

RUNNER'S WORLD

WICKHAM PARK 200

26.2, 50, 100, 200:
How to Choose

How to Beat the Heat

Shoes or No Shoes

Sahara Street: Myth vs
Reality

**Memorial
Day at
Wickham:
Hotter than
the Devil's
Balls? Take
our online
poll!**

Matt Mahoney
Genius or Nuts?
You Decide!

**INSIDE: Souvenir Poster:
Joe Ninke: 200 Mile
Machine**

