

Runner's World Marathon Challenge at...



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- The 2009 SunTrust Richmond Marathon, set for November 14th, has the prestigious honor of hosting the first ever Runner's World Marathon Challenge which will draw marathoners from all over the country to run "America's Friendliest Marathon" in the company of Runner's World experts
- "Fourteen Runner's World staffers will start training for the (SunTrust) Richmond Marathon, which we've twice named one of the best in the U.S.," says Runner's World Magazine
- RW staffers include marathon legends Bart Yasso and Amby Burfoot
- To announce the challenge, Bart Yasso's 16-week training plan has been published for the first time in the July issue of Runner's World
- "It's got to be doable," Bart Yasso, RW's chief running office says in the magazine's July issue. "If it isn't fun, why do it?"

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