

GEAR

COMPILED BY LISA DE SPEVILLE **RW GEAR EDITOR**

Runner's World Great **BIG** Gift Guide

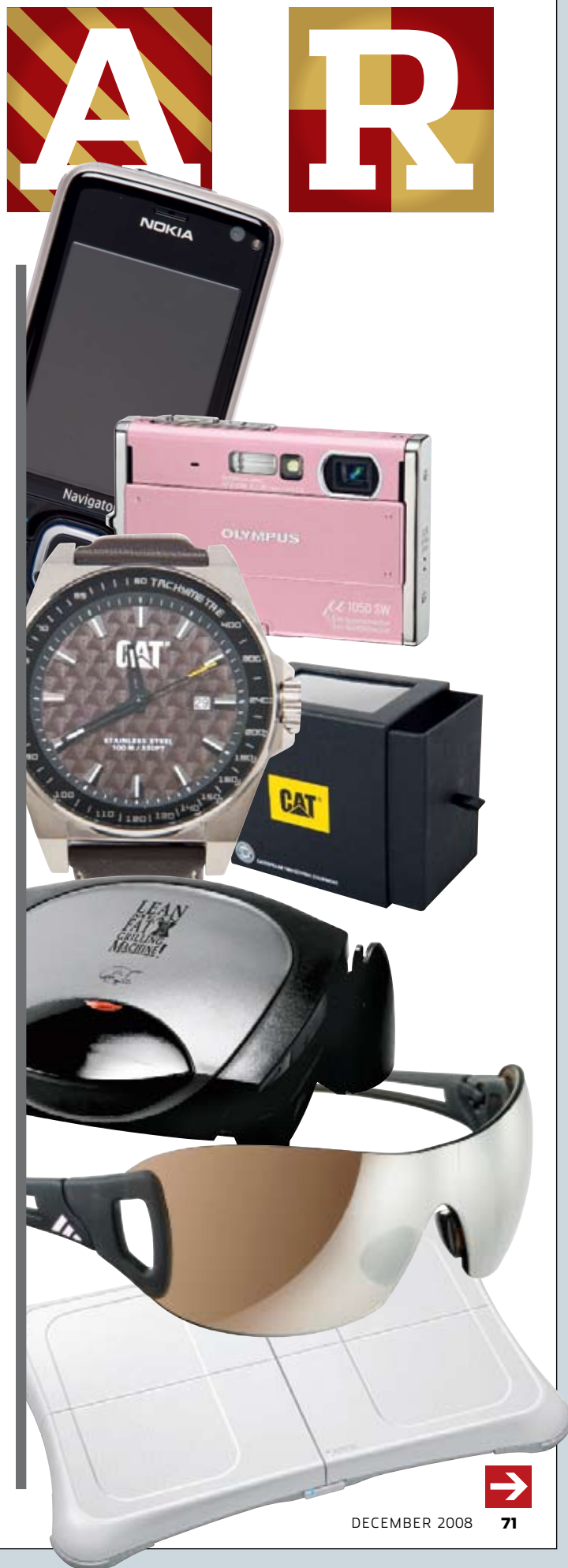
Runners run but our lives are not all about running shoes, shorts and ultra moisture-wicking tops. We also like nice stuff – treats that entertain and delight. Whether you're into giving or receiving practical or frivolous gifts, be inspired by this festive selection.

How to get a great Christmas Gift

- 1 FLIP THROUGH** these Gear Guide pages.
- 2 OH-AND-AH** (loud enough to be heard by your partner/parent/best friend) about all the delightful products on display.
- 3 CIRCLE** the goodies you want with a red permanent marker.
- 4 LEAVE THIS MAGAZINE OPEN** on the bathroom floor, coffee table, his/her side of the bed or on their seat on the sofa. Send telepathic messages too.
- 5** Then **RELAX** and wait for what you want to appear under the Christmas tree (if it doesn't, spoil yourself; and get them socks/bubble bath next year).

