

# FITNESS



Dawn Dais hated running. And it didn't like her much, either. Her fitness routine consisted of avoiding the stairs in her own house, because who really has the energy to climb stairs? It was with this philosophy firmly in place that she set off to complete a marathon as a tribute to her grandfather.

*The Non-runner's Marathon Guide for Women* (\$14.95 at amazon.com), shows how Dawn took on something

that seemed impossible and found the focus to see it through. It's also about how many carbs you can eat when you move your butt on a regular basis.



“Whether you think you can, or you think you can't, you're right.”

Henry Ford

## 1 Great Piece of Training Advice

When you train for a marathon, you're constantly reminded of all the joy you'll feel when you cross the finish line. Yes, you'll have an overwhelming sense of accomplishment, but it is also important to acknowledge what you're accomplishing along the way.



Dawn combined her 8 week book tour with efforts to raise money and awareness for the rebuilding of New Orleans. Find out how she made a difference at [dreaminmotion.net](http://dreaminmotion.net).



More than just that one big moment, your marathon will be the culmination of subtle changes and noteworthy milestones. It's in these little moments you'll realize, as many a profound person has observed, that the journey is worth more than the destination.

So do yourself a favor: After you finish a long run, take a moment to bask in the glory of getting one step closer to your overall goal. I give you this advice because it's the advice I had trouble taking from others. One day after a horrible 16-mile run, I dragged myself to a party where random people inquired about my training. Without fail, each said something along the lines of, "I think it's amazing what you're doing." Normally, I would just shrug these comments off with a "No, believe me, nothing about my running is amazing." But that day, I actually allowed myself to start believing their compliments.

Maybe it was amazing I had finished 16 miles. It was even more amazing considering the strenuous activity I usually got credit for at parties was my ability to name all seven layers of bean dip without any hints. About that time I started becoming a little more impressed with myself, and not only with what I was attempting to do, but with what I'd already done.

So go my little runners! Embrace the moments of your life! Run in slow motion (or if you're like me, just run), give people high-fives, and celebrate what you're accomplishing as you accomplish it. I promise it'll make training much more enjoyable.

It's important to realize from the start that running is not a competitive sport. The only person you're competing against is yourself, and you have to like the odds on that. The fastest way to grow frustrated is to compare yourself to other runners.

## Dawn's "Should I Train for a Marathon" Test

**True or False.** I have no real need to get anywhere when I run; I enjoy running for hours only to end up in the same place I started.

**True or False.** Any sport in which people have been known to literally die of exhaustion while participating is just the kind of sport I've been looking for.

**True or False.** I'm interested in finding out exactly how many muscles I have in my legs.

**True or False.** I've been sleeping way too much, so I've been looking for something to take up a few hours on my Saturday mornings.

**True or False.** I want to perfect the art of peeing in a shrub without being seen by anyone.

**True or False.** My knee joints are overrated.

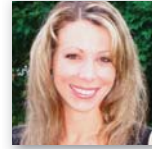
**True or False.** I have no stairs in my home.

**True or False.** Sometimes, when I'm driving long distances of, say, fifteen miles or so, I feel the overwhelming urge to pull my car over and simply run the rest of the way.

**True or False.** I have a very good health plan.

If you answered true to all of the above, you are ready to train for a marathon! And to begin some sort of psychotherapy. So strap on those shoes, grab your water bottle, and jog down to your shrink's office. It's trainin' time!

## First Class Fuels



Mileage, core strength, reps...with all the time you dedicate to working out, when's the last time you reset your training table? Choosing the right mix of first class fuels is essential for achieving peak performance. Here Lisa Tartamella, MS, RD, CD-N, Yale University's sports nutritionist, shares five tips to get you started.

**Count on your carbs.** Carbohydrates are the premier energy source for working muscles. Think beyond bread and pasta. Whole grain cereals, fruits, vegetables, beans, and dairy foods are not only energy powerhouses, but rich in antioxidants and minerals.

**Pick your proteins.** Protein's amino acids are building blocks for muscles. Stock up on these protein picks: eggs, fish, chicken, turkey, lean roast beef, soybeans, low fat dairy products, beans, nuts and seeds.

**Fit in the finer fats.** True it's a concentrated source of energy, but fat also protects bones from injury and helps the body absorb fat-soluble vitamins. Choose heart healthy options like olive oil, nuts and nut butters, avocados and flax and sunflower seeds.

**Divide and Conquer.** Think "peace sign" when it comes to picking your portions. Fill 1/3 of your plate with whole grains, 1/3 with fruits and vegetables and 1/3 with lean protein.

**Drink up...and stay hydrated.** Stay ahead of your thirst by fitting in fluids throughout the day. Then, drink two cups two hours before every workout and another cup 30 minutes right before exercising. Sip a sports drink if you're active for 90 minutes or more.

## FPO

Saucony's ProGrid Hurricane 9 provides the perfect blend of cushioning and stability to give you a plush ride. And it's durability and light weight will make it great for your travels. \$130 at Lady Foot Locker.

