

2014 MARATHON GUIDE

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MOTIVATED**

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TRAIN SMARTER

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**BUILD MENTAL
MUSCLE**

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THE LATEST

Updates on runners who've
appeared in our pages



On November 3, Alex and Jamie Schneider, 23-year-old autistic twin brothers, finished the New York City Marathon to raise money for the Association for Science in Autism Treatment (*What It Takes To...*, May 2013). Alex (above right) ran 3:14, beating his PR of 3:23, and Jamie finished in 7:58. The twins, both of whom are nonverbal, also ran in the Boston Marathon this past year.