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ROAD GETS ROUGHER FOR WANNA-BE MARATHONER

By Krista Jahnke

Free Press Staff Writer

"I love talking to different runners about their training," Newman Said. "The running community is awesome. I feel more connected. They're the most amazing people. They'll say to me, "You're awesome; you're doing great."

It's a big statement for a woman who started running less than a year ago. Who weighed more than 300 pounds less than two years ago. And who is running her first marathon in eight weeks.

That sense of community and belonging has helped motivate Newman to keep going. While some customers at the Starbucks off hall road in Shelby Township, where she works as a shift supervisor, have told her she's an inspiration, she doesn't always feel that way.

Some days, she struggles to stick to her training schedule or to get out of bed before 6 a.m. To run before the heat. She's developed blisters and gotten off track with her diet. And she's pushed herself too hard.

That happened last weekend during a trip to North Manitou Island. After hiking for 8 miles, Newman decided to do a midday run. Bad idea: By dinner, she'd grown klutzy and incoherent. Her hiking partners called the island ranger and, after checking her heart rate monitor and pulse, he advised her to rest and [eat](#). She'd had little more than oatmeal and trail mix all day.

So while the episode didn't turn serious, it was enough to make Newman realize she must treat herself right.

"I've been a little lackadaisical with my diet because of the running," said Newman, who lost her weight through the Henry Ford Weight Management Program. "Now, I'm feeling some pressure, some [stress](#) to get a little more focused. I want to shed more of the excess weight because I'm getting closer to that race date."

Her goal for last week was to stick to a diet of Henry Ford shakes, vegetables and approved entrees. As for running, she wanted to turn her attention to pace. Newman's longest run has been 16 miles, a distance she covered Aug. 10. She walked part of it, she said, and afterward "felt great." But she knows she needs to watch that pace to keep below 15-minute miles to stay within the time limits of the marathon.

It's a challenge that, like most she meets, she welcomes.

"I think I just consistently surprise myself," Newman said. "I think sometimes about how I used to not be able to do the things I do now. I think, "Wow, it's just exciting to constantly challenge what I think or used to think my limits were."

A few weeks ago, she attended a marathon kickoff party where she saw the race's start and finish points. As a self-described visual person, she said that was great because she can now picture the moment she'll cross the line. She also has a plan for what she'll do afterward.

"I'm going to party," she said, and then laughed. Party, and hang tight to her medal. "I think I won't take it off for a week."

The fit offers news, trends and advice on running, yoga and other fitness pursuits every Sunday. From interesting places to run and moves that will make your abs scream to metro-area trainers, check in every week to give your workout a boost. Contact KRISTA JAHNKE: 313-222-8854 or kjahnke@freepress.com



Lisa Newman, 36, of Roseville has lost over 100 pounds and is training for the Detroit Free Press/Flagstar Marathon.

(KATHLEEN GALLIGAN/Detroit Free Press)

Each month, Dan VanVeen, the trainer for Marathon Mission, gives a few tips for Detroit Free Press/Flagstar Marathon runners.

- Hydration is now vital! Use a mix of 60/40 regular sports drink and water (liberally) during and after long runs.
 - Defend your rest. Sleep is key to performance and recovery.
 - Feeling wiped out? Take an extra day of rest on a short run day. Don't cross-train or clean out the garage.
 - Resist the urge to overindulge – eat smart and treat yourself, but be wary of pigging out. Each pound is one more pound you have to carry 26.2 miles.
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