Gear Gal Says... The "NO" Gift Guide

Although I love presents, I've forbidden friends and relations from buying me Christmas gifts. Aside from the purchasing of presents for dozens of people being an unnecessarily costly activity, I just don't know what to do with the odd goodies that, while considerate and nice to receive, I really don't need nor have space for. Instead – if my family insists on giving me a gift – I suggest one special and functional item from all my relatives; something that I really want and will use often. Wishing you all a fit and functional holiday season. Ho-ho-ho.



➔ **ADIDAS ADILIBRA SHIELD 6050 (WOMEN), R1698.60**

This rimless version of the Adilibra style has been designed specifically for women's smaller faces. Adidas has combined a feminine design (exciting colours and smooth, curving lines) with performance functionality. The single lens is interchangeable, so to get more use from these shades, look at buying one or more lens shades to suit different light conditions and sports. You've gotta love this brown/pink colourway (pictured) and look out for the delicious jade/gray version too.

➔ **WHO SHOULD BUY IT:** Female runners, joggers, trail runners and walkers.

➔ **WHERE TO GET IT:** Leading sport stores, optometric outlets and sunglass boutiques

➔ **CONTACT:** Moscon Optics (011) 483-8054



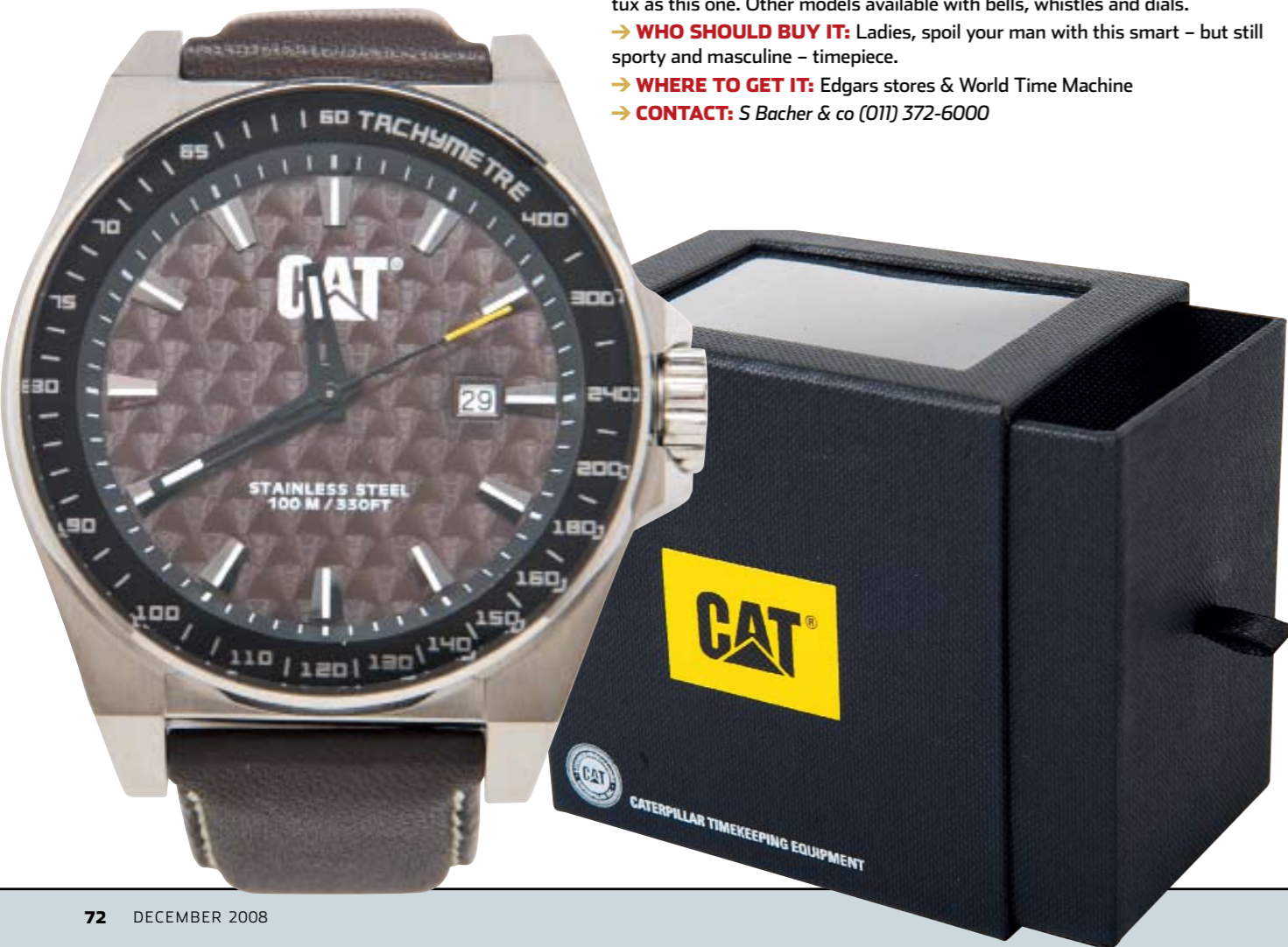
⬇ **CATERPILLAR WATCH, R1295.00**

