

Inside: Winter & Spring Marathon Calendar

colorado **Runner** & triathlete

Races of the Year

We rank the best
races in 2008!

Highlights from High
School Cross Country

Plus: Your Missing
Nutrition Link

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“Only by going **too far**
Can one possibly
Find out **how far**
One can go.”

-Jon Dyer

Runners descend off of Hope Pass outside of Leadville during stage two of the TransRockies Run.
Photo by Dan Hudson