

THE VANCOUVER

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RUN  
2008

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HSBC  
The world's local bankLearning how  
to run again  
and loving itBY SARAH BARTOK  
SPECIAL TO THE VANCOUVER SUN

Why is it that laziness makes you more lazy? Man, I hate that. I mean, most of us have great intentions and fantasizing thoughts of getting outside and getting more fit, but thinking (or watching an infomercial) and actually doing are two different things.

When one has been sedentary for quite sometime, the motivation to run around and do high kicks with a smile on your face can prove to be rather lackluster.

Not only that, but when you have a daily routine that's fully booked, how can you possibly fit in one more thing to do... especially if it's something you don't really want to do in the first place?

I used to be a runner. I remember enjoying it. And if you've ever run yourself, you probably remember how it can become rather addictive.

I loved that. I miss that. I want it back again.

Now don't get me wrong, I'm not one to allow myself to become "one" with the couch. I do lead a very active lifestyle, including the odd run here or there... but that passion had fizzled.

I was recently approached by *The Vancouver Sun* to be a "guinea pig" participant for the Vancouver Sun Run on April 20th and by being this sacrificial guinea pig, it meant that I had to sign up for one of the InTraining clinics.

I was intrigued. Although I've run in the past, I've never participated in an organized run before and thought by having clinics to attend weekly, getting a schedule going and having that "finish line" in mind, this was the perfect motivation I needed to get out and find that passion again.

First class. So nervous. I'm going to die. I'm in waaaay over my head. Somehow, I don't think I'm alone in my thoughts. I do look the part though, thanks to The Right Shoe on Fourth Avenue in Vancouver. However, just because I look like a runner doesn't necessarily mean I can be a runner. Oh no. The pressure is mounting.

So I pick the group that's best suited to me and we're off. Hmm... this isn't so bad. May actually be too easy. I'm doing it. I'm running with other people (which I've never done before) and holding a conversation at the same time! This is amazing.

Before you know it, class is done. One down, twelve to go.

Since starting, I've continued my training on two other days of the week and have enjoyed how each class is slowly becoming more intense. I find myself wanting to run, and wanting to run faster.

Could that spark of passion be igniting beneath my runners again?

I surely hope so.  
Sarah Bartok is the midday announcer on 95 Crave and 650 CISL.

## YOUR WEEKLY GUIDE TO FITNESS AND FUN

Dedicated runners can benefit from practising yoga regularly because it loosens their tight bodies

## YOGA FOR RUNNERS

BY KAREN GRAM  
VANCOUVER SUN

Mike Dennison feels like a new man. Years ago, Dennison was a high-calibre competitive runner who trained with the Richmond Kajaks under the great Doug Clement, a founder of the Sun Run and SportMedBC. Over 15 years, Dennison pushed his body to such a degree that his injuries started to outweigh the benefits of running.

Then, by chance, he discovered yoga. "I was taken aback by the great things it did for my body," he says. Not only did his incredibly tight body heal, it improved.

Gradually, he ran less and practised yoga more until he became a self-described "yoga snob." After selling City Yoga, he realised there was a happy medium between his extreme approach to his two loves and he began offering yoga for runners in the city's community centres.

"There is nothing that different about yoga for runners," he says. It's just that, in his view, not enough runners practice what he thinks is the perfect counter-balance to pounding the pavement.

"I want runners to understand there is this thing available that is absolutely amazing and can help you a whole lot."

Running may be really great for aerobic fitness, but the body takes a pounding. The muscles can become incredibly tight, especially since few runners actually do the stretching necessary to stay supple, he says. And tight muscles inevitably lead to injury.

"So it's important for runners to have a dedicated yoga class to go to. Otherwise, generally they will not stretch."

But yoga isn't just about stretching. The postures really strengthen the muscles and can give the runner quite an edge. His class, he says, is no walk in the park. Partici-

online  
this week

ASK AN EXPERT: What do you think about yoga for runners?

Mike Dennison will chat and answer your questions on the Sun Run Reader Forum this week. Just visit [www.vancouver-sun.com/sunrunforum](http://www.vancouver-sun.com/sunrunforum) to post your questions and comments.

pants really sweat. Because yoga and running or walking are at opposite ends of the exercise spectrum, they are the perfect yin/yang of good fitness, says Dennison.

