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RUNNER'S[®] WORLD

October 2007

THE Real Food Diet

How to **Eat Fresh,**
Lose Weight,
Find More Energy

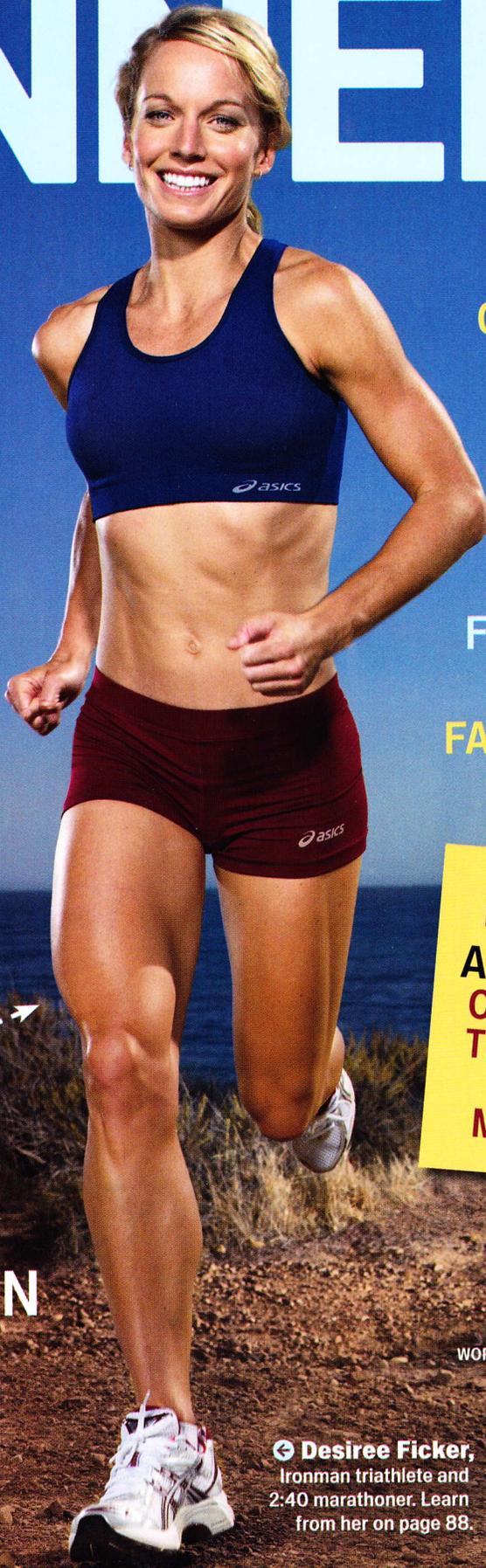
+ MEAL PLANS FROM
AN IRON CHEF
(WHO'S ALSO A RUNNER)

Get Legs
Like These

**10-SECOND
HILL WORKOUTS,** PAGE 39

**TRAIN YOUR BRAIN
TO LOVE EVERY RUN**

5 SECRETS OF
MUSICAL
MOTIVATION



**BEGINNERS
GET FIT FASTER**

**RUN A
PERFECT
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Expert Tips
For Any Distance

**FALL'S BEST NEW
TRAIL SHOES**

EXCLUSIVE
**Alberto Salazar
Opens Up About
The Day He Died
And His New
Mission in Life**

👉 **Desiree Ficker,**
Ironman triathlete and
2:40 marathoner. Learn
from her on page 88.

RUNNERSWORLD.COM
WORLD'S LEADING RUNNING MAGAZINE



I'M A RUNNER

CESAR MILLAN

TV Host, National Geographic Channel's *Dog Whisperer*, 38, Los Angeles



INTERVIEW BY MARYA SMITH

The dogs are

why I run. In nature, dogs are always running. We call that exercise, but to them it's just their style of life. They understand and love moving forward.

My pack is a mix of about 50 dogs. When I'm running with them, they're in a calm, submissive mood. It's like riding a wave.

My pack is extremely quiet; you can't hear us when we're coming. It's like a shark when we pass by: *Whoosh*. Some people smile and say, "I wish I had a camera." People respect 50 dogs.

When I'm in a city, I run them on-leash. But where I can, I run them off-leash. Dogs know how to follow; you just have to nurture that trait.

We don't go by distance—we go an hour at a time, sometimes for hours. The bigger the pack, the more energy they will generate, and this lets them move forward for a longer distance.

Setting the speed or distance is part of being a good handler. Once your dog gets the stamina he needs, then the two of you are at the same level.

Running is key to my job as a dog behaviorist. A 30-minute run benefits dogs more than one hour of walking; plus, it helps you train them faster.

Of course, I run for my own fitness, too. I'm married, so I absolutely have to look good.

In Mexico, if you want to run, you run. I ran in school—I was a very competitive guy—but there were much faster kids.

I never play music when I run. With dogs, it's about being quiet. Hearing a dog breathing or his heart pounding is music to me.

My favorite time to run is in the morning as the sun is coming up on the beach. Waking up with Mother Nature and the dogs is the best feeling in the world. It calms me down.

When I was working on my new book, *Be the Pack Leader* [Harmony Books, October], running helped me clear my mind before spending the day writing.

After a run, I love a good Jamba Juice. And a bagel with salmon and lots of veggies. Just like with a dog, a nice meal is a reward.

I would like to run a marathon because I love a good challenge. The trick would be finding the time to train for it.

Running is great therapy, and it's free. If we all walked and ran with our dogs, it would be a different world. 

 For the full interview, see runnersworld.com/imarunner.