

GIANT SHAPE-UP-FOR-SUMMER ISSUE

fitness

Mind, Body + Spirit

Sex and the City's
Kristin Davis
How She Sculpts
Her Slammin' Abs

**GET A
BODY
YOU'LL
LOVE
BY MAY 31**

- ✓ Fat-Fighting Meals
- ✓ Flat-Belly Moves
- ✓ Cellulite-Blasting Tricks

**10 New
Superfoods
Every Woman
Should Eat**

**15-Minute
Routine to
Tone
Your
Trouble
Zones**

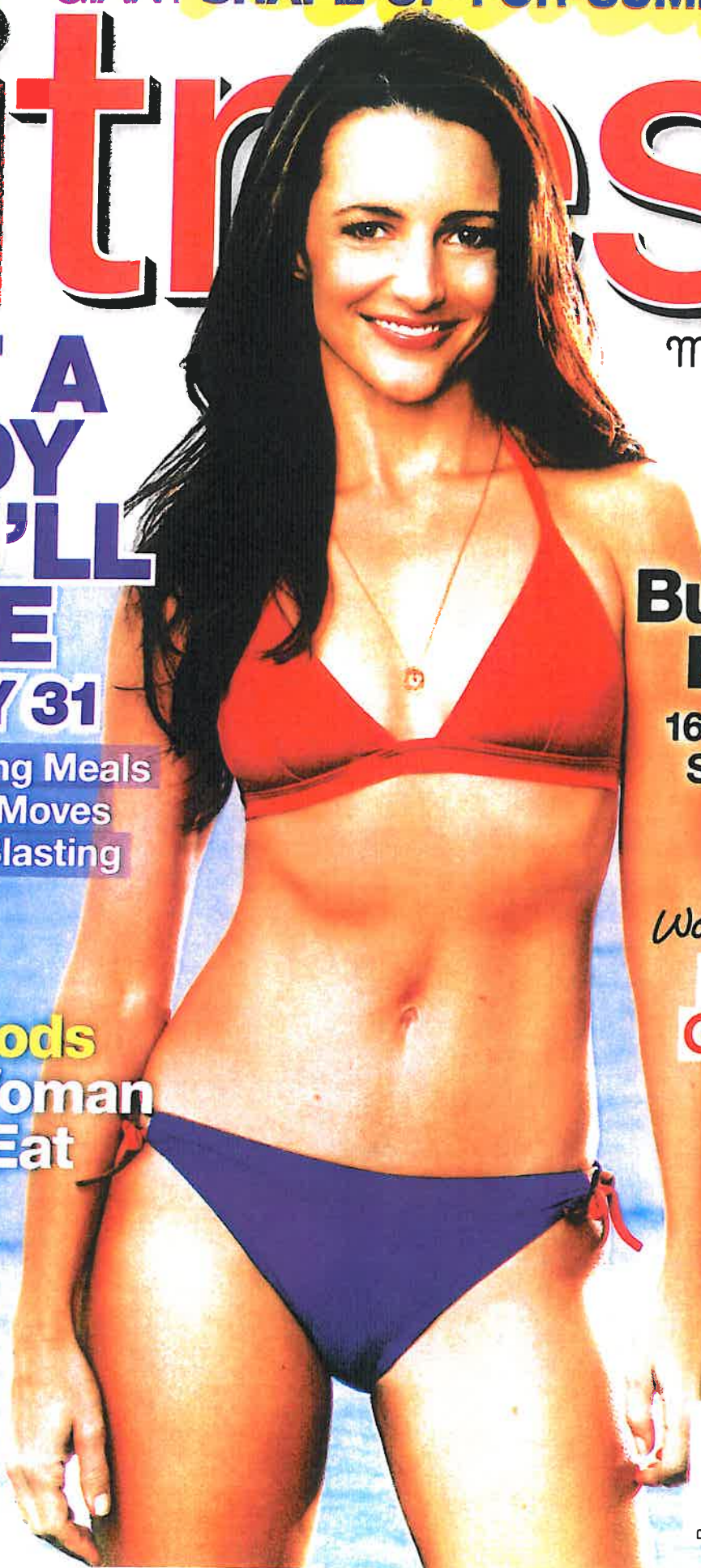
**Bust Your
Diet Rut**

**16 Little Ways to
Stay Motivated**

*Go From
Workout to Wow!*

**The Active
Girl's Guide
to Pretty
Hair**

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SEPTEMBER

Merrell Oyster Urban Adventure Race

(Up to 6 hours of running, cycling and other outdoor activities, with trivia included)
September 18, Portland, Oregon
\$60 to \$80 per person plus a minimum of \$100 per team for charity, oysterracingseries.com

Good thing this event is in a food-loving city, because racers will need the extra carbs to fuel their way through the four- to six-hour urban challenge, which involves biking, running and such surprise activities as climbing, kayaking, eating, bowling and riding a roller coaster. Though the course is a secret (the 150 relay teams of three to six people are guided by clues received on race day), participants can count on touring the city's landmarks with their teammates.

