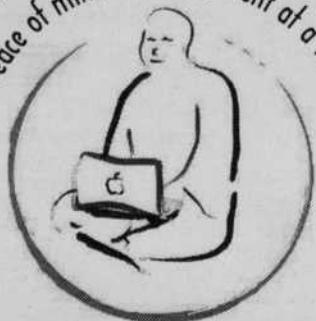


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Henderson: Spring training begins March 13

Continued from page 5

For Henderson, the benefits are just as great.

"It's the single most satisfying thing I do as far as work goes," he said.

Henderson is utilizing all of his skills in his latest endeavor as the head of the new marathon training group for Eugene Running Company. The store, located at 116 Oakway Center, is dedicated to helping new and veteran runners enjoy the sport.

Henderson's group started in January and will target the Newport Marathon in early June and the Portland Marathon in October. The store acts as both the starting and finishing line for their lengthy Sunday training runs along the riverside bike paths.

The spring segment of the training program takes off March 13 and will peak with a 20- to 22-mile run. The payoff: the 26.2 mile Newport Marathon on June 4.

"Training is the big challenge. The race day is graduation day. That's when all the excitement

comes," Henderson said.

Training for a goal months in advance can be difficult with all the injuries, illnesses and life conflicts that exist to discourage steady training. For

FOR MORE INFORMATION

Contact the Eugene Running Company at 344-6399 or e-mail Joe Henderson at joerun@efn.org.

a \$100 fee, the group's runners will benefit from team support to run through these trials and coaching from a man who has authored over 25 books and who worked as an editor and columnist at Runner's World for 30 years. They will also receive a copy of Henderson's book "Marathon Training," a team uniform and in-store discounts at Eugene Running Company.

"The response to his training program has been very enthusiastic," said Michael Black, owner of Eugene Running Company. "Many runners have looked up to him for years and are very happy to have the opportunity to meet and work

with him."

Henderson said training and running a race with a group is helpful, even for individuals who have completed a marathon going solo.

"They've trained on their own, and it's a difficult challenge to wake up on a Sunday morning and think of running 20-some miles on their own," he said.

For interested students, the 15-person group still has space. The ages span from 14 to 70 and the group is evenly split between genders. Most runners will be able to find someone close to their ability level to train with. Henderson's sole request is that runners have recently completed a 10-mile run before they sign up for the training.

Henderson is a living legend to the lessons he teaches in his training. Fit and active after more races than most people care to think about, he's an ideal teacher to introduce students to the challenges, and the addiction, of running.

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