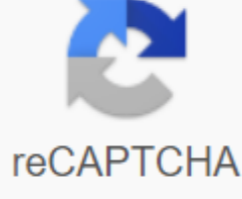


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While keeping the magazine running, a good old-fashioned paper magazine is just fine for some people. You can also go online to find information from other runners about their logs. This can give you ideas on how to organize and track your own progress. If you want to keep a digital journal, a spreadsheet program like Microsoft Excel can be useful. You can even purchase running software for use on your desktop, and many websites have online tools to help you keep track of your data. One detail that is important to the magazine is how far you work. Many runners make the total distance first entry in a running log. If you decide to become more competitive, even if it's just with yourself, you also want to keep track of how much time you take to run that distance. Keep an eye on the date and time of day so you can track where your fast times are falling. You may find that you work better in morning jogs than evening runs. Advertising After all, you'll probably mix your routes, so it's smart to track the terrain. This will help you put your work times in perspective, as it will take longer to run a hilly trail than a flat, paved road. Weather can also be a big performance factor, so pay attention to things like humidity and temperature, or if the day was particularly windy or rainy. Recording any pain that you feel can help you learn to identify symptoms and patterns while running, which can help you prevent injury. If you find that you hit a wall at some point or that hills can aggravate your shins, it's good to document it as well. General comments about how you felt that day - physically or emotionally - are good to enter, too. For example, if you have a cold and it has affected performance, write it down. Over time, your work log will help you see patterns in the learning process, and you'll be able to analyze them to improve performance. You should always try to look at the bigger picture rather than being obsessed with individual runs. You may find that some routes and weather conditions will help you run further and faster, while others increase your efforts or add time for your launch. These details will help you customize your workouts so that you can come to work on areas that need it. Finish the account next page for a lot more information about keeping running the log. Page 2 Running 26.2 miles (42.2 km) is not an option for most people runners included. A lot of people don't even like to go that far. That's why the marathon is the ultimate mental and physical will and endurance for the runner. From the very beginning in Greece, the grueling length of the marathon defied millions of runners - a distance so difficult that the messenger, who first ran the distance, fell dead at the end. While it's not exactly an endorsement for running from a distance, the story hints at the dedication and training required by a marathoner. Advertising whether they are working for glory or just knowing that they can, runners everywhere train during the day they can finish first. In this article we look at the five biggest marathons around the world. So for you long distance runners looking for the ultimate challenge, check out the next page. Content Although it does not boast the numbers of other marathons on the list, Chicago makes the top five as one of the races that make up the World Marathon Majors. This team of five races, which all make it the top 5, was formed in 2006 and shares a one million dollar purse among the best male and female entrants. Chicago is smaller than the other four, but the flat, wide course is known for its speed, and it's a consistent favorite among runners, partly because of the cool conditions during its October slot. Launched in 1977, the Chicago Marathon hosts runners from all 50 states and more than 100 countries. While Chicago can take up to 45,000 runners, the maximum number of finishers so far is 33,703 in 2009. The total purse is \$485,000, with a cool \$100,000 going to both male and female champion. Sammy Wanjiru set a men's course record in 2009 with a time of 2:05:41. The best female runner, Paula Radcliffe, set the mark in 2002 when she ran the race in 2:17:18. If you want to run the Chicago Marathon, you need to pony up a \$135 entrance fee. The Berlin Marathon, formed in 1974, originally passed through Grunewald, a heavily wooded area of the capital. In 1981 the course moved to the city proper, with runners competing in the center of West Berlin. After the fall of the Berlin Wall, the 1990 race was redirected to include sections of East Berlin as well. Like Chicago, the Berlin Marathon is known as a flat and fast race, which is a favorite for runners looking to break personal bests amid the coolest September temperatures. The race attracts huge and enthusiastic crowds that number over 1.5 million, and its scenic route through the historic architecture and the famous Brandenburg Gate attracts runners and spectators alike. Most of the race finishers seen came in 2008 when 35,913 of the 40,000 entrants broke the