

SPECIAL REPORT BLOM BEIRUT MARATHON

November 2010

Middle East

Running

Sporting Lifestyle Magazine

www.running-me.com

Beirut Marathon Association publication

**Special Medical
Advice for
Marathoners**

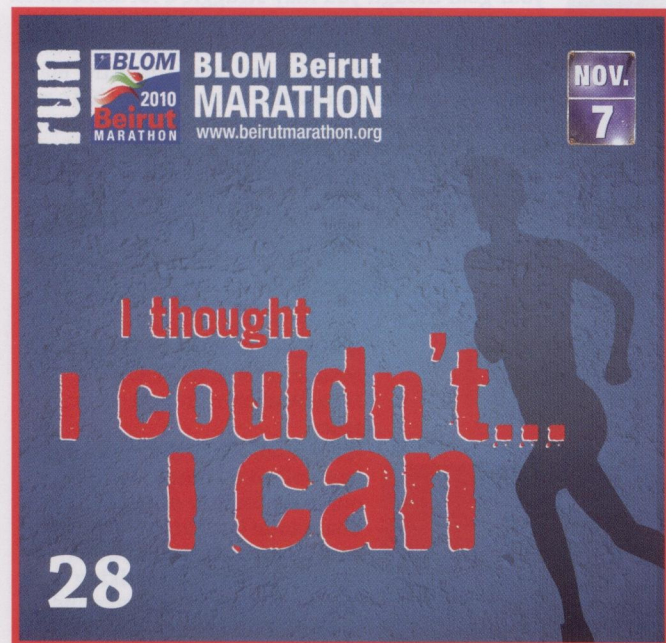
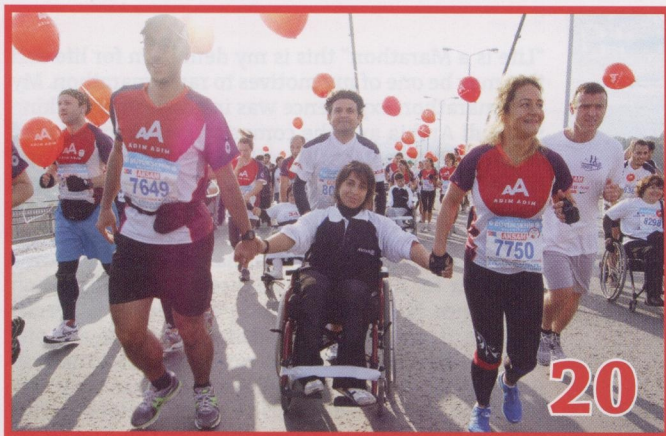
**Jordan
International
Marathon's
Success Story**



**Future Elite Runners
of Lebanon with the
Youth Elite Athlete
Program**

**Ready to Prove YOU CAN?
BLOM Beirut Marathon is Here**

Get Connected Useful websites and accessories



I thought I couldn't... I can

4-8 NEWS & LETTERS

- > AIMS Certification for the Beirut Marathon Association
- > Seeking the Fountain of Youth Through Running by Don Budzinski
- > The United Nations System in Lebanon supports the Beirut International Marathon

12-20 MARATHON FAMILY

- > Istanbul Running Report: 32nd Eurasia Marathon
- > Lebanese desert Runner Ali Wehbi first Arab ever to qualify for the "The Last Desert, Antarctica 2010."
- > Amman International Marathon, a story of courage of success
- > Kenyan Makau Wins Rainswept 37th edition of the Real-Berlin Marathon

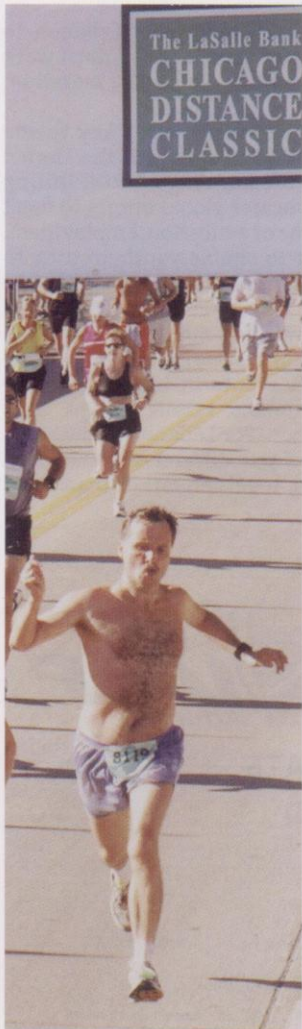
28-54 BLOM BEIRUT MARATHON 2010

- > Course Maps and Directions
- > Youth Elite Athlete Program: the Search to Find Lebanon's Next Generation of Elite Athletes
- > The Unsung Heroes of The Marathon
- > Focus on the Elite Athletes participating in BLOM Beirut Marathon 2010
- > Medical Advice from the Experts for Marathon Day

