



ING Marathon Tune-Up By Nicole Cornella

A marathon is defined as any contest, event, or the like, of great, or greater than normal, length or duration requiring exceptional endurance. On November 5, runners from around the world will be running a 26.2-mile leg race through all five boroughs of New York City. The ING New York City Marathon got its start in 1970 with only 127 runners. It has now evolved into the most well popular marathon. Being a participant in any marathon can lead to physical and mental stress on your body. Therefore, it's imperative that you are well prepared for this mammoth task that you've set out to do:

When you prepare for the race, don't forget to take care of the soles of your feet! We've said it before and we'll say it again: Artemis Woman's Heel Smoother gets rid of the crustiness under the feet like no pumice stone in the world. Be sure to take care of your feet before and after you run. Visit www.artemiswoman.com to purchase.