ribbon. The total purse for the race is \$340,000, with \$64,000 going to every male and female champion. Course records were set in 2007 and 2005 for men and women, respectively, with a time of 2:04:26 and 2:19:12. The entrance fee for the 2010 Berlin Marathon was \$170. Advertising If you are looking for a nice spring marathon and a scenic course, the London Marathon in April is a good choice. Another flat course, the London Marathon twists its way through historic parts of the English capital amid the rambling crowds and party atmosphere. Starting in 1981, the London Marathon has a fast course that gives runners a good chance personal bests, and elite runners get to get world records. More than 1 million noisy spectators rejoice on the field of 35,700, and in 2010 the record for finishers was set at 36,550. The total purse for the race is \$295,000, with \$55,000 going to top male and female runners, while the rest are going to the other top 12 men and 10 female finishers. Sammy Wanjiru set a men's course record in 2009 with a time of 2:05:10. Paula Radcliffe claimed the women's record of 2:15:25 in 2003. The race begins in Greenwich Park in south-east London and runs through the city through the cobbled streets of the Tower of London, along the Thames and past the Houses of Parliament and Buckingham Palace. One of the unique aspects of the London Marathon is that it is a fundraiser for the London Marathon Charitable Foundation. The trust provides money for recreational projects, and in 2009 the race raised more than 4.5 million pounds (\$7 million) - more than any other race in the world, thanks in part to a 100-pound (155) entry fee. Advertising Another good choice for the spring race is the historic Boston Marathon, which has been held every April since 1897, making it the oldest annual marathon in the world. The course has changed only slightly over the years, from the beginning in Hopkinton to the finish line on the historic Boylston Street. The race is probably the most famous Heartbreak Hill, a 0.4-mile (644-meter) climb that gives runners a view of downtown Boston and the finish line once they hit the top. Another unique aspect of the Boston Marathon is the small field of 25,000, making it one of the few major marathons requiring qualifying times depending on age and gender. Times are subject to review and verification. In 2008, more than 500,000 enthusiastic spectators watched 21,948 runners finish and split the \$796,000 purse, \$150,000 of which went to each male and female champion. Course records were set in 2010 and 2002 for men and women, respectively, with a time of 2:05:52 and 2:20:43. If you can qualify and you are interested in running the most historic marathon in the world, you will need to pay a \$130 entrance fee. Advertising New York makes everything great, and the city's famous marathon is no exception. In addition to being a huge field of international runners and 2 million New Yorkers coming out to support marathon runners, the New York City Marathon takes place on the largest media scene in the world, with TV viewers topping 300 million. It also boasts the largest prize purse of all major marathons, with a total of \$800,000 will be given out for the 2010 race. Each male and female champion wins \$130,000 and that total goes up to \$200,000 for the previous champion. Cool drop temperatures in November are a big draw for runners as well. The race begins on the Verrazano Narrow Bridge and winds your way through all five districts on the way to the finish line in Central Park. In 1970, the first The York City Marathon had only 127 runners, who paid a dollar apiece to run a 26.2 mile (42.2-kilometer) course that loops several times through Central Park. The race capacity is close to 40,000, averaging about 38,000 trims most years. Since more than 90,000 people apply to run each year, qualification is based on a long list of rules ranging from work time and membership to the New York Road Runners (NYRR) club to whether a runner has participated in other Road Runner events. Race fees are \$149 for NYRR members and \$185 for non-members. The course records were set for men in 2001 with a time of 2:07:43, and in 2003 for women with a time of 2:22:31. Advertising U.S. runners take longer than ever to cross the finish line. HowStuffWorks details a study that tries to explain why. About Bank of America Chicago Marathon. World marathon majors. 2010. (August 25, 2010) Boston Marathon. World marathon majors. 2010. (August 25, 2010) the real, - BERLIN-MARATHON. World marathon majors. 2010. (August 25, 2010) Virgin London Marathon. World marathon majors. 2010. (August 25, 2010) the world marathon majors. World marathon majors. 2010. (August 25, 2010) Marathon. Apostolos Greek Tours. March 19, 2010. (August 25, 2010) Marathon: qualifying. Boston Athletic Association, 2010. (August 25, 2010) New York City Marathon 2010. New York runners. 2010. (August 25, 2010) London Marathon. London Marathon, Ltd. 2010. (August 25, 2010) World's Top 10 Marathons Runner's World. July 8, 2000. 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