

ALL-NEW BEGINNER'S GUIDE p.90

RUNNER'S[®] WORLD

GET FIT, STAY FIT!

- > HOW TO GET STARTED
- > ADD DISTANCE GRADUALLY
- > STAY MOTIVATED!

13 BEST SNACKS

+ EASY, NUTRITIOUS
RECOVERY MEALS

THE PERFECT TIME OF DAY FOR EVERY WORKOUT

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WHAT IT TAKES TO...

Run Past Autism



ALEX AND JAMIE SCHNEIDER are 22-year-old autistic twins who are unable to

speak, but they can run. They qualified for Boston's mobility-impaired division with a 3:23 (Alex) and a 6:13 (Jamie). —G.K. "When they receive their medals, they break into brilliant smiles," says their mom, Robyn. "Running is an outlet for their energy."

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