

Getting Started

ZAP Fitness Foundation cofounder and director Zika Rea shares her top five tips for new runners.

1. Start slow. Most folks begin their runs too fast and struggle to finish. The best approach is to start very slowly and gradually increase your pace every 5 to 10 minutes.

2. Be consistent. You have to stick with it long enough to reap the benefits. Get out the door and commit to 10 or 15 minutes, even if you're tired or don't feel like running. Chances are you'll end up going longer, plus you'll feel better on a day-to-day basis.

3. Hydrate. Drink water consistently throughout the day, so you don't have to worry about drinking during runs (unless it's a hot day). Plus, you'll also have more energy and your muscles will feel better.

4. Mix it up. Keep things fresh by varying your routes and efforts. Some days you may want to run a little slower, but go a little farther. Other times you feel like picking up the pace, but not going quite as far. Doing something different is a great way to stay motivated.

5. Set a goal. Grab a friend and sign up for a local race. Having a goal will keep your training on track and give you something to focus on for those days you just don't feel like working out. ●

"I never imagined being serious enough for running camp. But by the end of my first day, all of my misguided notions were proven false." —Scott Jones

Find the Right Shoes

"A good pair of running shoes, which should cost between \$80 and \$100, makes each outing more comfortable and helps prevent injuries," says Reebok Field Brand Representative Andy Keel. Here are his secrets for getting the perfect fit for you.

- Visit a specialty running store for an expert evaluation to determine if you need a shoe with more or less support. This is a good first step in finding the right pair of shoes.
- Try on shoes later in the day for a better fit. Your feet get larger after walking all day (the same thing happens while running).
- Stay open-minded about colors. The best shoe for you may be the brightest one in the store.
- Consider going up a half size. There should be a thumbnail's distance from your longest toe to the end of the shoe.
- Heel slippage is a common complaint among women. Lace your shoes using the last eyelet on each side to create a snugger fit around your heel.



Reebok rep Andy Keel advises runner Luci Vaden on selecting running shoes.

Runner Stamp of Approval

Here are three products to pick up before you head out on your next run.



Heart Rate Monitor/Watch

In addition to measuring your heart rate, speed, and distance, this monitor tracks your latest 16 training sessions. **POLAR RS300X SD:** \$249.95; www.polarusa.com

Foot Cream

Before lacing up your running shoes, rub this greaseless and stainless lotion on your feet to help prevent blisters or irritation. **SAVE MY FEET BLISTER ELIXIR:** \$20; www.peachesandbooboo.com



Running Skirt

Ditch the shorts for this fun running skirt that includes a seamless short with a pocket for your MP3 player. **NEW BALANCE BONITA RUN SKIRT 3.0:** \$50; www.newbalance.com