Caterpillar is oh-so-much-more than machines, tools and engines for mining, construction, marine and forestry industries. At high school the boys coveted CAT's black shoes. A decade-plus later, the CAT product range includes a range of footwear (for men and women), apparel, bags, sunglasses, gloves and watches. Lumberjacks and builders have never been sexier. Gents, the wrist unit for your heart-rate monitor is really neat, but it doesn't look as hot with a tux as this one. Other models available with bells, whistles and dials.

➔ **WHO SHOULD BUY IT:** Ladies, spoil your man with this smart – but still sporty and masculine – timepiece.

➔ **WHERE TO GET IT:** Edgars stores & World Time Machine

➔ **CONTACT:** S Bacher & co (011) 372-6000



⬆ **NOKIA 6210 NAVIGATOR, R5550.00**

It's a phone that makes calls, receives text messages, sends e-mail, takes photos (and video), browses the Internet, plays music and tells you where to drive/walk. If you're an existing Nokia user, you'll find accessing functions to be much the same as what you're used to and you'll appreciate the large, crisp screen display. Read the manual to set-up your e-mail and for map and GPS use. For me, the attraction to this unit is being able to run in strange cities and for the voice-guided pedestrian navigation function to get me back to my hotel. Also, Nokia Sports Tracker software allows you to upload run routes (tracks) and maintain a training diary – all through this unit.

➔ **WHO SHOULD BUY IT:** People on the move. If you're not tied down to a desk, this phone keeps you in contact and up-to-date. But do give yourself some time-out and leave it behind when you're running.

➔ **WHERE TO GET IT:** All Nokia distributors

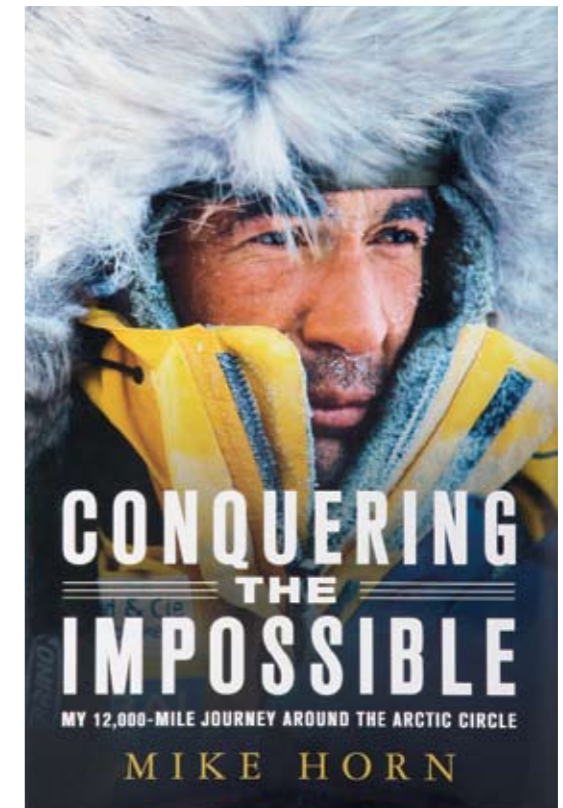
➔ **CONTACT:** 0861 1 NOKIA (66542)

