

Vogue  
Gore-Tex Trans Rockie Run  
June 2011

BEAUTY

FITNESS



**PATHFINDER**  
GET FIT WHILE YOU COVER NEW GROUND ON A RUNNING TOUR.

company's five-night trip to California's Sonoma and Napa valleys; it includes a run along Highway 1 on the cliffs of Bodega Bay, followed by a private tasting at Petroni Vineyards—a perfect pairing. [runningawayonline.com](http://runningawayonline.com); (877) 544-2929.

**A TUNE-UP FOR MIND AND BODY**

Run and recharge during one of two women-only camps offered by Women's Quest. Both are set in world-class locations—Winter Park, Colorado (July 10–15), and Stowe, Vermont (September 11–16)—and balance serious running drills and technique training (provided by Olympic-marathon bronze medalist Lorraine Moller) with soulful pursuits: yoga, Qigong, and journaling. [womensquest.com](http://womensquest.com); (303) 545-9295.

**THE ULTIMATE CHALLENGE**

Looking to push yourself? There's no better option than the Gore-Tex Trans-Rockies Run, one of the premier destination races in the country. Runners on two-person teams traverse Colorado's mountain summits and meadows by day, then let the experts at the massage village knead away the knots. Marathon maestro Dean Karnazes (author of several running books, including *Ultramarathon Man*) is on hand to offer inspiration and advice. If you can't entice a friend to join you on the whole six-day, 115-mile course (August 21–26), sign up for the three-day version as a solo entrant. [transrockies.com](http://transrockies.com); (866) 373-3376. □

TRAILBLAZERS

MORE AND MORE WOMEN ARE LITERALLY RUNNING AWAY ON VACATION. GINNY GRAVES LACES UP.

Cyclists, surfers, and yogis have long been able to choose from a variety of camps and expeditions geared to their particular pursuit. But the latest wave of fitness-focused tours is catering to a passionate and growing breed of athlete: trail runners. With more women going off the beaten path, here's a crop of getaways designed specifically with those off-the-grid types in mind.

**THE HIGH-LIFE ITINERARY**

For an indulgent combination of scampering and pampering, look no further than the Ultimate Vail Experience (August 18–21). Run on alpine trails alongside racing legends Ellen Miller and Bart Yasso, as well as an all-star staff of coaches, then refuel on a menu of organic, free-range entrées at acclaimed Terra Bistro. Cross-trainers won't want to miss the opportunity to cycle with Lance Armstrong's onetime coach Chris Carmichael. [vail.com/pursuit](http://vail.com/pursuit); (800) 624-9185.

**FOR THE FLEET OF FOOT**

The aptly named Running Away has a number of trailcentric itineraries, from California to Florida, that include an

engaging mix of sweating and sight-seeing. On the fall-foliage outing in the Berkshires, for instance, one can pick up tips from renowned endurance-sports coach Al Lyman, take in cutting-edge contemporary art at Mass MoCA, and unwind on the porch of Stockbridge's historic Red Lion Inn. For those who prefer to sip a crisp Chardonnay after a day on the trails, check out the

ELECTRIC STREAK

NIKE FREE RUN+ 2. \$90; [NIKE.COM](http://NIKE.COM).

WATERGEEKS STAINLESS-STEEL FILTERED BOTTLE. \$20; [THEWATERGEEKS.COM](http://THEWATERGEEKS.COM).

ADIDAS BY STELLA McCARTNEY WRISTBANDS. \$25; SELECT ADIDAS STORES.

RUMBATIME SWEATPROOF ESSEX WATCH. \$20; [RUMBATIME.COM](http://RUMBATIME.COM).

CAMELBAK 2011 ANNADEL HYDRATION BACKPACK. \$49; [CAMELBAK.COM](http://CAMELBAK.COM).