

# RESTOS



**35** FOODY  
LE RESTO QUI MONTE

RUNNING + FITNESS + FOOD

## 05 TEXTE

*On a recent journey to Mt. Yeoman for 30 days, Elite Runner editor in chief Joseph Russell has something to share how this issue came to life.*

## 10 TEXTE

*A story of a retired athlete on pursuing and finishing his ultimate race. He has been called the world's most marketable athlete of his time.*

## 13 TEXTE

*For maintaining energy to repairing muscles runner and chef Isaac Mills shared some healthy diet plans on how to get that extra mile.*

## 40 TEXTE

### LE GUIDE DES RESTAURANTS

## 18 TEXTE

*Great runners do it with a purpose in order to do better and finish every single race. A simple question for all the runners, why do you run?*

## 27 TEXTE

*The most awaited event of the year for the runners. Find out the big challenge this time and you might just win a big prize.*



### POCOLOCO MEXIQUE LOVERS

Running requires you to be both strong and quick. Here are some leg exercises to build bigger quads, calves, glute and hamstrings.



### MANUMANU GENEVE CENTRE

For maintaining energy to repairing muscles runner and chef Isaac Mills shared some healthy diet plans on how to get that extra mile.



619 CEDAR LANE , WEST  
PALMER, NY 07093  
+1-303-777-0202  
CONTACT@ELITERUNNER.COM



WWW.ELITERUNNER.COM