



ANA ORTIZ

Audiences know her as Hilda, Betty's flashy and perpetually primed older sister on the campy ABC prime-time sudser *Ugly Betty*, but in real life Puerto Rican actress Ortiz is not afraid of getting outdoors and a little sweaty when it comes to staying in shape.

The New York native, who now lives in Koreatown, maintains her slim yet curvy figure with a combination of hiking, running, and exercise classes. "Even though I'm from New York, I've always been an outdoorsy person. Being in California, there's an obligation to get out there and enjoy it," the 37-year-old says, noting it was her mother who instilled in her an appreciation of the outdoors. "I try to go hiking in Runyon Canyon at least three times a week. It's so beautiful that it doesn't feel like exercising, and it keeps my dog, Fideo, nice and mellow," adds Ortiz, who used last year's extended writers' strike as an opportunity to squeeze in extra hiking sessions in Griffith Park and a trip to the East Coast, where she is a member of the LAByrinth Theater Company.

Ortiz, a graduate of the prestigious Fiorello H. LaGuardia High School of Music & Art and Performing Arts, married musician Noah Lebonzon in Puerto Rico last June and now alternates hiking with running, her husband's preferred sport. "We [run] on the beach or, sometimes, in Santa Barbara, where it's just breathtaking."

After having some problems with her knee, Ortiz is careful about where she buys her kicks. "Top to Top in Santa Monica is my favorite running store. They are so knowledgeable and friendly. They really helped with my knee." —ASHLEY ALVARADO



Hiking

Longtime runners will attest that after being on a treadmill or a stretch of cement for any length of time, nothing beats the natural surroundings of hiking or running along a trail. And Southern California has no shortage of outdoor options.

EVENTS

May 24: Mount Wilson Trail Race

Not for the faint of heart, this 8.6-mile course has an elevation gain of more than 2,100 feet. *Mount Wilson, Sierra Madre, www.mountwilsontrailrace.com.*

June 7: National Trails Day

The American Hiking Society invites everyone to get outside and take a hike. Check website for events in your area. *www.americanhiking.org.*

September 28–May 2009: Xterra Trail Run SoCal Series

For the more adventurous, there's this award-winning, seven-event trail run along the SoCal coast with routes ranging from 5k to 21k. The first leg starts in Point Mugu in September, and the last is in Vail Lake next May. *www.trailrace.com.*

TRAILS

Paramount Ranch Hacienda Trail

Catch a glimpse of Hollywood history on this trail, which served as the background for several movies and TV shows. *2813 Cornell Rd., Agoura Hills; 805-370-2301.*

Runyon Canyon

Come here for celebrity sightings and crowds. The entrance is just two blocks from Hollywood Boulevard. *2000 N. Fuller, L.A.; 323-666-5046, www.laparks.org.*

Griffith Park

This sprawling destination has more than 53 miles of trails. *4730 Crystal Springs Dr., L.A.; 323-913-4688, www.lacity.org.*

Irvine Ranch

Hiking and trail runs are organized almost daily at this expansive space. *714-508-4757, www.irvine ranchlandreserve.org.*

STORE

Phidippides Encino

The staffers here are serious about running, and they carry an assortment of trail-running shoes, which often are test-driven for the website's product reviews. *16545 Ventura Blvd., Encino; 818-986-8686, www.phidippidesencino.com.*

CLUBS

Sierra Club

For 93 years, the local chapter of this group has worked to explore and protect land and parks in the Southland. *www.angeles.sierraclub.org.*

Trail Runners Club

This club meets early every Sunday in Pacific Palisades for runs in the Santa Monica Mountains. With more than 40 course options, there's something for everyone. *www.trailrunnersclub.com.*

Garmin "Colorado 400T" handheld GPS. \$640



Black Diamond "Spire" trekking pole. \$125



Adidas mens "Terrex" sneaker. \$140

Gear



Glossary

- aerobic:** a comfortable running pace that allows for normal breathing.
- anaerobic:** a running pace during which your breathing is labored and you cannot supply enough oxygen to your muscles.
- pronation:** the inward roll of the foot that allows the body to absorb shock and adapt to uneven surfaces. Most people's feet pronate to varying degrees, which is why it is important to get properly fitted for the most accommodating running shoes.

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