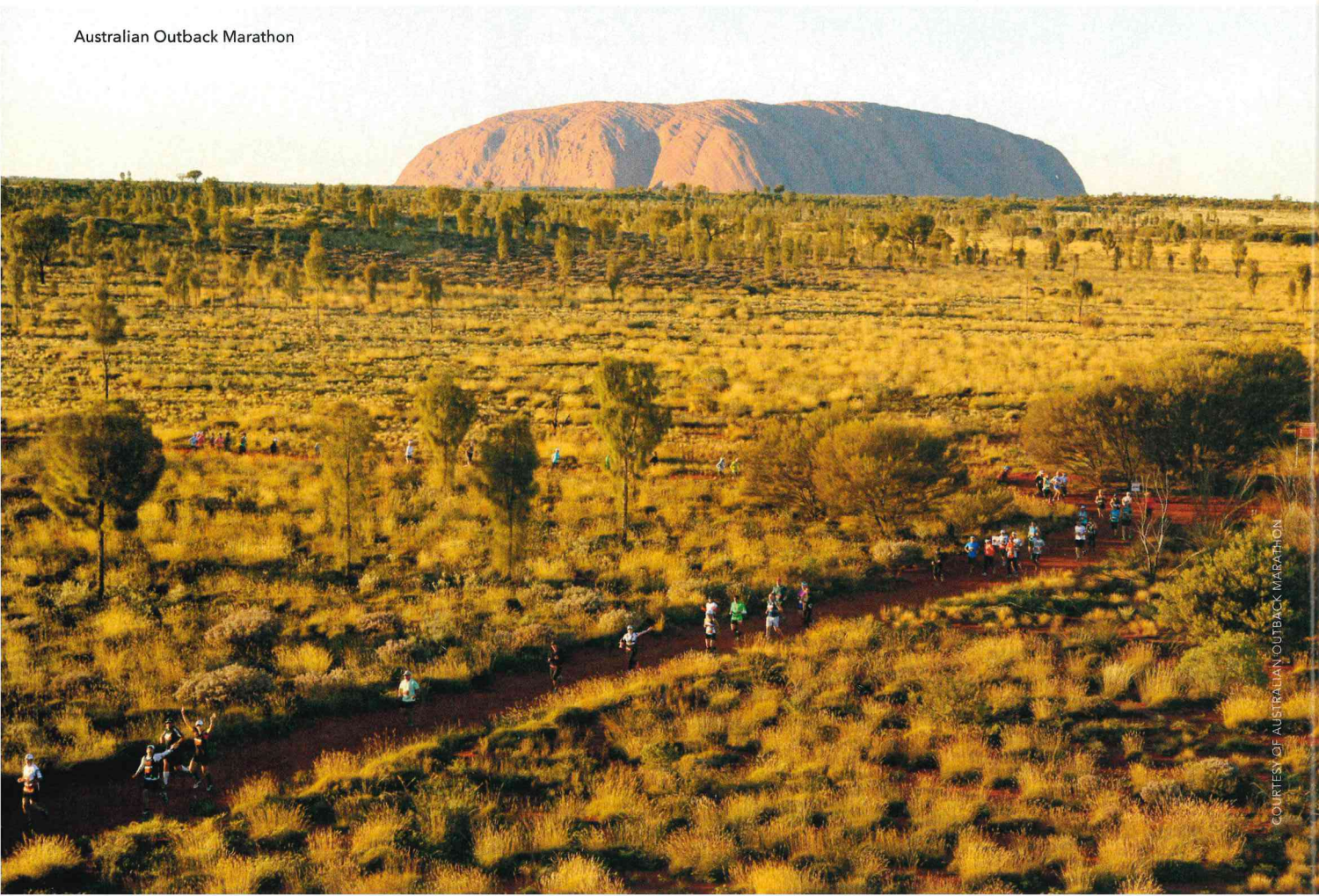
An off-the-grid race in the Australian Outback should be on every adventurer's bucket-list. This "Down Under" marathon course is mostly run on flat fire trails covered in red dirt with the occasional inclining sand dune. Although the terrain can be challenging, views of the massive Ayers Rock around mile 22 makes for a rewarding sight before the finish.

