

THE LIFE LIST



26 THINGS EVERY RUNNER SHOULD DO (AT LEAST ONCE)

DO THE WORLD'S OLDEST RACE • BE LIKE PRE • DON'T COSTUME • RUN FOR SOMEONE ELSE

RUNNER'S WORLD

January 2007

New Year, New You

42 Tips to

- LOSE WEIGHT
- ➔ GET MOTIVATED
- STAY INJURY-FREE
- ➔ AND NEVER BONK AGAIN

2007 Marathon Guide

PLUS:
 Energy-Boosting Foods (PAGE 52)
 A Better Way to Stretch (PAGE 50)



BEGINNERS Find Your Perfect Pace

What's on Olympian Carrie Tollefson's Life List? See page 77

THE MOST INSPIRING RUNNER WHO EVER LIVED

The Terry Fox Story (PAGE 88)

WINTER FITNESS
Treadmill Boredom Busters
Cross-Training Workouts

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WARMUPS

Inside Advantage GET STRONGER AND MORE FLEXIBLE THIS WINTER

THE COLD TEMPERATURES AND SHORT DAYS OF WINTER can dampen the desire to lace up and head outside. You can give into this urge by hibernating with Ben & Jerry or by adopting a flexibility- and strength-building routine. (Guess which one we recommend?) Practicing Pilates, yoga, or the newly popular Gyrotonic® can remedy muscle imbalances, prevent inju-

ries, and get you primed for spring running, says Mark Plaatjes, a physical therapist and coach in Boulder, Colorado. But since all three techniques provide overlapping benefits—gains in flexibility and strength—it’s hard to determine which is worth your time. Here’s a breakdown of each method to help you select the best one for your mind and body. —Christie Aschwarden

			
	PILATES	YOGA	GYROTONIC®
THE METHOD	Pilates is a system of exercises that emphasize strength, flexibility, breathing, and body awareness. Many signature Pilates moves require a pulley-based “reformer” machine, but there are floor exercises (some incorporating stability balls) that provide similar benefits.	Yoga teaches mental focus, awareness of movement, and balance through a series of postures. Countless varieties of yoga exist. Some focus on relaxation, while others link poses in a fast-paced series. They all share a spiritual component that focuses and calms the mind.	GYROTONIC® develops muscle strength and flexibility through flowing, circular movements drawn from dance, tai chi, and swimming. Gyrotonic machines use an elaborate pulley system to work muscles and joints through their entire range of motion.
THE PAYOFF	Great abs and better performance. “Pilates helps you visualize and access your core muscles and make them relevant to running,” says Wendy Puckett, of Steamboat Pilates & Fitness in Steamboat Springs, Colorado. At mile 16 of last April’s Boston Marathon, a tired Puckett invoked a Pilates trick—lengthening the torso by lifting up from the belly button and activating the core—to pull her slumping upper body upright.	Flexibility, physical <i>and</i> mental strength. Yoga teaches you to relax your mind and body so you can run more efficiently, says runner Julie Southwell of Bend Yoga Center in Bend, Oregon. One student told Southwell that yoga’s mindful breathing exercises taught him mental concentration skills he needed to finish an ultramarathon. Yoga also helps runners overcome tight leg muscles—especially the hamstrings.	Stronger, more stable joints. “Gyrotonic incorporates moves that simulate running, so you build functional strength,” says Alice Diamond of The Body Connection in Boulder. Exercises that take the joints through the motions they follow while running help you develop running-specific muscle strength. The moves build your big muscle groups as well as tendons and supporting muscles, resulting in stable joints and fewer injuries.
BEST FOR	Those who are too fidgety for concentrated yoga poses and would like a do-it-yourself option. Yoga can also be done sans instructor, but Pilates is easier to pick up on your own.	Those who get overwhelmed with pre-race jitters, struggle to stay focused and positive in race situations, and find touching their toes to be nearly—or completely—impossible.	Those who have been plagued by injuries and for whom building strong joints is a top concern. Also good for those who are simply looking for a fresh alternative to the weight room.
NOT FOR	Those looking for a strong meditative component. Though it does use visualization, Pilates is generally more active and less contemplative than yoga.	Those looking for instant gratification or an endorphin high. It takes practice for yoga moves to flow fluidly, and you finish feeling relaxed, rather than buzzed.	Those outside urban areas, where instructors can be sparse (find one at gyrotonic.com). To achieve maximum results, you should first learn from a pro.