⬇ **CONQUERING THE IMPOSSIBLE, MY 12,000-MILE JOURNEY AROUND THE ARCTIC CIRCLE BY MIKE HORN, R159.00 (paperback, loot.co.za)**

I read this remarkable book earlier this year and it's now out in paperback, which costs over R100 less than the initial hardcover version. The book relates Mike's experiences as he circumnavigates the Arctic Circle – he travels through the Arctic winter, navigates by instinct, learns to build igloos and makes friends in the most unlikely places. Mike chooses to travel solo for months at a time, traversing terrain from which there is no possible rescue. He conquers the Arctic and shares his thoughts, emotions and physical challenges in this inspiring recollection.

➔ **WHO SHOULD BUY IT:** Aspiring adventurers.

➔ **WHERE TO GET IT:** Order online at loot.co.za



My Dream Gift: Bruce Fordyce

Bruce's dream pressie cannot be bought, it can only be earned. When it comes to Comrades, Bruce is the undisputed King – in wins and medals. Gold, silver, Bill Rowan and bronze (sub-11hrs) medals. But, unbelievably, this Comrades legend does not have a complete collection. He is missing a Vic Clapham copper (sub-12 hour), which he's confident he'll get in the next decade "as my knees collapse!"; and the new Wally Hayward medal introduced this year. It's this latter award that tops Bruce's Christmas wish list. But, there's a catch – it is only awarded to sub-6 hour runners placing outside of the Top 10. "I used to boast that I had every Comrades medal but then the great man died and they named a new medal after him. This medal, for me, is set on an impossible qualifying standard as I won't be running sub-6 Comrades times again."





↑ OREGON SCIENTIFIC WEATHER HUB, R398.00

I enjoy watching the weather on telly. And I like to check the outdoor temperature on my car's dashboard—it's an entertaining novelty. Up the stakes with this neat weather hub, which can sit on your desk or stick on your fridge to display indoor temperature and a basic 12-24hr forecast (sunny, partially cloudy, cloudy, rainy). If just knowing the temperature and 12 to 24hr weather forecast is not enough for you, get the Oregon Scientific Professional Weather station with Built-in Data Logger (R5698.00). It provides comprehensive weather information, including a weather forecast, indoor/outdoor temperature, humidity, barometric pressure, UV measurement, rainfall amount, heat index, wind direction and speed, moon phase.

→ **WHY YOU SHOULD BUY IT:** Let the forecast, the night before, motivate you to play outside the next morning.

→ **WHERE TO GET IT:** Contact Pertec for your nearest stockist

→ **CONTACT:** Pertec (011) 805-1996



↓ GEORGE FOREMAN CONTACT HEALTH GRILLER, R399.00

George Foreman, two-time World Heavyweight Boxing Champion, has made more money from his "lean mean fat-reducing grilling machine" than he made during his entire boxing career. And evidently with good reason; the pulling power of the grill comes from its low-fat cooking method – it's like a snackwich machine for meat, poultry, fish, veggies and other foods. The grooved grill plates allow fat to run off into drip trays – so your chicken breasts and lean steaks don't sit wallowing in their own fat. There's no need to add greasy lubrication to your cooking as the plate surface is non-stick. And it makes those grill stripes, which look neat. Available in bigger models.

→ **WHO SHOULD BUY IT:** The health-conscious looking for ways to prepare their food in less time and with less fat and fuss. This griller supports your "cut down on fat intake" and "eat less fried food" resolutions.

→ **WHERE TO GET IT:** Boardmans, Game, Macro, Clicks

→ **CONTACT:** (011) 490-9000



↓ NINTENDO WII FIT, R1299.00

Armed with a Wii Console (the 'brains' of the system – packaged with Wii Remote, Nunchuk, sensor bar, power cable, Wii Sports Disc software at R3499) and Wii Fit (box contains software and Balance Board) you've got a balance-strength training arsenal. The activities (yoga, balance, strength and aerobics) are focused on toning muscles, improving balance and correcting posture. I tried the tree posture (yoga) and tight-rope (balance game) with much glee. This training accessory beats paper-and-ink diagrams and descriptions of "Hold for 30-seconds. Do 10". Wii Fit also tracks your progress for added motivation. Convince your nearest-and-dearest to get you a big flat-screen telly.