**MARATONA CAIXA DA CIDADE DO RIO DE JANEIRO**

July 26; Rio de Janeiro, Brazil  
[Maratonadorio.com.br](http://Maratonadorio.com.br)

Like the city of Rio de Janeiro, this marathon is colorful, loud and festive. In fact, the hardest part of this race might be to stay on the course itself as runners pass Brazil's enticing Ipanema and Copacabana beaches. This race also generates a large spectating crowd toward the finish line with a post-race fiesta to remember.

Australian Outback Marathon



COURTESY OF AUSTRALIAN OUTBACK MARATHON



**TRI FOR THE CURE**  
 August 2, Denver  
[TriForTheCure-Denver.com](http://TriForTheCure-Denver.com)

Tri for the Cure is a women's only sprint-distance triathlon where women of all ages and fitness levels unite in a celebration of "Strength, Sisterhood and Self." The course includes a half mile swim, 11.4-mile bike ride and 3.1-mile run that is achievable for every woman. Relay teams of two or three women provide another great option for participants to become triathletes. Tri for the Cure benefits Bright Pink, a non-profit organization focused on risk-reduction and early detection of breast and ovarian cancer in women. It's time to Tri, it will change your life!



**GOPRO MOUNTAIN GAMES**  
 June 4-7, Vail, Colo.  
[mountaingames.com/summer](http://mountaingames.com/summer)

The GoPro Mountain Games are the country's largest celebration of adventure sports, art and music. Professional and amateur athletes from around the world converge upon the mountains and rivers of Vail to compete in nine sports and 25 disciplines for more than \$110,000 in prize money. Events include kayaking, cycling, mountain biking and trail running, just to name a few. There will be multiple free concerts and Gear Town, the equivalent of a farmer's market for outdoor junkies.



**ZOOMA COLORADO HALF MARATHON AND 10K**  
 Oct. 24, Colorado Springs, Colo.  
[zoomarun.com/colorado](http://zoomarun.com/colorado)

Gather your girlfriends! Run a scenic and challenging half marathon or 10K in one of America's great mountain towns. The spectacular Broadmoor Hotel and Resort serves as the center of the race weekend, as well as the start and finish to both races. Enjoy a full fit-girl weekend schedule with a fitness expo and mocktail party before the race, followed by a post-race After Party Expo, featuring wine from Barefoot Wine & Bubbly, post-race massages, shopping, and music. And you won't leave empty handed: ZOOMA gives an impressive swag bag to runners and all finishers receive a medal.



**BEND BEER CHASE**  
 June 6, Bend, Ore.,  
[bendbeerchase.com](http://bendbeerchase.com)

The Bend Beer Chase is a unique one-day relay located in "Beer Town USA." Throughout the scenic 70-mile course, you and five friends experience 16 local craft breweries in Central Oregon. The final Keg Leg is team pub-crawl, visiting six breweries in Bend and a finish-line party at Crux Fermentation Project.



1/2 Marathon - 10K - 5K - Kids Fun Run! - Marathon Relay

**CODA COFFEE ESTES PARK MARATHON**  
 June 21, Estes Park, Colo.  
[epmarathon.org](http://epmarathon.org)

One of the most scenic races in Colorado, the Coda Coffee Estes Park Marathon, Half Marathon, 10K and 5K features an award-winning views of Rocky Mountain National Park. You will finish feeling inspired and thankful for accomplishing this amazing course. Join us to celebrate the 100th anniversary of Rocky Mountain National Park this year.



**34TH ANNUAL CARLSBAD TRIATHLON**  
 July 12, Carlsbad, Calif.  
[carlsbadtriathlon.com](http://carlsbadtriathlon.com)

The Carlsbad Triathlon starts at Tamarack Surf Beach following the coastline of Carlsbad, past scenic beaches, lagoons and a wildlife preserve. The triathlon boasts a 1K ocean swim, a rolling 25K bike course and a smooth 5K run for the finish. This race is for everybody: from first-timers to elites.

