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A Few Coaches to Help You Push It

By **ABBY ELLIN**

RUNNING coaches abound, but finding one who works at your level is essential. These five cater to runners sick of going easy and ready to embrace racing.

CARLA GREGOR www.startrightfitness.com, (703) 407-7470. Ms. Gregor, who is certified by the Road Runners Club of America, leads classes for women in the Washington, D.C., area who are first-time racers. If you can run three miles, you're ready for hills and interval training. Ms. Gregor aims to get novices to push themselves. Cost: \$150 for 13 weeks.

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