

■ **SUPER DAVE FACT:** Vancouver Snow Show this weekend at the Vancouver Convention & Exhibition Centre, 999 Canada Place. [www.vancouver-snowshow.com](http://www.vancouver-snowshow.com).  
SOURCE: Metro Vancouver



■ **HOT SITES:** Check out these hot running websites: [www.marathontraining.com](http://www.marathontraining.com), [www.trailpeak.com](http://www.trailpeak.com), [www.bcathletics.org](http://www.bcathletics.org).  
SOURCE: Metro Vancouver



## WESTCOAST WEEKEND

# Running to better health

## Autumn a good time to update your gear

By DAVE NORONA  
for Metro Vancouver

The bright fall leaves cling to their branches as you stride effortlessly up the road. The crisp fall air enters your lungs and brings with it a surge of adrenalin that propels you forward.

Fall is such a great time to lace up your running shoes and head out the door for an early morning or evening run.

Running is a great way to explore your neighborhood while taking in the different sights and sounds. It is also one of the best ways to boost your overall fitness level and get ready for the upcoming winter season.

Unfortunately, the sport of running can also cause a lot of problems with athletes that get too keen too soon and up their mileage or time too fast. This forces many athletes into a love-hate relationship with their running shoes.

If you are new to the sport of running, invest in at least a couple of pairs of shoes. This way you can alternate your shoes each workout, giving them time to spring



Dave Norona (right) runs along English Bay during the Vancouver Sun Run last April. While Norona is an elite athlete, many casual runners also participate in the second-largest 10-kilometre run in North America. PHOTO SUBMITTED

back. It is important to see a store specialist who can let you know what type of shoes best suit you and your foot strike.

Proper socks, shorts, tights, top and jacket will also help you feel comfortable without a lot of bulk. Again, a proper running store will show you the array of materials and companies to choose from. Pick

gear that suits your style and makes you feel good. If you love it, you'll enjoy your runs that much more.

I suggest enlisting in a running group. A good group will separate runners based on their running pace per mile, therefore ensuring you are training properly. A running group will also allow you to meet other like-minded people who

share a common interest and you will learn things faster this way and have loads of fun.

Remember not to progress more than 10 per cent per week. This will allow your body to get stronger and build up to the longer time and mileage you do. Regular stretching, massage and eating well will help keep that smile on your face!

## Gear Guide



**Description:** The Nike Free Shoe is a lightweight shoe that fits super snug and its unique flexing sole and minimal last makes muscles, tendons and ligaments work harder, thus they become stronger.

**Price Range:** \$135

**Where to find it:** Forerunners, 3504 West 4th Ave., Vancouver; Rackets & Runners 3880 Oak St., Vancouver.



**Description:** Women's Dynamic Lifa has patented technology that transfers moisture away from your body. This close fitting garment moves with the body and provides warmth during any activity.

**Price range:** \$59.99

**Where to find it:** North Shore Athletics, #101-1200 Lonsdale Ave., North Vancouver; Helly Hansen Store, 2025 West 4th Ave., Vancouver.



**Description:** Sugo's MidZero tights are full-stretch mid-weight tights, fleece-lined for warmth and comfort. Flat lock stitching, seven-inch ankle zippers and reflective highlights make them suitable for outdoor pursuits.

**Price range:** \$99.98

**Where to find it:** Dizzy Cycles, 1856 West 4 Ave., Vancouver; Jubilee Cycles 4816 Imperial Way, Burnaby.



**Description:** DeFeet AiroEoAto socks wick moisture and stay in place during marathon run clinics. Super comfy and choose from an array of wild prints.

**Price range:** \$14.95

**Where to find it:** Cyclepath, 1421 West Broadway, Vancouver; Mountain Equipment Co-op, 1341 Main St., North Vancouver.



Places such as West Vancouver's Ambleside Seawall, with its flat and picturesque walkway, are perfect spots for recreational running. It is vital for any upstart jogger, though, to have proper runners, to stretch and to remember not to progress too quickly.

DAVE NORONA/FOR METRO VANCOUVER