**NOVELTY RUNS**

**FILTHY 5K MUD RUN**

May 15; Richmond, Va.  
 Dominionriverrock.com

This muddy 5K kicks off Dominion Riverrock's outdoor sports and music festival weekend. The course includes trudging through the James River, rock hopping, and climbing over and crawling through natural obstacle courses. Celebrate with a beer post-race in your filthy mud run attire.

**FOAM GLOW 5K**

June 6; Las Vegas  
 Foamglow.com

Imagine The Color Run, but with glowing, colorful foam. Runners will be doused in orange, pink and blue foam as they progress along the night course under black lights. The race eventually culminates in a sudsy, glow-in-the-dark rave at the finish line.

**UNDERWEAR RUN**

July 17; New York City  
 Nyctri.com

Every year on the Friday before the New York City Triathlon, triathletes and runners strip down to their skivvies and participate in a 1.7-mile fun run through Central Park. Participants get creative with elaborate wigs and wearable props that make this run truly fun and wild.

Foam Glow 5K



COURTESY OF FOAM GLOW 5K



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## TRACK STAR

Jenny Simpson, 28, Boulder, Colo.

Two-time Olympian Jenny Simpson is one of America's best runners on the track, having earned world championship gold (2011) and silver (2013) medals in the 1,500-meter run. She was the world's top-ranked 1,500-meter runner last year and came within a fraction of a second of breaking Mary Slaney's 1983 American record of 3:57.12. In February, Simpson set a new U.S. mark in the indoor 2-mile run of 9:18.35. She's preparing for this year's world track championships in Beijing in August.

### How did you start running?

There were a lot of value-building things that my parents introduced me to when I was younger—and that's good, parents should impose those things on kids—but running was really 100 percent my idea.

### Favorite place to run?

I appreciate tradition and history, and the Olympic stadiums really capture that in a special way. I feel fortunate to have raced in my own Olympic experiences in Beijing and London, and to be able to have run in Olympic stadiums in Moscow, Tokyo and Stockholm. I feel very connected with the women who paved the way before me when I'm there.

### Last good book?

I just finished "Memoirs of a Geisha." It's one of those books that people think, "Oh, it's assigned in high school so it can't be that good." But it's a really beautiful and fun

story. I also recently read "Gone Girl," which was quite disturbing and creepy.

### Last good movie?

"The Way," with Martin Sheen was really good. But I'm a total sucker for happy comedies or silly movies too. So much of life is really meaningful and important, but I love the escapism and enjoy watching ridiculous movies sometimes.

### Favorite splurge food?

Everybody knows I love ice cream. What it does for my spirit probably more than offsets what it doesn't do nutritionally. It's something I never feel too guilty about.

### Advice to runners?

No matter if you're a first-timer or a high-level runner, the biggest thing you need courage for is getting to the starting line. It's the courage to commit and prepare. Once you're at the starting line, it's just about executing your race the way you have prepared to.

