



Think You Can't Run a Marathon?

Tips on starting to train for a marathon

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MINNEAPOLIS - This weekend, marathons in Stillwater and

Rochester will attract thousands of runners. For many of them, this will be their first race.

Meghan Huber says her first was the Chicago Marathon in 2002. The Twin Cities construction manager remembers the feeling of finishing the 26.2 miles was something that she had never experienced.

“If you run a marathon you can do any thing and it has helped me believe I can make it through any challenge,” said the 47-year old runner.

She recalls her journey had been a slow one. She started running on her lunch hour for 30 minutes at a snails pace but as her endurance grew, so did her pace. It took her 7 years to build up to the windy city challenge.

Going at your own pace is one of Huber’s tips for other beginners. She says if you have to start off slow, don’t worry about it. Also build yourself a schedule, and keep a log.

“A log will help motivate you,” Huber said. You will see yourself getting there. If you don’t keep track of your progress, it’s easier to push it off.”

Lifetime Fitness’ national running director, Duane Birchem agrees with Huber.

“You have to find your own pace, slow is okay,” said Birchem. “You don’t have to set the race on fire, but you want to finish.”

He also suggests joining a running club to keep yourself motivated. Many running stores will have contacts for the clubs.

Birchem says for those who are extra motivated, the entire training process can take place in as little as 18 weeks. The program you chose will have to be as aggressive as the potential racer.

Huber’s next race will be the fourth annual MNCREW’s Women Run the Cities held in September in Minneapolis.

The race is designed for women and girls. The idea is to provide a place for all ages to physically challenge themselves in a non-intimidating environment.

So far, Huber has run a total of four marathons and she hopes to participate in the London Marathon some day.

“No matter what race it is, I am still a back of the pack runner.” Huber chuckled. “But it doesn’t really matter, you hang in there.”

It’s a lesson she says can be applied to anything in life. Her advice to anyone thinking about running a marathon: “Do it and you will never feel more alive.”

More info on the fourth annual MNCREW’s Women Run the Cities: It will be held on Sunday, September 26, 2010 beginning at 8:00 AM. Participants start and finish their races at Minnehaha Park in Minneapolis. The course runs along the Mississippi River, with the 10-mile course winding through both Minneapolis and St. Paul. It begins with a Women’s 10-mile Run at 8:00 AM, a Girls 1-Mile Run at 8:10 AM, and a Women’s 5K Walk / Run at 8:30 AM.