Where to stay Hotel deLuxe (from \$149 per night, hoteldeluxeportland.com). Decorated in old Hollywood style, this downtown boutique hotel even offers loaner iPods if you forget yours.

Must-do Postrace, head to Pok Pok (pokpokpdx.com) for Thai-inspired wings, then grab a pint at Deschutes Brewery (deschutesbrewery.com) or skip to dessert at Voodoo Doughnut (voodoodoughnut.com), home of the sinfully delicious Maple Bacon Bar.

Similar race, different place Head east and tour Philadelphia in the Great Urban Race instead. You're likely to imitate Rocky running up the steps of the Museum of Art, eat a cheesesteak and drink a local brew, all while hustling through the streets in your sneaks. (September 25, \$50 to \$70, greaturbanrace.com)



OCTOBER

The Bourbon Chase

(200-mile overnight relay run)
October 22 to 23, Lexington, Kentucky
\$1,200 per team, bourbonchase.com

Rally a six- to 12-person relay team (about 200 total participate) for a 36-hour-or-less running rendezvous through the elegant estates of Kentucky's bourbon distilleries, including legendary Maker's Mark. Sorry, hard drinking isn't par for the course, but free samples of the sweet-smelling stuff will be available at the finish. Runners often dress up for Halloween as part of the Run With the Spirits theme, and the best-dressed team wins a prize. Expect a big finish-line party with live music and steak in downtown Lexington. If you want to join a team, visit the site's Kindred Spirits Forum.

Where to stay Marriott Griffin Gate Resort and Spa (from \$209 per night, marriott.com). No need to travel any farther for a deeply relaxing postrace massage.

Must-do On October 24, runners get free admission to Keeneland racecourse, the country's only English-style thoroughbred racetrack, which has horse races twice a year, including that weekend. (keeneland.com)

Similar race, different place Toast your health and fitness at the Wine Glass Marathon in Corning, New York. Pleasant Valley NYS Brut Champagne is part of the goodie bag at this fall-foliage-filled race. (October 3, \$65 to \$100, wineglassmarathon.com)

NOVEMBER

Aflac Iron Girl Tempe Run/Walk

(3.1-mile run or walk, 10-mile run)
November 14, Tempe, Arizona
\$25 to \$90, free for cancer survivors, irongirl.com

Runners and walkers rock out to live bands and radio stations playing at every mile along the sparkling Tempe Town Lake, just feet from the rolling-hills course. Open lawns around the lake are perfect for spectators at this women-only event, plus there's a postrace breakfast at linen-clad tables. Aflac Iron Girl participants can also choose to raise money for cancer treatment and research.

Where to stay Tempe Mission Palms (from \$149 per night for Iron Girl participants, missionpalms.com). Float in the rooftop pool or indulge in retail therapy at shops on nearby Mill Avenue. Ask the front desk about the free airport shuttle.

Must-do Take a guided tour of the Sonoran Desert's Apache Trail, the historic byway that showcases lakes, canyons and remnants of Arizona's past, including Indian fingerprints from some 700 years ago. (\$80 for a half day, \$140 for a full day, detoursaz.com)

Similar race, different place Head 15 miles west to Phoenix for the Muddy Buddy Ride and Run, a six- to seven-mile off-road obstacle course with mud pits mixed in. (November 14, \$150 per two-person team, muddy-buddy.competitor.com)



DECEMBER

St. Jude Memphis Marathon

(1-mile, 3.1-mile, 13.1-mile, 26.2-mile run)
December 4, Memphis
\$30 to \$100, stjudemarathon.org

Known as the home of the blues and the birthplace of rock and roll, Memphis is full of history and charm, which 15,000 runners experience on this landmark-happy tour (at least one "Elvis" registers for the race every year). Among the places dotting the course, including the National Civil Rights Museum, the most special is St. Jude Children's Research Hospital, the beneficiary of the race. As runners pass through its campus, they're greeted by cheering patients.

Where to stay The Peabody hotel (from \$189 per night, peabodymemphis.com). Though this hotel has a lot to offer, its best feature may be the ducks. Every day at 11 a.m., marching mallards cross the lobby to the fountain, where they remain until 5 p.m.

Must-do Aside from music, this city is well-known for its barbecue. Both can be yours on Beale Street: You'll find blues spots, like the original B.B. King's Blues Club (memphis.bbkingclubs.com), and barbecue

joints, like the Pig on Beale (pigonbeale.com). Walk off your meal with a trip to Sun Studio, where Elvis recorded his first hit.

Similar race, different place Try booking it to the much warmer Oahu, Hawaii, to take part in the Xterra Trail Running World Championship, which includes a gorgeous 5K and 10K for all levels. (December 5, \$25 to \$45, xterraplanet.com)