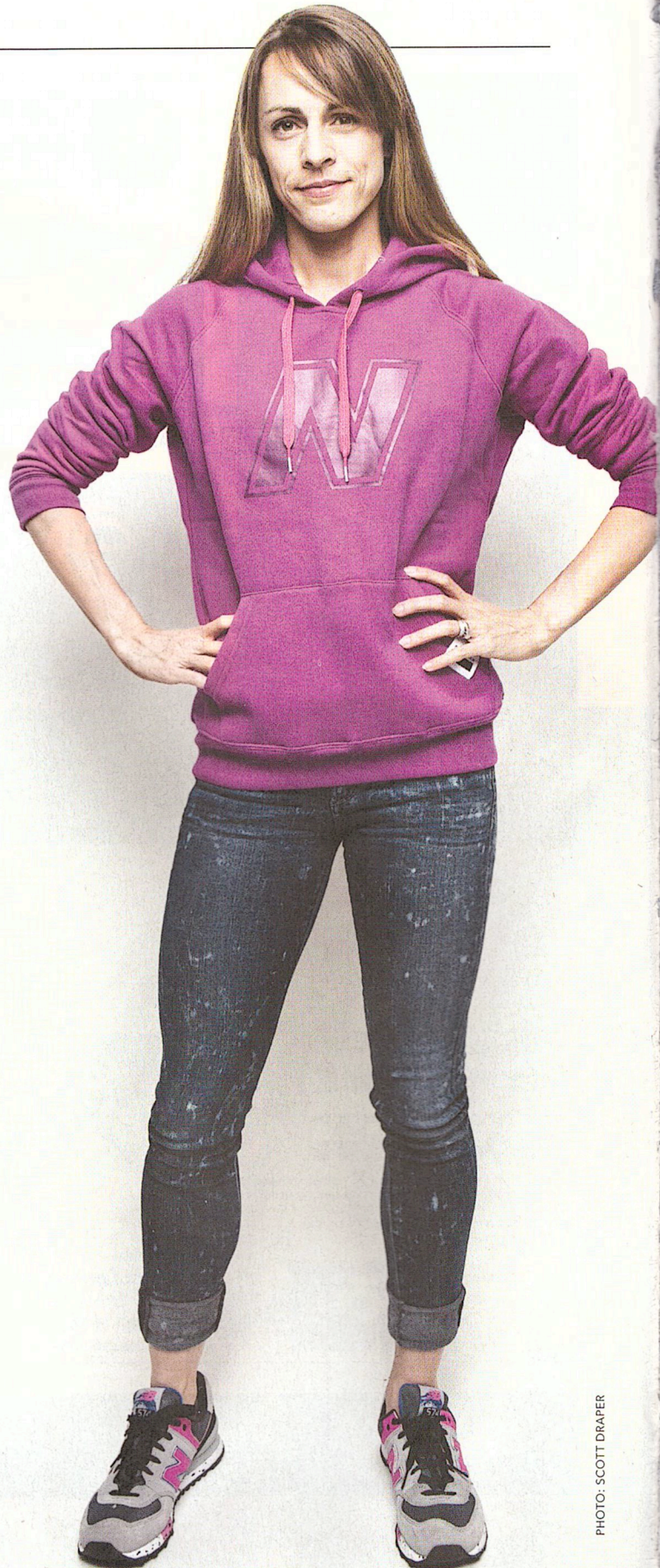
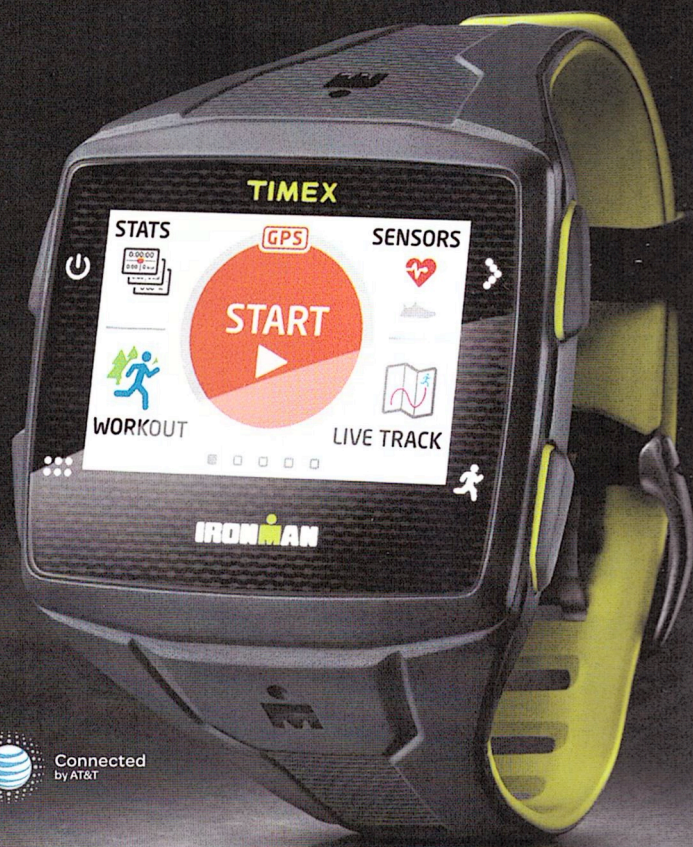


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