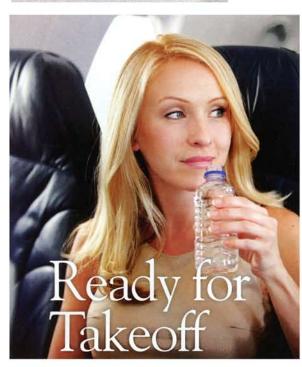


ON PACE ASK THE EXPERTS





A destination race sounds fabulous in theory. But between packing, jet lag and that elbow-y guy in the aisle seat, running a marathon in a new place can quickly go from a fun adventure to a stressful challenge. Olympic

bronze medalist **Shannon Rowbury** knows a thing or two about racing away from home. As a pro, her most important competitions often take place in far-flung cities like Beijing, London and Daegu. This speedy chick shares her tricks for racing while on the road.



DRINK UP.

Water, that is. Flying can dehydrate you, so make sure to keep water in reach. And you don't have to spend five bucks on a bottle at the terminal's Starbucks. Bring your own empty vessel through security. More and more airports are installing water fountains made for refilling your bottle, and flight attendants are always happy to top you off.