

WOMEN'S Running

3 FREE TRAINING PLANS
DOMINATE YOUR RUN!

RUN YOURSELF
**SLIM+
HAPPY**

Weight loss, energy
and confidence tips
from *American Idol*'s
Jordin Sparks

**FIND
YOUR
SOLE
MATE**

12 HOT NEW
RUNNING SHOES

**LEAN LEGS,
TONED BUTT**
IN ONLY 18 MINUTES

**TOP
MISTAKES
NEW
RUNNERS
MAKE**

Are You
#DoingItWrong?

*Perfect
Race-Day
Diet*

BREAKFAST + SNACK
= SPEEDY FINISH

**10
AMAZING
RACES**

MAY 2013

\$4.99



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#BXNVGKG *****AUTO**5-DIGIT 55117
1085

BROWNIE RECIPE

Social Life



BLOGGER
ON THE
RUN

LORI from IN THE EQUATION

"I led a sedentary life and, at my heaviest, weighed 381 pounds," says Lori. "Over the course of just 18 months, I completely changed my diet, got fit and lost 200+ pounds. I celebrated my accomplishment by tackling my first-ever 10k race. I adore my new active lifestyle and I love inspiring others to get off the couch or out of the office chair and change their lives. I aim to be a role model for all of the obese people who tell themselves they can't do it. I am living proof—yes, you can!"

Meet Lori and other inspiring Bloggers On The Run at womensrunning.com!



FACEBOOK FEED

Women's Running

What is the best advice you can give to a new runner?

Hope Crawford

Go for time instead of distance. If you can only do half a mile in 30 minutes, so be it!

Vanessa Arnold

Don't compare yourself to others. Keep track of your own progress and remember that ANY run is a good run!

Michelle Wilson Richardson

Run a slower pace than you think you should in the very beginning. Most new runners try to do too much, too fast and give up quickly.

Heather Eaton Richert

One mile makes you a runner just as much as 26.2 miles do. Do it because you love it.

Cills Marie

Mind over matter. When you think you can't go any farther, keep going. Push that thought out of your mind. You will be amazed at how far your body can go. Also...toenails are overrated. ;)

Share your thoughts at facebook.com/womensrunning!



TWITTER TREND WE <3

@WomensRunning What's the craziest food you crave post-run? [#rungrly](#)

@amyb_714 Slushies and pineapples! [#rungrly](#)



@EmzMorriss Honeydew melon and natural yogurt! [#rungrly](#)



@MileageMama I apologize to anyone at Subway who had to smell my post-long-run stinkiness. But I was [#rungrly](#) after 12 miles!



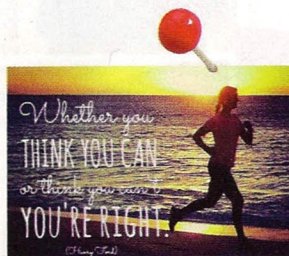
@starterfour10 Have not even taken off my coat and trainers and I'm already eating bread and butter pudding. [#rungrly](#)



@NicLoves2Run During one particular long run, around mile 9 I wanted chocolate-peanut butter ice cream and Gatorade...at the same time. [#rungrly](#)



Follow the chatter
@WomensRunning!



Fantastic tips, delicious recipes and a healthy dose of motivation await you at pinterest.com/womens-running!

YOU LIKE US! YOU REALLY LIKE US!

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