79 - 98 ARABIC PAGES

- > «كل البلد ركض مع البلد»
- > سامسونج ماراثون عمان الدولي ينهي فعالياته بنجاح باهر
- > كلمة رئيس مجلس الوزراء سعد الحريري الى جمعية بيروت ماراثون

DON BUDZINSKI SEEKING THE FOUNTAIN OF YOUTH THROUGH MARATHON



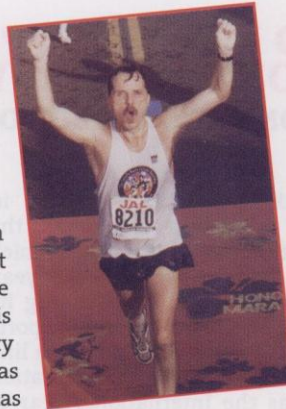
I am a life-long Chicagoan visiting Beirut this year as part of my ongoing quest for unique marathoning experiences. In this age of ever-increasing popularity for marathon running it seems as if every major city of the world has that event on the calendar. I train every year with the Chicago Area Runners Association marathon program, most of the members of which are preparing for the Chicago Marathon in October. However, quite a few have their sights set on testing their resolve in far-flung locales, myself included. Therefore, after running the Chicago Marathon twice and two other marathons in the USA, I've been combining my love of international travel with a passion for long-distance running.

That classic distance of 26.2 miles is carved in stone but the experience of pounding it out can be all over the map. Indeed, what a wide variety of marathon settings I've enjoyed. Of course, there's nothing quite like crossing the finish line in your hometown but beyond that it's difficult to decide on a ranking. My lifetime marathon resume encompasses Columbus, Ohio; Honolulu; Venice; Budapest; Istanbul; Berlin; Dublin; Lausanne, Switzerland; and Kosice, Slovakia. Each of these has its own charm and ambience which really makes it quite futile to choose a so-called 'favorite'. Running through a torrential rainstorm at the Istanbul Marathon as the Islamic call to prayer resounded amidst the lightning and thunder was an adventure that is embedded in my brain. But is there a valid standard for comparing that to trudging up the steepness of Devil's Head at mile 23 of Honolulu? Soaking in the outdoor thermal hot springs after the Budapest Marathon was a wonderful free benefit but in my mind's eye a memorable counterpart was running alongside Lake Geneva with the back-drop of snow-covered Alps at Lausanne.

Each marathon I've done is firmly committed to long-term memory to the point that I can close my eyes and effortlessly relive those experiences as if watching a videotape.

And now to this multifarious menagerie I will add Beirut, the prospect of which fills me with much anticipation. My recent good fortune as I did research was to discover "For the Love of Beirut", an award-winning documentary that chronicles the staging of the 2006 marathon. Multiple viewings of this enchanting film have served an unexpected purpose - the theme song "Running Free" will be the soundtrack going through my head during the entire race (and I will NOT be wearing an iPod).

Every repeat marathoner has aspirations and I am no exception. At Columbus and Lausanne I managed to clock 3:57, a timing that if etched into my gravestone would provide my soul with a blissful eternity. However, if I can repeat a sub-four in three years from now I will attain the pinnacle of achievement for an amateur runner - the exalted B.Q. (Boston-qualifier). At age 57 I am committed to maintaining marathon fitness with the firm belief that it will forestall aging. Is there anything else available that so closely approximates the Fountain of Youth?



Subscribe now!

Starting 25\$

www.running-me.com

+961 .5. 95 92 62

Don Budzinski
info@TheMotionDevotion.com

Chicago Area Runners Association
www.cararuns.org

Beirut Marathon
www.beirutmarathon.org