



THE LOOP

The Stat

THE 2019 CORVETTE ZR1 IS FAST, LIKE THE THREE RUNNERS ON PAGE 40 WHO HELPED MAKE IT. AT 210 MPH, IT CAN DO A MARATHON IN 7:29. THAT'S:



16.7

times faster than the fastest American marathon time, run by Ryan Hall (2:04:58, average of 12.58 mph)

1.93

times faster than the world record for speed on a Schwinn bicycle (108.92 mph)

1.53

times slower than the Harley-Davidson Streamliner motorcycle land-speed record (322.15 mph)



The Advice

Yes, running with music can make your workout feel easier. But according to research from Brunel University in London, **listening to the right kind of music—specifically, 20 to 30 minutes of slow, sedate tunes—after a run can also speed recovery.** Chill music can lower your levels of cortisol, a hormone released when we're stressed, the study authors say. Look for songs that are 90 to 115 beats per minute, like "The Cascades" by Fleet Foxes, "Appointments" by Julien Baker, "Still Beating" by Mac DeMarco, "Bleak Bake" by King Krule, and "Freak" by Lana Del Ray. For this and other playlists, go to runnersworld.com/running-music.

The Gallery

Talk about extreme running. These readers didn't let the **recent cold snap** force them inside—for better or worse.



"My greatest work to date. I call it 'Tusks.'" —@skiznil



"I can't say I miss spending hours in the sub-zero deep freeze." —@eat.well.play.hard



"A very enjoyable run with no frost-bite." —@mike.bialick



The Shameless Promotion



We all need a little guidance when it comes to training.

That's why we created the My Run Plan app to help runners of all levels prep for their next race or big goal. You get a personalized coaching platform that automatically adjusts your plan based on your daily performances and fitness level. But don't just take our word for it. Check out this user review:

"The coaching tips are a lifesaver, and I never realized how helpful a running-specific calendar would be on my phone. Now, I can't imagine not having it there." —Riley McDermott, training for the Red Mountain 55K

The Bad Idea

MILK AND COOKIES MILE

Here at *Runner's World* HQ, we always look to go the extra mile. We ran a Taco Mile in May (basically a Beer Mile, with tacos) and a Beer Mile in June. After those, er, successes, we moved on to channeling holiday spirit.



THE CHALLENGE
 Drink 7 ounces of milk and eat 2 cookies per quarter-mile lap. Repeat 3 times.



THE COURSE
 Quarter-mile trail at *Runner's World* HQ in Emmaus, PA



THE WINNERS
 Video Producer Derek Call, 9:02;
 Food and Nutrition Editor Heather Mayer Irvine, 9:53

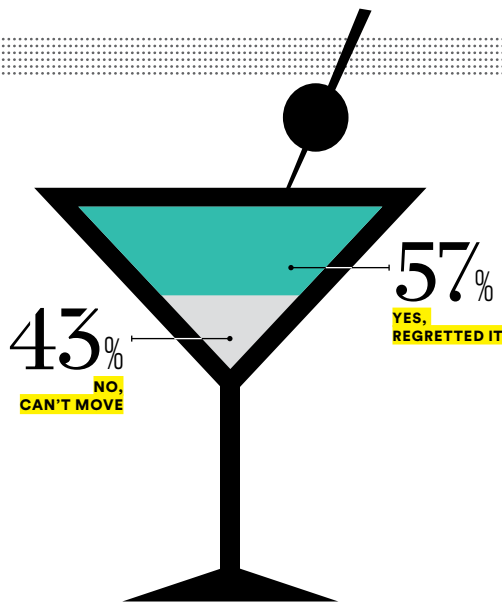


THE PHOTO FINISH
 Web Producer Paige Triola bit off a little more than she could chew.

The Poll

HAVE YOU EVER RUN HUNG OVER?

May want to rethink that morning-after jog. "You cannot 'sweat out' a hang-over," says Damion Martins, M.D., a sports-medicine physician. "By trying to do so, you further dehydrate your body, leading to more detrimental effects." Best bet: Drink a lot of water and table your run for another day.



PHOTOGRAPHS BY LESZEK KOBUSINSKI/ALAMY (PHONE); D. HURST/ALAMY (MILK AND COOKIES)