

**+ MARATHON SPECIAL** THE RACE OF A LIFETIME

**+33** **SPRING**  
**UPDATES**  
NEW SHOES, TEES &  
JACKETS ON TEST

# Women's Running

April 2020

**YOU CAN  
DO IT!**

**TAKE ON 26.2 AND  
LOVE EVERY STEP**



**MY MARATHON  
SECRETS**  
KATHRINE SWITZER  
CHARLOTTE PURDUE  
THE RUNNER BEANS  
+ 28 MORE!

**WARRIOR**

**"WE INSPIRED 1000  
WOMEN TO RUN IN  
THEIR UNDERWEAR!"**

Shareefa J on  
body positivity and  
representation



**TRAIN LIKE  
A TRIATHLETE**

How running LESS will make  
you stronger, faster & happier

**EXPLODING  
THE INJURY  
MYTH**

Yes, you can run  
pain-free forever

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April 2020  
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**WHY I RUN**

# Liz Warner

Runner and philanthropist Liz Warner is taking on 30 marathons in 30 countries, before turning 30 this June

## How did you get into running?

Seven years ago my father suddenly passed away and running became my coping mechanism. It became the few hours a day where I could be fully present with my thoughts and sort through the rollercoaster of emotions.

## What do you remember about your first race?

My first marathon was Tokyo and I distinctly remember the moment, at about mile 16, when the endorphins hit all at once and I felt like I was running on clouds – such a euphoric feeling of happiness!

## What race are you most proud of and why?

The Marathon of Afghanistan, alongside 45 Afghan women who risked their lives to train for and participate in the race. It was a real honour to run among such fiercely courageous women, using running as their weapon of change to defy cultural norms and pave the way for future Afghan women to freely participate in sport.

**ABOUT LIZ**  
Covering 786 miles, Liz is aiming to raise \$100,000 for women-focused organisations as she runs 30 marathons, as well as highlight on a global scale the efforts of each incredible organisation and the strong communities, natural beauty and rich culture each country holds.

## What's your favourite place to run and why?

I love Paris, where I'm currently based. There's never a dull moment between weaving through narrow alleyways, dodging crowds of

tourists, and taking in the views of some of the world's most beautiful architecture. There's no shortage of beautiful parks to get in lost in, too.

## How do you fit in training?

I never see it as a chore; rather it has become my form of meditation and such a sacred part of my day. Even if it's just a two-mile jog, I know I'll come out of any run feeling creatively charged, emotionally balanced and motivated to start or end my day on a high note.

## Do you prefer roads or trails?

Roads! I've only ever been able to train in urban environments and I've come to love that high-wattage, frenetic city energy.

## What has running taught you?

The act of running makes me feel limitless in my potential. I don't think I would have dreamed of my Run to Reach project had I not signed up for my first marathon.



Support Liz's phenomenal challenge at [runtoreach.com](http://runtoreach.com), @runtoreach