



DORIS CHARLES

STUFF WE LOVE

Shoes for Women

Women don't wear men's clothes or men's shoes—except when it comes to running. Even the so-called “women's” running shoes from the major running shoe companies are merely scaled-down versions of men's models with different colors.

However, one company does make athletic shoes strictly for women. It's Ryka, which has focused on aerobic and walking shoes that fit women especially well. This spring, for the first time, Ryka is introducing three different models of women's running shoes: the 10K Stability (\$75), 10K Lite (\$70) and 10K Fit (\$65).

The Stability (pictured above) is loaded with stability features that women who overpronate will appreciate. It has a rigid medial stability device in the rearfoot and a firmer second density of EVA in the midsole; these features work together to reduce overpronation (inward rolling of the foot). The Stability also has good forefoot flexibility, but its biggest selling point is fit. If you have trouble finding a shoe that fits your feet well (especially one that's snug enough), consider Ryka's running shoes designed for women.

EXPERT ADVICE

Invite enthusiasm

Before you run a marathon, pack the crowd with cheerleaders by sending out invitations to all your friends to meet you at different spots along the course.

Here's how I did it: I designed a postcard on my computer to look like an invitation. I listed “who” (me) and “what” (the New York City Marathon). And after “when,” I noted the date of the race and asked all invitees to let me know where on the course they'd be able to watch me. I responded by telling them when I expected to be there. And voila—my cheering section took shape.

I sent invites to about 50 people before the race last year, about 35 people showed up—and I ran a PR. My time, 3:39, was good enough to get me to Boston. So I plan to pack the crowd in Beantown, too.

—JILL GARTENBERG,
NEW YORK, NEW YORK

Got a pearl you'd like us to publish? Send your tip to *Body and Self!* Expert Advice, *RUNNER'S WORLD* magazine, 33 E. Minor St., Emmaus, PA 18098.

EXERCISE AT A GLANCE

The Saw



You know the old saw—a run a day keeps the psychiatrist away? There's another kind of saw—a move, not a maxim—that many athletes swear'll keep the sports doc away, too. It's a Pilates exercise called—you got it—The Saw.

The Pilates method is a series of graceful, controlled stretching and strengthening exercises created by German acrobat Joseph Pilates more than 70 years ago. The focus is on le-n-g-t-h-e-n-i-n-g the muscles and relaxing your body and mind by breathing deeply and rhythmically.

“The Saw in particular is perfect for runners,” says **Sanna Gleyzer**, a Pilates instructor at L.A. Health Management, “because it'll boost flexibility in your lower back and hamstrings, where runners tend to need it the most.” Gleyzer recommends doing The Saw before and after running—to prepare the mind and muscles for running, then to relax them afterward.

Sit on a mat or carpet with your back straight, your neck tall and your abdominals contracted (so that your rib cage feels “closed”). Extend your legs in front of you in a “V” shape and flex your feet. Raise your arms to shoulder height and extend them straight out from your sides, palms down, keeping your shoulders low. Next, inhale deeply, stretching your torso as tall as possible. This is the starting position.

Twist slowly to your right from your waist and drop your chin to your chest. Exhale as you round your back, dropping forward one vertebra at a time, and reach the little finger of your left hand toward the little toe on your right foot. At the same time, reach behind you and to the left as far as you can with your right arm, raising it as high as you can. Hold the stretch for 10 seconds. Don't bounce. Slowly inhale as you roll back up, one vertebra at a time. Repeat, twisting to your left side.

To find a certified Pilates studio or instructor near you, call (800) 474-5283.



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