

What's

HOT!



Cardiosport GT-3

RRP - \$229

www.healthmg.com.au

For Stockists Call: 1800 000180

The Cardiosport GT-3 is a feature packed Heart Rate Monitor without the huge price tag, and will appeal to a broad range of exercise participants. However, most importantly it is running friendly, with specific features that will suit the beginner through to the most serious athlete. These features include: personalised training zones, interval timers, stopwatch, accumulated time in HR zones and a calorie counter. It also has great features like a 99 lap memory and screen freeze for when viewing data with the back light at night.

Puma Complete Phasis III

RRP - \$160

www.puma.com

For Stockists Call: 1800 811511

Puma's new range of running shoes for 2006 includes the revamped Complete Phasis III. The redesigned outsole on the Phasis III features several enhanced flex grooves which continues the recent trend seen across a wide range of shoes of increased flexibility through the midsole. Puma's cushioning system has taken a step up with the new Concave DuoCELL system and the new anatomic last does provide a very smooth ride. The Phasis is lightweight (320g) for a standard training shoe and even worth a look for doing the occasional session.



SportShield

RRP - \$24

www.2toms.com

Buy online from R4YL shop – www.runforyourlife.com.au

SportShield is a liquid used to prevent chafing, and comes in a handy roll on bottle which provides very easy and no mess application. Unlike waxy products which sit statically at or near the site of application, SportShield's light consistency allows it to flow throughout the chafing area, decreasing the chances of the problem occurring in the first place. SportShield is made from a compound of dimethicone, aloe vera extract, and Vitamin E and you will find that a little really does go a long way. Its liquid consistency also ensures that it starts working as soon as you do, not once it eventually melts. The 42.5 g bottles provide great value and believe us when we say this will definitely be y



Keen Ochoco Trail Runner

Priced from around \$145

www.keenfootwear.com

It's not often you come across a trail running shoe that can also convert to speedy road running, but the Keen Ochoco does exactly that. Being lightweight yet highly durable, they offer the part time off-roader the perfect hybrid, while having adequate toughness and support to tackle the most rugged terrain. The micromesh upper allows plenty of airflow and the heel stabiliser provides a firm hold on your foot – making for a comfortable shoe that gives you confidence to run hard on any surface. The overall make is of the highest standard so the shoe will last several months of charging around the trails. If you're an adventurous runner or do a bit of training on bush tracks, the Keen Ochoco is definitely worth a look.



RUNNING IS OUR OBSESSION
fit | comfort | performance

1222



The 1222 is a Suspension System new balance SUSPENSION SYSTEM milestone - incorporating multiple technologies in varying combinations to produce a great ride for the runner looking for supportive cushioning. The 1222 delivers superior fit, performance and function mile after mile.



FOR LOVE OR MONEY?

www.newbalance.com.au