

Learn to run unplugged

Because the USATF has made it a rule at its sanctioned races that runners can't use audio devices, it might be wise for runners to leave the music home no matter which race is attended. While Grandma's Marathon in Minnesota will strictly enforce the rule, other events might not be as strict.

Marcus Grunewald, executive director of the Wellstone's Dallas White Rock Marathon, said officials will reserve the right to disqualify anyone wearing headphones, but they won't actively seek them out.

Heidi Swartz said The Cowtown doesn't allow audio devices. Penalties could vary.

And John Conley, race director for the AT&T Austin Marathon said the race is obliged to follow the rules, but violations will be evaluated on a case-by-case basis.

So, play it safe and unplug.