

➔ **BLISTER SHIELD**
RRP: \$20 for 240g tub
\$2.50 for trial sachet
Website: www.seemerun.com.au

So you have had some trouble with blisters? Then this great product, Blister Shield from 2toms is definitely worth a try. You simply pour a teaspoon (or half of the trial size sachet) into each sock and shake it all about. Then you put your socks on and away you go. The product was designed by a runner with a PhD in Chemistry and Blister Shield creates an almost frictionless surface between your foot and sock which assists to reduce both heat build up and blistering and assists in repelling water and sweat.



← **NATHAN DRINK ELITE 1**
RRP: \$40
Website: www.nathansports.com

In the last issue of "What's Hot" we featured the Nathan HPL #20 Hydration Pack. We were so impressed that we thought we should also show you the Nathan Elite 1 drink bottle. This product has been ergonomically designed to ensure that provides the least amount of disturbance to your run. It has a limited-stretch waistbelt that provides a great fit, a small zippered mesh pocket for essential such as car keys, spare cash and a gel and an angular design to reduce movement and allow for quick and easy access to your drink. The airmesh moisture-wicking lumbar backing also ensures you will not sweat up a storm behind the pack. Definitely a great investment as the temperature continues to climb.



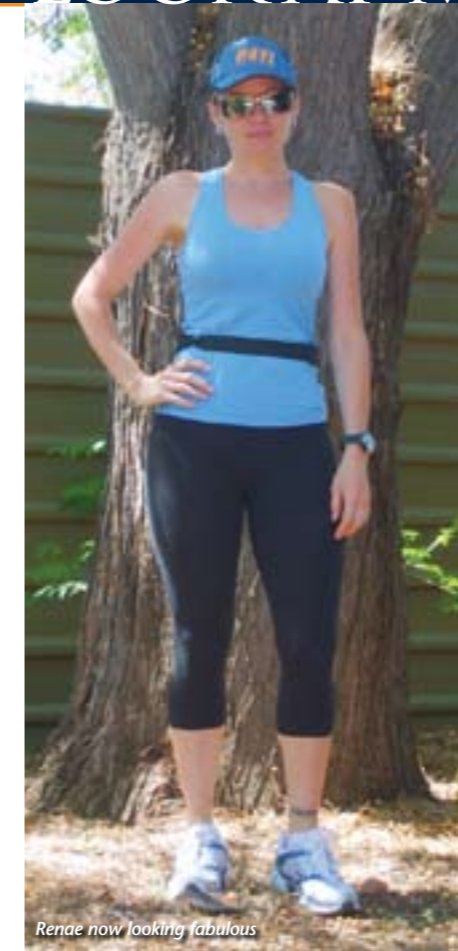
➔ **ENDURA MAX AND ENDURA L-ACETYL CARNITINE**
RRP: \$40 and \$45
Website: www.endura.com.au

The Endura Max and Endura L-Acetyl Carnitine are recent new releases from nutritional specialist Endura. Endura Max is a raspberry flavoured drink highly concentrated in magnesium and taurine. It can assist to maintain normal muscle function and to potentially alleviate muscle cramps and spasms. N Acetyl Carnitine acts as a transporter of fatty acid into cells and assists with supporting normal healthy cognitive function, including concentration. Taking Endura N Acetyl Carnitine assists with the conversion of fat into a readily available energy source and may therefore assist endurance and stamina.



← **SORBOTHANE SHOCK ABSORBING INSOLES**
RRP: \$35
Website: www.sorbothane.com.au

There back! After a fairly lengthy absence from the Australian market, Sorbothane insoles are back with a range of insoles from full length to heel pads for everyone who is looking for additional cushioning whilst exercising. Sorbothane boasts materials that are claimed to be able to absorb up to 94% of impact shock forces. Two of the full length insoles available are the sorbolite and sport. The sport is the heavier version and designed for heavy duty sports, whilst the sorbolite has been designed to provide a better fit in modern sports shoes and is lighter than the sport version.



Renae now looking fabulous

HOW can one person be anymore reluctant to run than me? I was the person that always said "Oh, I'm not a runner, I can't run". Weighing in at a hefty 99.8 kilos, the last thing on my mind was running. The only time I envisioned myself running was in my dreams and weighing half my weight!

Challenged by my parents (and friends) to lose my ever expanding body mass, I decided a diet of my own was a good start. Managing to loose a whopping 42kg from a lot of hard work and the same old boring gym routine, an advert on our local TV for a fun run/walk of 8km gave me new inspiration. It was my goal to complete the race no matter how I reached the finishing line.

I started the race with a jog, but after I hit the 2km mark I realised I had so much more in

me, and so I just kept running.

I ran the event in 50 minutes (something I never expected...EVER!). At the finishing line I was approached by my now "running" coach with the question, "How long have you been running?" When I answered, "This is the first time in my life", he was dumbfounded and followed this with a request to continue running and join our local running club, Alice Springs Running and Walking Club (ASRWC).

I am so hooked on running now and run at least 50km a week (along with all of the cross training I do). My next big goal to conquer is the Alice Springs Masters next month, in which I am competing in the running and walking events. R4YL is my nightly read and gets me pumped and prepared for my next day's run. So now I am no longer such a reluctant runner after all.



Do you love the thought of running but struggle to get out the door? Would you like a new pair of Nikes to help you on your way? Write to us (reluctantrunner@runforyourlife.com.au) in 100 words or less and tell us why you should be the next R4YL Reluctant Runner.



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www.intraining.com.au



new RS800 available online **POLAR**