

26.2 Miles ... the Ultimate Test of Mind & Body

Written by Southwest Orlando Bulletin Staff



Members of the Dr. Phillips Team LUNA Chix running group include (front, l. to r.) Dawn Davis, Judy Ca

T raveling 26.2 miles does not seem like a long distance, e

This year marks the 2,500th anniversary of the fabled journey of Pheidippides, a Greek soldier who ran

So, the question is, why would anyone want to run that distance? Runners and non-runners alike wond

completing a marathon continues to entice many to register and hit the road. The distance of th

Outside of the Olympics, the Boston Athletic Association is credited with holding the world's oldest annu

Many people envision marathon runners as lean, sinewy and young. In truth, marathoners come in all si

Myriad programs are available that cater to both seasoned athletes and firsttime runners and typically la

Sponsored by Luna, a division of Clif Bar & Co., Team Luna Chix is an allwoman group with amateur tea

"It's funny, because it all began when I saw a Team Luna Chix shirt at a race," Kelly said.

"It's all about the shirt and medal," joked Kelly, who has completed six marathons; 10 half-marathons; ar

After an application process that began in April 2009 and included developing an organizational plan, co

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The group meets the first and third Saturday of the month at 6:50 a.m. in the Dr. P. Phillips YMCA Family

“We have many different levels of participants, so chances are you will find someone to pair up with,” sa

In addition to providing training support, the group participates in fundraisers to benefit the Breast Cance

Continuous running, at least the amount required for a marathon training program, can put a lot of stress

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