



June 15, 2009

## See Jane Run event is a good intro to running

**This Boise half marathon embraces women of all shapes, sizes and fitness levels.**

BY BRENDA GUTIERREZ - [bgutierrez@idahostatesman.com](mailto:bgutierrez@idahostatesman.com)

**This Boise half marathon embraces women of all shapes, sizes and fitness levels.**

The women at See Jane Run share the same philosophy: If you can run a mile, you can run a marathon.

Sound intimidating? Then why not start with a half marathon? Specifically, the I Run for Chocolate and Champagne See Jane Run Half Marathon & 5K on June 20 in Boise.

"A half marathon is a good distance for someone starting out to challenge themselves," said Lori Shannon, owner and founder of See Jane Run, which has a retail store in Downtown Boise. "It's about getting yourself comfortable and having a support network."



The event starts and ends in Julia Davis Park in Boise and follows the Greenbelt most of the way. There is also a 5K course and a 1-mile kids' run.

People of all fitness levels are encouraged to participate.

"That's what distinguishes us. We want to get people active. It's about meeting people where they are. We want to support you wherever you are," Shannon said. "In any race, only one person wins. Everyone else should have a rockin' good time."

At the third annual See Jane Run Half Marathon in Northern California in May, more than 50 percent of the participants had never run a half marathon before, Shannon said. So if you're new to running, the women at See Jane Run in Boise are armed with the equipment, apparel and knowledge to help you.

"We want to embrace every level of athlete and every size of athlete. We'll get you outfitted and help you get started," Shannon said. "There's an energy of exclusiveness for the average person, not just the elite runner."

In keeping with that theme, every half marathon participant is accompanied across the finish line.

"We've got you through the whole event. No one finishes alone," Shannon said. "We support runners from the fastest to the slowest."

All finishers receive chocolate and champagne. The finish-line expo features booths and vendors that focus on women's health and fitness, plus food, entertainment and events for children.

The party will continue Downtown, where the store will extend its sidewalk sale throughout the weekend.

Brenda Gutierrez: 377-6440