

Build Fitness That Lasts

FEEL GREAT ALL YEAR.
HERE'S THE PLAN.

LIVE THE ACTIVE LIFE

Outside

50 Ways to Live Large

**AMERICA'S
BEST RACES**
Scenic Courses,
Maximum Fun

**SEX ON THE
BEACH!**
Seven
Romantic
Getaways

**ESSENTIAL
GEAR**
Knives, Tools,
Boots & More

**THE CAMERA
THAT WILL
CHANGE THE
WORLD**

**#11 Start a
Business
You Love**

**#17 Finish Your
First Marathon**

**#29 Plan
Your Dream
Adventure**

**#37 Wrestle a
Tiger Shark***

* Not Recommended

STEVE NASH

How to Bring Your A-Game to Everything

MARCH 2009



OUTSIDEONLINE.COM



24 Hours of Moab

Pikes Peak Ascent

Manitou Springs, CO // Aug. 15
Running 13 miles to the top of a Colorado fourteener, mostly on singletrack, will alter your understanding of runner's high. The key to minimizing the hurt, says six-time winner Matt Carpenter, is to take it easy on the 13 switchbacks in the first three miles—the steepest section of the course—and start picking off runners on the wider, easier section above them. The aid stations are too far apart for mid-pack runners to stay fueled, so bring a few gels to avoid bonking. And no matter what the weather is like down low, bring gloves, a hat, and a jacket for above tree line. "Hypothermia will slow you down," says Carpenter. \$95; pikespeakmarathon.org

Hood to Coast Relay

Portland, OR // Aug. 28–29
Bad news: You'll be running 197 miles nonstop from Mount Hood to the Pacific Ocean. Good news: You have 11 teammates to help. Use them wisely. The 36 relay legs average five and a half miles, but the two best runners should take the fifth and ninth posi-

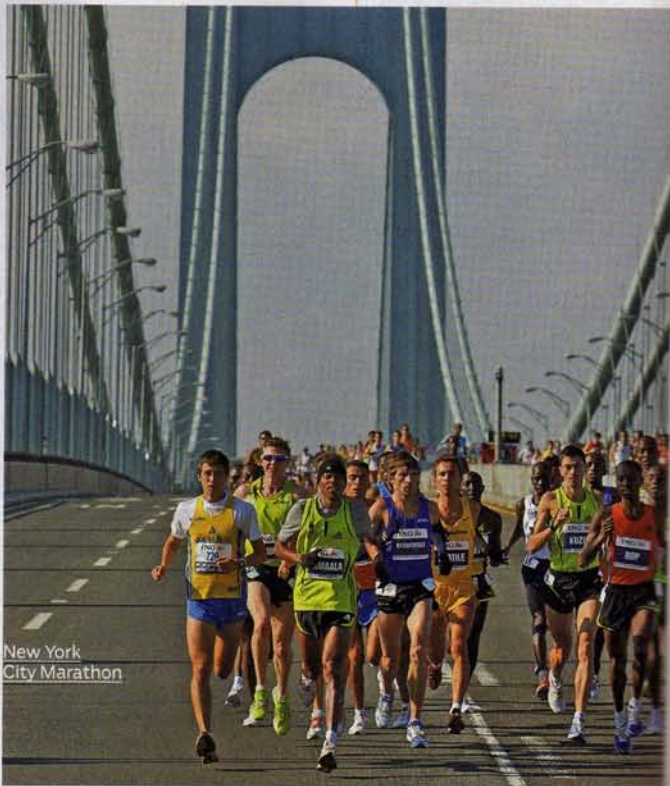
tions—the hardest and longest shifts overall—while the slowest racer should take the first, the descent from Mount Hood. Key tip for the downhill: Vaseline on your feet. "Blisters knock people out of the race more than anything else," says race founder Robert Foote. Pack your two chase vehicles well—beware of the long rural stretches with few amenities like food and gas—and don't forget your map. \$95 per runner; hoodto coast.com

24 Hours of Moab

Moab, UT // Oct. 10–11
It's the most famous 24-hour mountain-bike race, held in the



RACING



New York City Marathon

mecca of the sport, which is why 4,000 racers and spectators swarm this 15-mile loop every October. "The course alternates between rocky and really sandy," says Chris Eatough, six-time 24 Hour Solo World Champion. "So go with a wide tire—2.2 or 2.3 inches—since tread doesn't do much in deep sand or on rock anyway." And don't forget about comfort: Soft saddles, cushy suspension settings, and warm clothes for

the freezing nights will make the course a little less painful. \$150; grannygear.com

New York City Marathon

New York, NY // Nov. 1
First, you must remember this is the largest marathon in the world; you'll have 38,000 runners to contend with even before the race begins. If you're fast, you can guarantee a berth by logging a qualifying half- or

HOW TO CREATE YOUR OWN RACE

From the smallest charity 5K to the Tour de France, every race begins as someone's dream. For advice on launching your own event, we spoke with the man behind 24 Hours of Moab, Laird Knight, who's been promoting races for 25 years.

Pick the Right Spot > Getting insurance is pretty easy; there are standard policies. But land access will make or break you—dealing with private owners, the state, etc. Just know going in that this will be a lot of work. Also, do you have water and electricity or will you have to bring it in? That's a lesson learned the hard way. The 24 Hours of Moab site is 12 miles from the nearest utility.

Get Volunteers > Be enthusiastic, and share that. If you know where you want to go, people will help you get there. And take good care of them. Tell them what they're going to do and for how long, feed them, give them a memento, and thank them.

Prepare to Spend > It's a labor of love, for sure. At best, you lose money the first two years, break even the third, maybe earn back in year four what you lost the first two, then go into the black in year five.

Lose the Jerks > Listen to complaints, especially if they're offered with good intentions. But if someone is just mean and mistreats you or your staff, ban them. Remember, you're here for fun.