

Lean Legs! Flat Abs! Firm Butt!

fitness

GET A BODY THAT'S...

SLIM, STRONG, SEXY

Drop Pounds, Blast More Fat With This Fast Shape-up Plan

Age-Proof Your Skin in 60 Seconds
Mind, Body + Spirit

Out 500 Calories a Day
Without Ever Missing 'Em

HOT STUFF
Best Gear for Outdoor Fun

Summer Cookbook Recipes
Minus the Guilt

Totally Confident
Lose the Hang-ups and Love Your Shape

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PHOTO: JEFFREY MAYER/GETTY IMAGES

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HAIR: JESSICA BROWN

MAKEUP: JESSICA BROWN

editor's note

The Guts to Go On after running and finishing the half marathon.

Dr. Colón in Fitness Magazine Congratulations Mom, I love you.

We were also the great running veteran, and we had a New York morning of April 1, when more than 7,000 runners gathered at Central Park for the MORE FITNESS Women's Half Marathon. (In the past two years we've had to reduce the number of runners due to the hot temperatures and record-breaking heat.) The sunny-weather conditions made for ideal running conditions, but it was the girls' friendly support and happy smiles of the thousands of women cheering for their personal goals that made the event so electric.

We all had different reasons for training for the half-marathon—whether to lose weight, improve our health or simply prove that we could conquer the distance. But it also felt as though everyone who lined up at the start that day wanted to be there to honor someone who tragically wouldn't. Our 2010 champion, Sally Meyerhoff, got sick in a cycling accident just weeks before she was to return to our race to defend her course record. I was shocked to meet her parents, Tom and Cindy, who attended our event to bring the inaugural Meyerhoff Trophy to this year's first-place winner. Our special congratulations go to our runner-up, Suzannah, 23, who showed incredible grit, courage and got to not only run in the race but also finish impressively in fourth place. "Keep mile 1 thought about Sally," Suzannah says. "I knew she would want me to keep pushing harder."

That drive to push past your limits is what makes you tougher inside and out. I hope you'll join us at next year's race. In the meantime, keep aiming for new fitness challenges and let us know about your victories.

Betty

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