



## Adidas Adistar Control

RRP - \$240

[www.adidas.com.au](http://www.adidas.com.au)

Where to buy: The Athlete's Foot

The updated Adidas Adistar Control features the revolutionary Ground Control System (GCS). The main function of the GCS is to reduce horizontal impact forces, whereas most shoes focus exclusively on vertical impact forces. The unit is located on the lateral heel and consists of two plates held together by an elastic material. This allows the bottom plate to move in a controlled manner independently of the sole and is claimed to reduce pronation by up to 15%. It also provides a super smooth and cushioned ride from heel strike to toe off, specifically for neutral runners to mild pronators.

## Polar F55

RRP - \$375

[www.pursuit-performance.com.au](http://www.pursuit-performance.com.au)

For stockists call (08) 8100 8600

So you want a personal trainer who is easy to get along with and is available 24 hours a day? Take a look at the new Polar F55. The new Fitness Tool provides information and feedback for aerobic fitness, strength/resistance and relaxation/recovery. Also, the Polar Keeps U FITTM provides individual workout plans based on your aerobic exercise sessions. The Body Workout guides you through strength training exercises, while the Polar OwnRelax® monitors your resting heart rate and heart rate variability to provide information on your body's state of relaxation. The Polar F55 might well be your new personal trainer in a watch!



## Nike Air Cesium

RRP - \$220

[www.nike.com.au](http://www.nike.com.au)

Where to buy: The Athlete's Foot and specialist running stores

Welcome to another revolution, the Nike Air Cesium. This shoe boasts more research than the Nike Free, seven years in total, and is the first shoe to incorporate a three degree varus wedge - essentially an orthotic within the shoe. This wedge makes dual density obsolete and remarkably reduces the weight of the shoe to just 288g (US men's size 9). The upper of the Air Cesium is also drastically changed to provide improved midstance support, while longitudinal flex grooves provide more control for mid-foot and fore-foot strikers. Currently, the Air Cesium is only available for men, why? Because Nike won't release the women's model until they have completed the necessary research with female runners. R4YL applauds this attitude and hopefully the ladies will not have to wait too long.



## The Puma Lap

Date: 8th & 15th of September

[www.thelap.com.au](http://www.thelap.com.au)

The Puma lap is a fundraising and national awareness campaign for the Murdoch Children's Research Institute. You need to register a team of up to 20 individuals and then complete as many 100m laps as possible, on a treadmill, over a 10 hour period. Each participant raises money by seeking sponsorship from their friends, family and work colleagues, and as a reward for their fundraising efforts participants receive a \$50 Puma voucher. So what are you waiting for? Register your company or team now at [www.thelap.com.au](http://www.thelap.com.au)



## R4YL T-shirts

RRP - \$50

[www.runforyourlife.com.au/shop](http://www.runforyourlife.com.au/shop)

The wait is over, the first available R4YL t-shirts are here, but they are sure to not last very long. Using the top of the range performance DRI-Phase garment available from 2XU the first R4YL t-shirts feature one of the most appropriate phrases ever used whilst running, "Your Pace Or Mine?". Men's shirts are available in predominantly white, whilst we have gone for a more modest grey top for the ladies. Available in size small through to large in both mens and womens you can purchase your own R4YL shirt from the secure online R4YL shop for the very special price of \$50.



## 2XU Compression Tights

RRP - \$139

[www.2xu.com.au](http://www.2xu.com.au)

Compression garments are not anything new and in fact nearly every sportswear brand now has its own range. However making a shapely, well fitting product is not an easy process. Working closely with Australian sporting organisations and elite athletes 2XU has developed a product that is very comfortable to wear and retains its compression over time. Available in Black (shown), Red and Denium, the compression tights are part of the new range of compression garments available which includes short tights, short-sleeve tops and long-sleeve tops.



## let us be your Shoe Buying Guide...

are your shoes right for your **feet?**



**active feet** has been developed by some of Melbourne's leading sports Podiatrists. We match the right shoe to your foot type which helps maximise performance and reduces the risk of injury. Come in for your **FREE** treadmill video analysis of your run/walk gait to see and feel the difference.



## active feet

if the shoe fits...

[www.activefeet.com.au](http://www.activefeet.com.au)

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