

RACES+PLACES

TIPS, TRENDS,
and MUST-RUN
EVENTS



Participants
run along rural
roads outside
Rocky Mountain
National Park.

ESTES PARK MARATHON AND HALF

June 21 (2016 registration opens August 15), Estes Park, Colorado
epmarathon.org

GET SPOOKED

Take a ghost tour (\$20 to \$25) of the circa-1909 Stanley Hotel and you may hear the eerie sounds of giggling children on Floor 4 or encounter the benevolent spirit of housekeeper Elizabeth Wilson (victim of a 1911 explosion at the hotel) in Room 217. stanleyhotel.com

With a starting elevation of 7,550 feet and 2,000 feet of climbing, the Estes Park Marathon has long attracted runners seeking a test of will. But the 12-year-old race has itself been challenged. Over several days in September 2013, 17 inches of rain inundated northern Colorado, turning roads to rivers, killing 10 people, and destroying thousands of homes. Estes Park—a remote, 6,000-resident hamlet bordering Rocky Mountain National Park—flooded so badly that nine months later, five miles of the marathon course were still impassable. Organizers redrew the route to include a double loop of parts of the scenic half course, which is how it remains today. On race day last year, locals donned “Stronger than the Flood” T-shirts and a record 1,100 runners turned out. The town has since bounced back, and the event—which includes a 5K, 10K, half, full, relay, and kids run—is thriving. On the next page, real runners explain why. →



● RARE BEAUTY

“This was my 100th marathon and I have to say, you just don’t often get vistas like this. You’ve got the snow-capped Rocky Mountains in the distance, and then you run by the Stanley Hotel, which famously inspired Stephen King’s *The Shining*. There’s a lily pond with muskrats swimming in it at mile 24, and you finish up near Lake Estes. If you’re looking for scenic value, it doesn’t get much better.”

—BENJI DURDEN (1980 OLYMPIC MARATHONER), 63, BOULDER, COLORADO

● SERENITY AND SOLID PRIZES

“Aside from the wildlife, you feel like you have the course to yourself. And (for being the top female marathoner) I won an overnight stay at the Stanley Hotel (rooms starting at \$175 per night).”

—BECKY SMITH, 30, LAKEWOOD, COLORADO

● ROLLING TERRAIN

“The course is tough, and the elevation gets you at first—especially if you’re from sea level—but the hill placement is perfect. You start with a downhill to get warmed up, and then you have a long incline (three miles at three percent grade starting at mile 3.5) before you get a bunch of breaks. Sprinting onto the Estes Park High School track to finish the half marathon was fantastic.”

—ALAN HENDERSON, 49, PERRYSBURG, OHIO

● STAGGERED START

“My mother and I were able to see Dad off at the start of the half marathon (7 a.m.) and then get into the zone for our race (the 5K, which starts at 8:30 a.m.). So he was there to cheer us on when we were finishing. You could have a family member in every race (including the marathon, which starts at 6 a.m., and the 10K, at 7:15 a.m.) and you would all end up at the same place around the same time.”

—NICHOLE HENDERSON, 22, PERRYSBURG, OHIO

● SMALL-TOWN FEEL

“You don’t have to walk miles from your car to get to the starting line. You can go inside the high school beforehand to warm up or afterward to get out of the cold, enjoy food from local restaurants, and watch the awards ceremony. We went downtown the night before the half marathon and looked around at the cute little shops. It’s a nice place to hang out for a few days after the race.”

—ROXANNE THOMAS, 60, HAYWARD, WISCONSIN

REFUEL

Since 1986, Ed’s Cantina has been the local watering hole for runners, climbers, and cyclists. Feeling adventurous? Ask owner Karla DuBois to serve you up an avocado margarita with some bison enchiladas. edscantina.com



Ask Coach Jenny
Tips and tactics to
master evening races

Are there any benefits to racing at night?

If you’re not a morning person, it’s a chance to race when you’re fully awake and fueled. And, if you usually run in the evening, you may find that’s when you race your best. Plus, it’s a fun change of pace—in many places, races like these are offered only a few months out of the year.

How should I eat to prepare for an evening race?

The night before, have your normal prerace meal. On race day, flip the order of your meals in terms of size. If you’re racing at 6 p.m., for example, breakfast should be your biggest meal. Include fat, protein, and fiber so it stays with you. Have a lighter, easily digestible lunch, then eat a high-carb snack (like a piece of fruit or an energy bar) two hours before gun time.

What should I do during the day to make sure my body is ready?

If possible, limit your activity, but don’t be a complete slouch. Set an alarm every 45 minutes to get up and move around. Walk a loop around your home or office, walk up and down a few flights of stairs, or do some gentle stretches. People with more active day jobs will arrive at the race less rested but also less tight. Don’t forget to do your usual warmup prerace.

Jenny Hadfield is a running coach in Chicago. Visit her blog at runnersworld.com/coachjenny.

Race Inspired Events with landmarks that influenced authors and filmmakers

SHAWSHANK HUSTLE

This 4.4-miler starts and ends at the **Ohio State Reformatory**, the main filming location for Stephen King’s novella-turned-movie, *The Shawshank Redemption*. Fortunately, participants do not have to tunnel their way to the finish line.

July 25, Mansfield, Ohio
shawshankhustle.com



DASH TO THE FINISH LINE 5K

In J.D. Salinger’s *Catcher in the Rye*, Holden Caulfield ponders where the ducks in a Central Park pond go during the winter. You can wonder the same thing as you pass that spot at mile two of this race, which ends at the New York City Marathon finish line.

October 31, New York City, nyrr.org

QUEENSTOWN INTERNATIONAL MARATHON

With scenery straight out of J.R.R. Tolkien’s Middle Earth, this might be the one course to rule them all. The highlight is a stretch next to 112-square-mile Lake Wakatipu, a backdrop used in multiple scenes from *The Lord of the Rings* films.

November 21, Queenstown, New Zealand, queenstown-marathon.com

PHOTOGRAPH COURTESY OF THE MANSFIELD/RICHLAND COUNTY CONVENTION & VISITORS BUREAU (OHIO STATE REFORMATORY)