

RUNNER'S WORLD

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Gadgets and Gizmos

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After two days of scouring the Salt Palace Convention Center at the **Outdoor Retailer trade show**, falling asleep at night with visions of brightly colored shoes, silver-embedded fabrics and taped seams spinning through my head, I had to start yesterday with the thing behind all of this: a run.

Charging up the steps of the Utah State Capital building in a mini "**Rocky**" moment made me even more excited to see gear that enhances our sport. I hit the floor for yet another day of gear hunting, and this is what I found:



Thank goodness, waterproof jackets are getting lighter and more breathable than ever before. **Craft's PR Weather Jacket** (\$150) features lots of seemingly well-placed vents and the waterproof fabric is even said to allow heat to escape. What interested me was the very thin inner layer of Craft's ProCool baselayer lining the front and upper back. The jacket makes me want to build up a good sweat in a downpour.

I hadn't seen **Timex's** unfortunately named watch: the **Ironman Sleek 150-lap with Tap Screen Technology** (call it the "Tap" watch, to save yourself 10 seconds) that comes out this February, and thought it was super cool. Once in Chrono mode, instead of futzing with buttons, you just tap the face of the watch to start a new lap counter. (It's kind of fun to smack the thing instead of tapping lightly; it's adjustable to three different sensitivities.) For this coming fall, Timex launches the **Global Trainer**, a wrist computer incorporating GPS and a heart rate monitor for \$360. (Not for the faint of wrist; **Flavor Flav** might be tempted to add the Global Trainer to his collection, but the many functions will be appreciated by those who like to log all training details.)



Other interesting gadgetry presented itself in the form of a **cozy synthetic jacket** from **Merrell** (the Guide/Charade Jacket) that stuffs into a neck pillow, which seems great for traveling to and from winter races, and a **CamelBak bladder** sewn into a mesh, zip-up shirt (meant for snowsports).



My summary from the show? Gear can be pretty darn neat, and I'm fired up for my next run.