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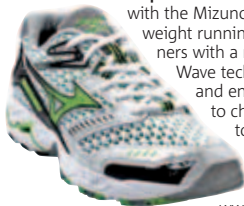
Super
Dave
facts

Cheer on or join Ultra Runners as they tackle the Diez Vista 50-kilometre running event this Saturday near Sasamat Lake. Details available at www.diezvista.itgo.com. Dave's hot sites this week are: www.fore runners.ca www.runningroom.com, www.runinn.com.

GEAR guide

MIZUNO WAVE PRECISION 7

Description: Go for your personal best with the Mizuno Wave Precision 7 lightweight running shoe. Built for runners with a neutral gait its Parallel Wave technology disperses shock and enhances stability. Be sure to check out other models to best match your particular foot strike.
Price range: \$139
Where to find it: www.mizunocda.com



POLAR F6 HR MONITOR

Description: Keep on track with your training with the Polar F6 Heart Rate Monitor. Tons of great functions that are easy to use, water resistant to 50 metres, and OwnCode eliminates interference from other heart rate monitors.
Price range: \$149.99
Where to find it: www.polarca.com



ASICS WOMEN'S COMPRESSION TOP

Description: This next to skin Compression short sleeve shirt from Asics is sleek, lightweight and the flat seam construction reduces chafing. The biomorphic compression design, which makes the garment fit close to your body, provides support for muscle efficiency and versatility. **Price range:** \$59.99
Where to find it: www.asicsamerica.com



ENERVIT CHEERPACK

Description: Cheerpacks provide an immediate, caffeine-free boost of energy for that mid-run surge or finishing kick. Super fast energy delivery that tastes great and is easy to drink while running.
Price range: \$5.99
Where to find it: www.enervitusa.com



Prepare for a great run

Devise a training plan and stick to it

By DAVE NORONA
for Metro Vancouver

ON APRIL 15, WHERE will you be when one of the biggest runs in Canada takes place?

The Vancouver Sun Run is one of the city's great events where thousands of people sign up to walk, run or roll their way along the scenic 10 kilometre route.

Each day you can see running groups of all ages, sizes and abilities putting in their training and enjoying the fresh air and camaraderie of their group. Here is how you can join in and have the best Sun Run ever.

The first and most important thing to do is to sign up. Don't worry about your fitness level, pace or stamina. Just join in, smile and walk to the finish. If you are scared to go alone then sign up with a friend and promise to help each other get through it together.

When it comes to training, consistency is best. Instead of trying to hammer out long kilometres periodically, get out three to four times per week on a consistent program. Being consistent ensures that your body will be ready to tackle anything that happens on race morning. If you can do 20 to 40 minutes of non-stop walking or jogging,



WWW.FRONTRUNNERS.CA

Training consistently with friends, like above, is a great way to have fun and stay in shape. Dave Norona, far right, takes part in the Sun Run.

you're good to go.

Seed yourself according to your ability. Each year many people go out way too hard or start in a group that is too fast for them and end up suffering through the event or worse, dropping out. Only you know what you're capable of, so make a plan and stick to it. You should be proud of your accomplishment no matter what your time is or where you place. After all, you're doing this for your health and well-being, not to see how badly you can beat someone.

Eating is one of the most important things we need to do each day to function



DAVE NORONA PHOTO

properly. Add training to this and your food intake becomes very important. Try to eat 4-5 smaller meals throughout the day, as this will help you feel light and energized. Fruits and vegetables should be at the top of your list, followed by carbs and protein. Don't starve your body as it needs all the proper ingredients to grow, produce and repair itself.

Drinking is equally important. Coffee, pop and other caffeinated, sug-

ary drinks do nothing but wear you down. Choose water or juice in the morning to keep you hydrated throughout the day. Don't forget to practise drinking during your training as you will need to stay hydrated along the race route as well.

Finally, arrive at the starting line early, have a good warm up and smile lots. Remember sports are all about fun so enjoy the amazing music and cheering spectators that are all there for you.



The Madness Continues!

All Weekend Long!

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ALL PARTS & ACCESSORIES

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KEVIN BARTKOWSKI - WHISTLER, BC PHOTO: STERLING LORENCE



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