



PREVIOUS SPREAD: PHOTOGRAPHS BY SHAWN BENJAMIN / ARTKNOX.COM (THE GUNNIRN); MICHAEL WANDERL (PANNER & CYCISTS); TOP RIGHT: VINCE / CAMILO / JANDRE/STOCK.COM (RACE CLIMBER); STEPHEN MATERA (HIKER, YOGA); BOTTOM RIGHT: CYCLOST (LEFT); CLOTHING: JUDITH ARMOUR BRA, LUTULENEN SHORTS (WOMAN RUNNING); SPECIALIZED BICYCLE COMPONENTS HELMET, SHOES / CLOTHING (BIKER, TOP RIGHT); ICEBREAKER SHIRT, SALVOON SHORTS, NEW BALANCE SHOES (MAN RUNNING);

HALF MARATHON RACE

SPEED (S) Talking is virtually impossible.

RACE PACE (RP) The pace you plan to run on race day.