

BACK OFF: HOW TO USE DOWN WEEKS TO ACHIEVE NEW HEIGHTS

RUNNING TIMES

JUNE 2011 // ISSUE 387

REACH YOUR PEAK

A ROAD MAP TO AVOIDING PITFALLS ON THE WAY TO A PR

FIND YOUR WILD SPACE

- + UNIQUE TRAILS COAST TO COAST AND HOW TO RUN THEM
- + SHOES FOR EVERY TRAIL TYPE
- + TODAY'S TRAIL RACING SCENE

SUMMER TRAINING PLAN

4 KEY TRAINING ELEMENTS TO MAKE "THE JUMP" THIS FALL

LET THE KIDS RUN

THE TRUTH ABOUT CHILDREN AND MILEAGE



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Never on Sunday

Nan Kennard balances her emerging road racing career with deep-rooted faith.

BY JUSTIN MOCK



A magnet holds Nan Kennard's weekly training plan to the refrigerator. Next to it is a far more important schedule, though: her family's weekly activities outlined on a standard sheet of white paper.

Sitting down each Sunday night, she and husband Aaron plan each of their training runs and full days for their three children, ages 6, 4 and 2. Aside from church, Sunday remains open on the calendar, a lone zero mileage day for the devout Mormons.

For Kennard, a 29-year-old stay-at-home mom living in Boulder, Colo., fitting everything in is the greatest challenge to her training.

A typical day is filled with walking Abe to school, joining Breanne in a gymnastics class and reading to Ali, among many other activities. Mid-morning, she might sneak in an interval session on the treadmill. Vacuuming the house serves as typical cross-training. When Aaron, a real estate investor, returns home, she'll head out for a second run. Challenges aside, Kennard emerged onto the national racing scene in 2010 and appears to be a viable contender for the 2012 U.S. Olympic marathon trials.

At dinner one night, she encourages her kids to eat their vegetables, without the force of "Tiger Mom" Amy Chua, but with hope that they'll grow independently and make their own decisions. The kids ultimately skip over the vegetables and instead gather around an iPad to watch dinosaur cartoons. They later return to the table for dessert as Kennard recalls racing at January's national half championships in Houston, where she was third in 1:12:03, one of several prominent top-three finishes in the last couple of years.

Kennard emerged on the national scene in 2010 with a third-place showing at the U.S. 20K championships in New Haven, Conn. After several years in which her focus was on starting a family, she now often trains alongside the ageless Colleen De Reuck. Colleen's husband, Darren, coaches both and has guided Kennard back to competitive form over the past two years. Collectively, they look forward to further improvement this year, ultimately working toward the Olympic marathon trials.

Colleen is a four-time Olympian who won the Copenhagen Marathon in 2:30:51 at age 46 last year. Darren sees her same competitiveness and aggressiveness in Kennard, and is "expecting her to shake it up next year at the trials."

Houston might have been her most impressive finish to date, but the 2007 Ogden Marathon just north of Salt Lake City remains her most dear. Running on more heart than leg power, she won that race, her marathon

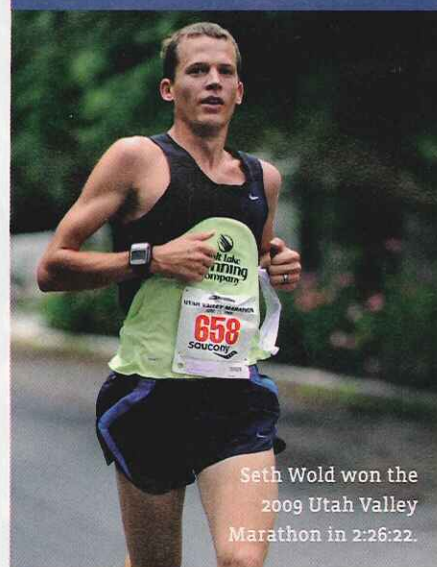
Showcase Race

Utah Valley Marathon

JUNE 11, WALLSBURG TO PROVO, UT

Downhill marathons can be brutal if they're too steep. But the course of the Utah Valley Marathon drops gradually from start to finish as it meanders through idyllic Provo Canyon. (The net drop is about 1,300 feet over 26.2 miles.) Now in its fourth year, it's quickly gaining a reputation as one of the fastest races in the U.S. — based on its 4:18 average finishing time and the 17.3 percent of its finishers who have qualified for the Boston Marathon. (Those who earn a Boston qualifier at the race are rewarded with a special T-shirt.) The race is also one of a handful of races that has adopted an optional cross country-style team competition for both the marathon and half marathon in which scoring is based on the average time of four runners. Best of all, the race starts at 6 a.m., which guarantees cool temperatures and an early morning finish.

utahvalleymarathon.com



Seth Wold won the 2009 Utah Valley Marathon in 2:26:22.

From Left: Victor Sailer / Photo Run Utah Valley Marathon

debut, in 2:58:33. "I was crying so much the last 200 meters," she says, with 2-year-old Ali on her lap. A strong and confident woman, tears don't come easily for Kennard, but with her father growing ill, it was the last race that she was able to share with him. A huge inspiration and part of her success in running and in life, she continues to draw on his memory while racing.

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Running shoe company Brooks Sports is accepting nominations to find the country's top high school coaches at brooksrunning.com/inspiringcoaches.