"If you do too much running, you are going to get hurt. Yoga restores the sense of balance."

Lynn Kanuka, SportMedBC's Sun Run InTraining coordinator and coach, says she wishes she knew about yoga when she was a serious athlete.

"It's a really awesome cross-training option," she says. It gives the body strength, flexibility, mobility and control. It enhances circulation and has a repair effect."

Paul Porter, 60, the coordinator for the False Creek Sun Run InTraining clinic, says he most appreciates the focus on breathing in Dennison's class. "It's really good training so that when you are under

stress when running, unconsciously you will be able to breath properly."

Dennison says he thinks of the body as an eco-system no different from a wetland or forest in that everything is interconnected. Runners are generally quite fit aerobically, but without flexibility, he doesn't consider them healthy.

"If your body is really tight and injury-prone, I don't think that is a healthy body."

While both Dennison and Porter say the class is quite a workout, it's not a class for regular yoga Gumbies. They would find it tame, he says.

As a runner who was born inflexible, Dennison says he is still much tighter than most serious yoga practitioners. "The point is you go as far as you can go for you. And even people who are tight like me can make huge progress in the health of their body in restoring a sense of equilibrium."

While yoga might enhance performance for elite athletes, Dennison is more concerned about enhancing the health of recreational runners who need to protect themselves from injury or give themselves a tool to heal the injuries they have so that they can continue to run.

That's Fran Goldberg. She became a dedicated runner six years ago at age 48 and ran the First Half half marathon yesterday. But over the years her efforts were frequently hampered by a chronic hip injury. Yoga eases the pain that running can aggravate, she says.

"It's become a religious ritual," she says. "I just do not miss a class."

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Mike Dennison, above, demonstrates the Tree Posture. Right, Dennison does the Revolved Side Angle Posture.

BILL KEAY/VANCOUVER SUN



Here is this week's Sun Run InTraining schedule. If your InTraining clinic starts on a weekend, you may have already done your first session of the week. If you're training on your own, work your way through the program by training three times a week. To register for the April 20 Sun Run, visit [sunrun.com](http://sunrun.com). For stories and training advice, visit [www.vancouver-sun.com/](http://www.vancouver-sun.com/) and scroll down to Editor's Picks.

## Week 4

Week 4 is a scheduled rest and recovery week. You've come a long way since Week 1. Your body needs a rest as we slowly build on your fitness level. Enjoy the easy week, and keep your pace relaxed and comfortable.

## Walk10K Program

## Session 1, 40 min.

Warm-up: Walk slow & easy for 10 min.

Easy 20 min. walk

Cool-down: Walk slow & easy for 10 min.

## Session 2, 30 min.

Warm-up: Walk slow & easy for 5 min.

Walk for 20 min.

Cool-down: Walk slow & easy for 5 min.

## Session 3, 40 min.

Warm-up: Walk slow & easy for 5 min.

Walk for 30 min.

Cool-down: Walk slow & easy for 5 min.

## LearnToRun10K Program

## Session 1, 40 min.

Warm-up: Walk slow & easy 5 min.

Run 3 min. Walk 2 min. Do this 6 times.

Cool-down: Walk slow & easy 5 min.

## Session 2, 30 min.

Warm-up: Walk slow & easy 5 min.

Run 2 min. Walk 2 min. Do this 5 times.

Cool-down: Walk slow & easy 5 min.

## Session 3, 40 min.

Warm-up: Walk slow & easy 5 min.

Run 2 min. Walk 3 min. Do this 6 times.

Cool-down: Walk slow & easy 5 min.

## Run10K Faster Program

Continue with alternating your 10-minute run and 1-minute walk combination if that's what you've been doing. You'll know when you're ready to drop the walk. It will happen naturally.

## Session 1, 45 min.

Warm-up: Jog slow & easy 10 min.

Easy 25-min. run

Cool-down: Jog slow & easy 10 min.

## Session 2, 30 min.

Warm-up: Jog slow & easy 5 min.

Run 20 min.

Cool-down: Jog slow & easy 5 min.

## Session 3, 40 min.

Warm-up: Jog slow & easy 5 min.

Run 30 min.

Cool-down: Jog slow & easy 5 min.

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