

WHAT IT TAKES TO...

Run 250 marathons in one year

MARTIN PARNELL, 55, was busier than most runners in 2010. He logged 250 marathons, raising about \$300,000 for the children's charity Right to Play. During the quest, he visited 60 schools. In May, he plans to tackle the Comrades Marathon in South Africa. —GAIL KISLEVITZ

"The kids at the schools I visited ran with me as much as they could, and then gave me their pocket money to donate to Right to Play. That really touched me. Their energy kept me going."



Win dressed as Tinker Bell

LEAH THORVILSON has raced as Spider-Man and a cow, but it wasn't until the Little Rock native wore a homemade Tinker Bell costume that she discovered her superpowers. She won January's Disney Marathon (on her 32nd birthday) in 2:42 while donning the outfit. Her next event? Grandma's Marathon on June 18 and the Women's Olympic Marathon Trials in January. —G.K.

"I'm a serious runner, but I don't take myself seriously. I like to have fun. I thought it was funny—and a bit insulting—when someone called me Peter Pan. He's a boy!"

Run 50 miles after a heart attack

In October 2009, ultramarathoner

DON HALKE, 51, of Newport, Pennsylvania, had a massive heart attack just two weeks after running the Tussey Mountain-back 50-Miler. One year later, he celebrated his recovery by running the same race 43 minutes faster, finishing in 9:14. —G.K.

"At first I felt anxious about returning to running, but 10 weeks postsurgery I ran a five-miler and knew I'd be fine. Although I feel fatigued often, I am able to run—and that is the best cure."



[Send nominations to whattittakes@runnersworld.com.]



SHORE THING
Race along Lake Michigan to the beat of local bands (below).

Go Chicago!

9 reasons to tackle the city's half-marathon on September 11



Spectacular Scenery

The Lake Shore Drive course has views of Lake Michigan and the Chicago skyline.

Viewer Friendly

Supporters can see you at miles one, four, five, and 12 by crossing Jackson Park.



Record Breaking

The Midwest Guarantee means no hills and few inclines: Go for your PR!

Double the Fun

Run the 13.1 Chicago on June 4 and the Chicago Half and you'll receive a special medal.

Party Hardy

For the event's 15th anniversary, bands, drumlines, and cheerleaders will rev you up.

Deep-Dish Recovery

Lou Malnati's Pizzeria serves its famous pie to all finishers.

Home Run

Relax the day before with a White Sox game. Just don't overdo the dogs.

Race the Editors

Join the RW Challenge and run with editors—and get access to a VIP start area and a free postrace massage.

Big-City Vibe

Last year's race had more than 20,000 runners.



—SARAH EBERSPACHER

RUNNER'S WORLD CHALLENGE

SIGN UP NOW!

Join the editors of *Runner's World* at the Chicago Half-Marathon on September 11. To sign up, or for other RW Challenge events, visit runnersworld.com/challenge.

→ IN CHICAGO, GIVE YOUR LEGS A REST PRE- OR POSTRACE WITH AN EVENING AT THE SECOND CITY IMPROV-BASED COMEDY THEATER.