→ **WHO SHOULD BUY IT:** Individuals and families. Fitness fun for adults and children.

→ **WHERE TO GET IT:** Leading computer and electronics retailers

→ **CONTACT:** Nintendo 0861 000 944



← OLYMPUS 1050 SW CAMERA, R4999.00

A light, small, water-, shock- and freeze-proof camera should be mandatory equipment for off-road running. Too often we return home with no photos of ourselves in action; nor of the spectacular beauty of less accessible parts of our country. Keep this 10.1 megapixel (poster-sized prints!) camera accessible while running, be disciplined about taking photos and ask fellow runners to snap you against a dramatic background. You'll treasure these images post-race. Available in Dolphin Grey, Pacific Blue, Midnight Black and Misty Rose.

→ **WHO SHOULD BUY IT:** Essential for trail runners—come home with photos to share your experiences with friends and family.

→ **WHERE TO GET IT:** All leading camera stockists

→ **CONTACT:** Jel Distribution (011) 372-4000



↑ **JAN TEE (JT) RUNNING SHORTS (WOMEN ONLY), R200.00**

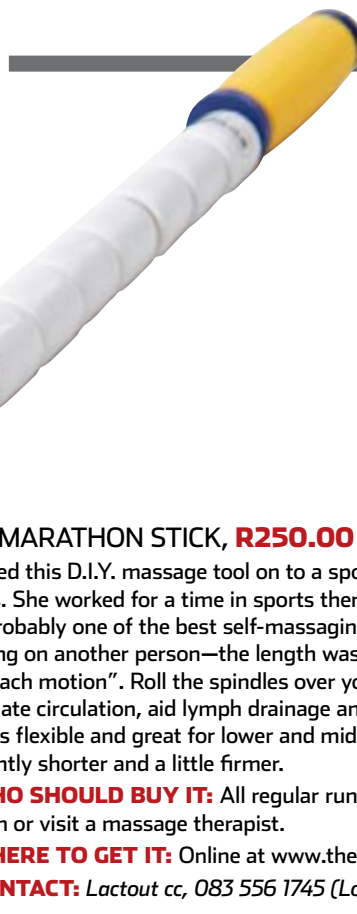
These shorts have been around for a bit but are little known outside of Cape Town. They're made by a female marathon runner who seems to have hit the nail on the head with regards to designing short length, sexy running shorts. The fabric is silky, the seams press flat and there are two well-sized pockets – one on the front of each thigh. Tabs on the zips make the pockets easy to open. The waistband has a draw-string fastening. Available in a spectrum of colours as a hipster or shorter leg style, with or without inner lining.

- **SIZES:** XS-XL
- **WHERE TO GET IT:** Femme Sportif (Cape Town, also online), www.femmesportif.co.za
- **CONTACT:** Ellen 0861 111 290

→ **NATHAN QUICKDRAW PLUS, R150.00**

On short runs I don't like taking my hydration pack and garages are sometimes few and far between. This is the perfect solution! Hand-strap bottles are common at trail races in the US and Europe (short and ultra distance) because the padded, adjustable hand-strap holds the 650ml bottle to your hand, so you don't have to grip it. It's also quick to fill from streams, taps and water stations. There's a small pouch for keys and reflective trim for safety. The strap is removable and it does fit on other bottles. Also available in black.

- **WHO SHOULD BUY IT:** Every walker and runner tired of running with their tongue stuck to the roof of their mouth.
- **WHERE TO GET IT:** CapeStorm stores and online at www.eigerequipment.co.za
- **CONTACT:** Eiger Equipment (021) 555-0363



← **THE MARATHON STICK, R250.00**

I passed this D.I.Y. massage tool on to a sporty friend, who used it over a few weeks. She worked for a time in sports therapy and says, "Really convenient and probably one of the best self-massaging techniques. It also was great when working on another person—the length was good for covering a larger area with each motion". Roll the spindles over your calves, quads and hammies to stimulate circulation, aid lymph drainage and improve recovery. This Marathon Stick is flexible and great for lower and middle back too. The Travel Stick (R225) is slightly shorter and a little firmer.

