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Road Runners

The fall social season isn't the only marathon in town. This Sunday, members of the chic set will compete in the actual ING-sponsored 26.2-mile race. From eating special diets to staying away from the Boom Boom Room, these high-energy folks share their training tips with WWD.



VERONICA WEBB, model

Motivation: I've wanted to do this for 15 years.

Footwear: Asics

Uniform: Under Armour

Accessories: Fuel Belt water bottle and a Timex.

Soundtrack: Jay-Z, Alice Smith, Lil Wayne, Kid Cudi, Robin Thicke, Kanye, N.E.R.D.

Running Partners: Team Apollo for HarlemUnited.org.

Training Diet: My friend and nutritionist of 17 years, **Oz Garcia**, has me on a diet that's really effective. Fruits that are rich in antioxidants: all berries, açai, pineapple, papaya, melon, apple, pomegranates, kiwi. Fish that are rich in Omega-3 oils and are low in calories: salmon, halibut, mackerel, sole, bluefish, tuna, mahi-mahi, whitefish, grouper, monkfish, sea bass. Probiotic yogurts, and feta, goat and sheep cheese.

Sacrifices: Complaining! And yes, drinking [alcohol] slows you way, way down. I did have a glass of red wine to deal with PMS last week. I'm still human.

Post-Marathon Celebration: Having earned the right to call myself a marathoner. Then a pedicure and a margarita.