



[HumanRace]

WHAT IT TAKES TO...

Train former addicts to race

Three years ago **CHRIS HEIERT**, 40, partnered with Cincinnati's City Gospel Mission to teach former addicts to use running as part of their recovery. In May, 132 participants ran one of the multiple race distances held during the Flying Pig Marathon weekend. —GAIL KISLEVITZ



"For many men and women who have just come off drug and alcohol dependency, running one mile seems out of reach. But this program helps them realize they can achieve their goals."



YOUTH MOVEMENT
TIGER girls train weekly in Louisville, Colorado.

Sister Act

Coaching a new generation of women runners

FOR THE FIRST TIME EVER, women represent more than half of all road-race finishers in the United States, according to a recent report from Running USA. A flood of programs for young girls is ensuring that trend continues. Here's what a few have been up to. —Clara Silverstein

TIGER (Teens in Great Exercise Relationships)

RUNDOWN This summer girls 11 to 16 trained over a monthlong session and competed at the Boulder Road Runner All-Comers Meet.

GIRL TALK "We teach running is a lifestyle for anyone," says founder Erin Watson.



Fit Girls

RUNDOWN Many fourth- and fifth-graders in the 80 nationwide branches ran a total of 26.2 miles, read eight books, and did 26 kind acts.

GIRL TALK "We take jogging field trips to the library," says Fit Girls founder Sarah Nixon.



Girls with Sole

RUNDOWN This Cleveland group, for girls ages 9 to 18 who have experienced abuse, hosted a 5-K on June 5. For many, it was their first race.

GIRL TALK "For these girls who may not have much self-esteem, it means so much to them to reach a goal," says founder Liz Ferro.

Girl Scouts

RUNDOWN A Massachusetts troop created a patch scouts can earn through running projects.

GIRL TALK "The patch teaches us about running and keeping healthy," says Girl Scout Amanda Rogers. "I can use it lifelong."



Run 400 marathons

In 1996, **YEN NGUYEN** (who left war-torn Vietnam in 1975 and settled in Houston) started running to get in shape. A few months later she tackled her first 26.2. She's since averaged more than two marathons or ultras a month. On September 4, Nguyen, 48, will run her 400th marathon-or-longer race at the Kauai Marathon in Hawaii. —G.K.

"Running was not a choice until I came to America. During the war, we were constantly in fear. This sport has taught me what freedom really means."

Help revive your collapsed father

At mile 24 of May's Colorado Marathon, **AIMEE CHLEBNIK**, 27, a volunteer EMT from West Yellowstone, Montana, was on track to qualify for Boston—until she stopped to help runners giving CPR to a half-marathoner. Turns out the runner was her father, **BOB CHLEBNIK**, 63, who survived the cardiac event. —G.K.



"When I saw there was someone down, it was instinct to stop. There will always be another marathon, but I only have one dad."

[Send nominations to whatittakes@runnersworld.com.]

Photograph by FELIX SANCHEZ (Nguyen); Courtesy (Chris Heiert); Courtesy (Aimee Chlebnik); Courtesy (TIGER); Courtesy (Girls with Sole); Mitch Nandei; (Patrizia)