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ISSUE

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# What's New

Gear you should know about

## ReSkin

ReSkin \$10 (pack of four)

Runners with chafing and blister problems should consider trying ReSkin, a souped-up bandage made of stretchy perforated Lycra that is coated on one side with a long-lasting silicone-based adhesive. Pain-free to remove, breathable and non-irritating to the skin, the ReSkin bandages are also washable and reusable – something to consider when comparing the price-point to regular bandages. The ReSkin patches come in small packs in an oval shape the width of the palm of your hand, but they can be trimmed to any size you like. They're getting rave reviews from runners, who are using them to cover up blister hot-spots during long runs and races. Male runners can trim the pads and use them to protect their nipples and female runners can ReSkin their inner thighs, a frequent chafing zone. –MK



## The Grid

Trigger Point Performance \$50

This high-quality foam roller is a compact and durable piece of training equipment for runners, perfect to incorporate into your core-work routine or to use for a therapeutic post-run massage. The matrix pattern on the foam isn't just for show – the roller has three different zones of pressure that each produce a different feel on the muscles being massaged. The wide area is low and flat and feels like the palm of the hand, the checkered middle of the Grid is high and firm and feels like the finger tips and the outer edges are tubular and feel like the fingers and thumb. The makers of the Grid also offer three levels of instructional DVDs for self-myofascial release technique and core work. Available in Canada at Twist Sport Conditioning, [twistconditioning.com](http://twistconditioning.com). –MK

## Ironman Global Trainer

Timex \$350, \$425 with heart rate monitor

What a way for Timex to enter the world of GPS-enabled sports watches. The Ironman Global Trainer does just about everything you could imagine a watch could do. The set comes with the watch, a heart rate strap, a quick start guide, a USB charger and data transfer cable. The first thing we noticed about this unit was the size. It's a big watch – almost comically large – but is nevertheless lightweight enough for running and has the slim profile of other Ironman watches. It compares in size to the Garmin 310XT, but has a narrower, more wrist-wrapping design. The face is easy to read on the run, and displays up to four quadrants with a variety of functions, including speed, distance, pace, heart rate and altitude. The settings, options and windows can all be customized, and there are some useful functions for runners, such as an auto-split to record splits based on distances or timed intervals. For runners who also cycle or compete in triathlons, the watch has a bike handlebar mount and works as a bike computer in conjunction with standard speed and cadence sensors.

The rechargeable battery lasts an impressive 15 hours in full GPS mode. Timex uses the Training Peaks software platform, allowing runners to track, store and analyze their workouts, and then overlay them onto Google Maps. You can also go the other way and upload workouts onto the watch.

If you don't mind wearing a large watch, the Global Trainer is a top-end GPS unit that will take all the guesswork out of your training runs. –MK <sup>R</sup>