- **WHO SHOULD BUY IT:** All regular runners, especially those who rarely stretch or visit a massage therapist.
- **WHERE TO GET IT:** Online at www.thestick.co.za
- **CONTACT:** Lactout cc, 083 556 1745 (Louis)



G E A R

→ NEW BALANCE WATERBOTTLE PACK, R229.99

One of the nicest waist belt / hip packs I've seen for a while. The 500ml bottle, in its "keep cold" insulated pouch, keeps weight down and, as a result, the pack more stable on your hips. The gel bottle, in its own pouch, is a nice addition, and the zippered pocket – with key-clip – is well-sized to hold necessities like lipbalm, loo roll and your cellphone. While these pockets are smart design elements, the feature that won me over is the elastic section between the pack and the waist belt. This gives a more comfortable fit and allows unrestricted movement.

→ WHO SHOULD BUY IT:

Runners with few water stops on their regular routes.

→ WHERE TO GET IT:

New Balance outlet stores and independent sports stores

→ **CONTACT:** *New Balance* (021) 705-6224, www.newbalance.co.za



↓ SEA TO SUMMIT TUMBLEWEED GAITERS, R189.00

Gaiters are an off-road must-have. They keep dew and trail debris (sticks, stones, prickly grass seeds) out of your socks and shoes for a more comfortable trail experience. And, by keeping your socks clear of nasties, which don't even come out in the wash, the life of your socks is extended. The new generation, lightweight Taslon fabric is soft, durable and comfortable. Try them in store, over your trail shoes, to gauge the correct size (L/XL is most common). Fastened securely, these gaiters can be worn without the mid-foot shoe strap, which is my preference.

→ **WHO SHOULD BUY IT:** Every person regularly running on trails and through grasses.

→ **WHERE TO GET IT:** Drifters, CapeStorm, Outdoor Warehouse (Boksburg), Trappers Trading and other outdoor stores.

→ **CONTACT:** *Adventure Inc* (021) 532-0549 



Raynard
Tissink's

RUNNING TIP

Sponsored by MODUCARE®

Always put in a good, solid base at the start of your season to build endurance for the racing ahead. The base should be done at between 60-70% of your maximum heart rate for at least 6-8 weeks.




Heath Adams' Ironman Champion

The Original
SUPER IMMUNE
Booster!

MODUCARE® is a product containing plant sterols and sterolins, molecules found in plants which have shown significant immunomodulatory effects. A pilot clinical study conducted on 20 marathon runners taking part in the Two Oceans ultra-marathon demonstrated that the inflammatory response and immune suppression after the race was less in those athletes who took a mixture of plant sterols and sterolins before the event, compared with those in the placebo group who did not. This indicates that the use of plant sterols and sterolins may prevent the subtle immune suppression associated with excessive physical stress.^{1,2}

So, if you are an athlete who often gets colds and flu when training and racing hard, try MODUCARE®

MODUCARE® is a herbal product, permitted in competitive sports.^{1,2}

References: 1. Shieh P-J, Chieh A, Lin Y et al. The Effects of 8-Weeks 0.05% and 0.1% Sterol Esteroid (Moducare) Intake on Pre-race Immune Parameters of Marathon Runners: Influence of Post-Exercise Immune Suppression and Inflammation. *Int J Sports Med* 2012; 33: 207 – 214. 2. Comparison with 0.05% and 0.1% Sterol Esteroid Intake on Pre-race Immune Parameters. *Int J Sports Med* 2012; 33: 207 – 214. 3. Comparison with 0.05% and 0.1% Sterol Esteroid Intake on Pre-race Immune Parameters. *Int J Sports Med* 2012; 33: 207 – 214. 4. Comparison with 0.05% and 0.1% Sterol Esteroid Intake on Pre-race Immune Parameters. *Int J Sports Med* 2012; 33: 207 – 214.

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