

Time Out

Chicago

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CRACK 'EM UP
LEARN HOW TO
STAND-UP AND
DELIVER



Does Trotter still have his edge?



Eat and run

Whether you're running in this weekend's marathon or just trying to survive a marathon day, some simple nutrition tweaks can help you finish strong.

By **Liz Plosser** Photograph by **Nolan Wells**



REST STOP
Runners know that food is fuel.

We asked Chicago nutritionist Dawn Jackson Blatner (pictured) to dish about runners doing the Chicago Marathon on Sunday 7—and what a couch potato can learn from them.

How many calories are marathoners going to burn running the course this Sunday?

That depends on how tall and heavy the runner is—and how fast he's running. A marathon is 26.2 miles. A 150-pound person running at six miles per hour (ten-minute miles) will burn about 2,971 calories in four hours and 22 minutes.

So, marathoners can definitely afford to splurge on calorie bombs like pizza?

Yes, there's a place for dessert and pizza. But a lot of times you'll hear marathoners say, "I'm doing all of this exercise and I can't believe I'm not losing weight." People will even change their diets to include only those cheeseburger and splurge foods because they get so excited that they're able to include those foods. It's very important that calories are quality calories.

I feel [like I can splurge] after a dinky workout.

That's common. One of the biggest mistakes of everyday exercisers is that they overeat. Doing a half hour on the treadmill, you don't need Gatorade or a big preworkout snack.

Marathoners talk a lot about carb loading for a week before the race; does beer count?

Technically, yes, beer is a carbohydrate. But alcohol is a dehydrating agent...I wouldn't encourage beer drinking.

What's the biggest nutritional mistake marathoners make?

Hydration. Water hydration should start at least two hours before race time. During the race

there are about 15 fluid stops; you have to stop at every single one. Average folks are chronically dehydrated, too. A runner literally can't run anymore if he doesn't have enough water. If we feel fatigued, lethargic and headachy, it's likely due to lack of fluids. For a woman, about nine [eight-ounce] glasses [of water], and 12 glasses for a man—that's average. Exercisers or active people need even more than that.

Any suggestions on how to drink more water?

I always say, "In sight, in mouth." Just make sure that you see [your water bottle] more often. Some people are finicky about the temp of their water. If you like it cold, freeze a half-full bottle and then fill it up. Some people need flavor. Try squeezing in some lemon or lime, or add sprigs of fresh mint.

Sometimes just getting through the day feels like a marathon. Any food tips?

When we talk to marathoners, we talk about food and fluid—and about spacing them [apart]. That is exactly what the everyday "marathoner" needs to do as well. Meals should be about every five hours with snacks in between. Food is calories. Calories are energy. When people feel the weight of the world and fatigue, they need healthy calories.

Is there anything good for you in the office vending machine?

It would be an exciting day when an apple or orange comes out of the vending machine. But about 100 to 200 calories is good for a snack. Try yogurt and a piece of fruit. Or whole-grain crackers and some string cheese.

Reach Blatner at Info@DawnJacksonBlatner.com, visit dawnjacksonblatner.com or call 773-208-5777.

Bargain bliss

After pounding the pavement, marathoners deserve some much-kneaded pampering.

INSTANT UPGRADE Hours on the road means blisters, calluses, missing toenails and general ped pain. To the rescue: Mario Tricoci will offer freebie pedicure (and massage) upgrades for runners. Present your marathon bib number and you'll automatically go from a basic massage to the hot-stone or aromatherapy version. Soles need some solace? Enjoy add-ons like a foot massage and a shea-butter wrap. Available at all Chicagoland Mario Tricoci Hair Salons and Day Spas (tricoci.com). Mon 8–Oct 14.

BODY BONUS After you've enjoyed a well-earned exercise break, exhale gives you some inspiration to work out again: Marathoners who purchase any 60-minute massage or Body Enlightening service (a combo of Thai massage, yoga and acupressure) will receive two complimentary fitness classes (typically \$24 each). The classes can be used for Core Fusion, Core Energy Flow or Yoga during October. Bonus: The services mentioned above are 20 percent off. 945 N State St (312-753-6500, exhalespa.com). Through Oct 31.

PACKAGE DEAL You could spot-treat your aches and pains, or you could tune up your whole bod at once at Spa Soak. The Bucktown spa has created a pampering package for runners. The Marathon Runner's Fix (\$258) includes a 60-minute relaxation or sports massage, a seaweed body scrub, an oxygen facial and a spa pedicure. 1733 N Milwaukee Ave (773-395-9000, spasoakchicago.com). Through Oct 31.

BAG IT Runners who book a 30-minute reflexology service (\$55) at Bliss will take home some pampering, too. You'll receive a complimentary tube of Foot Patrol Lotion (\$26 value), a peppermint and salicylic acid foot-softening lube. 644 N Lake Shore Drive (312-201-9545, blissworld.com). Through Oct 31.—



FOOT FETTER
Ditch your sneakers and treat those feet