

July 1

JSTIN

The fortnight's action in distance running

ELIUD KIPCHOGE
TARGETS WORLD RECORD AT 2017
BMW BERLIN-MARATHON



Editorial | The Year So Far



The fastest marathoner in history doesn't own the official world record, but Eliud Kipchoge of Kenya hopes to change that on September 24 at the Berlin Marathon, he announced on Thursday. Kipchoge, the 2016 Olympic marathon gold medalist, ran 2:00:25 in May during the Nike Breaking2 experiment. That effort wasn't record-eligible because of some of the tactics used, such as a rotating crew of pacesetters. But if his health and fitness hold, breaking the official world record of 2:02:57, set by Dennis Kimetto at the 2014 Berlin Marathon, should be well within his reach. Prior to the Breaking2 attempt, which took place in Monza, Italy, Kipchoge, 32, missed the mark by eight seconds at the 2016 London Marathon, finishing in 2:03:05. He's raced at Berlin several times, too, including in 2015, when he won the race in 2:04:00 with the insoles of his Nikes slipping and flapping outside of the shoes. "I was very close to breaking the two-hour barrier in Monza," Kipchoge said, in a written statement. "Now I believe the BMW Berlin Marathon is the perfect venue for attacking the official world record."

The Berlin Marathon started out as a humble affair in 1974 with a mere 284 athletes running through the nearby woods. In 1981 it moved to the city's streets and nowadays attracts more than 70,000 runners every year. There are a few key factors that make it an ideal race for breaking records. One is that "Berlin is a flat course with few corners". It starts at 38m above sea level, never gets higher than 53m or lower than 37m. In comparison, London undulates more, twists and turns more frequently, plus runners often face a head wind when running along the River Thames past Embankment. And Boston's finish line is so much lower than its start that it is ineligible for world record attempts. Also, competitors in Berlin "run on asphalt and compared to concrete this seems to be helpful. We hear from runners that they have less problems with their joints," says Milde. "And in late September we have running conditions that are close to ideal. There is not much wind and the temperatures are in the range of 12C to 18C."

In fact the average temperature for late September when the marathon is run is 15C - which falls inside the 10C to 16C window that experts agree is the optimum temperature for a fast race. The good weather and the flat course have blessed Berlin since 1981 but the spate of world records being broken at this event only started in 2007, so what's changed in recent years?

It's widely accepted that we are in something of a golden age of marathon runners with the likes of Kenya's Eliud Kipchoge, Ethiopia's Haile Gebrselassie, and the current record holder 30-year-old Dennis Kimetto.



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The 2017 DUBLIN MARATHON will be the fifth largest in Europe this year after organisers announced the limit of 20,000 race entries have now sold out three months in advance. The 2017 edition takes place on Sunday 29 October following the switch from the traditional Bank Holiday Monday slot last year, a move which has seen entries increase by 30 percent.



The race capacity of 20,000 runners, increased from 19,500 12 months ago, makes it the biggest marathon in Ireland and the fifth largest on the continent only behind the likes of London, Berlin and Paris.

The Dublin marathon started in 1980 with just 2,100 runners and has enjoyed a resurgence in the last few years under the stewardship of race director Jim Aughney and following the commitment of SSE Airtricity as title sponsor.

Speaking at the race launch in May, Aughney said that discussions will take place over the possibility of increasing the entry for 2019 and beyond.

“Dublin is now an event to rival every other international marathon,” he said.

“It generated 26.1 million for the city last year and all the key stakeholders see it as an event to be proud of and they’re doing all they can to help us make it better. It’s a showcase for the city and 2017 will be even better.”

UP AND COMING RACES OF 2017

BERLIN



Race day: September 25

In 2016, Berlin Marathon had 46,950 entrants from 122 countries. Along with seven other races, it forms the World Marathon Majors, with more than one million spectators.

CHICAGO



Race day: October 8

The Chicago Marathon is a major marathon held yearly in Chicago, Illinois, United States. Alongside the Boston, New York, London, Berlin, and Tokyo Marathons, it is one of the six World Marathon Majors.

DUBLIN



Race day: October 29

The Dublin Marathon is an annual 26.2 mile marathon in Dublin, Ireland, held on the last Sunday in October. Held each year since 1980, a record 19,500 people entered the 2016 race including over 5,000 entrants from outside Ireland.

MARATHONS

NEW YORK CITY



Race day: November 5

The New York City Marathon is an annual marathon that courses through the five boroughs of New York City. It is among the pre-eminent long-distance annual running events in the United States and is one of the World Marathon Majors.

Blast From The Past



In 1967, Kathrine Switzer became the first woman to officially enter the Boston Marathon—then open only to men. She went under the radar by signing up under the name K.V. Switzer—only to be discovered, and chased after, by the disapproving race director in a now iconic photo of the event. “Radicalized by the incident,” as she puts it, Switzer became a fierce advocate for women’s running—a right we practically take for granted today. Not only did she

campaign for the Boston Marathon to allow female racers, which it did in 1972, but she also cocreated the first women’s-only road race later that year. She went on to run 39 more marathons, including a return to Boston in 2017, 50 years after she first ran there.

Now 70, Switzer is as passionate an advocate for seniors as she’s always been for women. She ran the 10K at the National Senior Games, which is celebrating its own 30th anniversary this week.

RUNSPIRATION: If anyone knows what it means to be young at heart, it’s Brent Weigner. The 67-year-old from Cheyenne, Wyoming, broke the record in early June for running marathons in the most amount of countries. The Madagascar Marathon made his country count 133. The resident of Cheyenne, Wyo., who has on three occasions successfully battled cancer, is also a three-time U.S. national snowshoe champion. He has run on all seven continents 10 times (yes, including Antarctica) and has run ultras in the North and South Pole—in show shoes!

Weigner, a former geography teacher and cross-country coach, has run 224 marathons and ultramarathons and in 1999 also became the first person to have run an ultramarathon on every continent. Next year, he will not only attend his 50-year high school reunion, but he’ll celebrate 50 years of running marathons. While Weigner’s feisty and competitive nature is evident, it’s founded on humility and thankfulness. After beating cancer three times, he’s just glad he’s alive.



GEAR & TECHNOLOGY: Spend enough time barefoot and the soles of your feet will toughen and become accustomed to all manner of terrain. For those of us confined to shoes, there comes an alternative in the form of *Nakefit* – a self-adhesive protective sole that allows the wearer to experience bare foot walking without any of the disadvantages. The easily-removable stickers are waterproof and protect against slipping, cuts...and hot sand. People probably aren’t ready to throw away their sandals just yet, but considering the *NakeFit*’s Kickstarter got \$163,205 way beyond its goal of \$22,292 people seem excited about the product.



It’s made from an elastic material, so it can accommodate every movement of your feet, whether you’re running, jumping, or crane-kicking a purse-snatcher at the beach to show off to the ladies. If you’ve ever thought of doing your morning runs barefoot, this thing seems like your best chance at getting it done.

To know more about this Hypoallergenic adhesive pad, click on the link below-
<https://www.kickstarter.com/projects/1840198615/nakefit>