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NOV/DEC 2009 CHICAGO competitor.com

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A WINDY CITY ATHLETE  
TAKES ON ALASKA



### + Timex Ironman Sleek 150-Lap TapScreen

Who hasn't missed a split time while fiddling to find the lap button during a run? With the new Ironman Sleek 150-Lap with TapScreen Technology from Timex you can literally just touch the watch's face, like with an iPhone, to get your splits. The watch includes all the usual Ironman bells and whistles, including a 100-hour chronograph, hydration and nutrition alarms, a 100-meter water-resistant case and a sleek strap to minimize skin contact. \$90, [timexironman.com](http://timexironman.com)

Find It: Fleet Feet Sports - Chicago, 1620 N. Wells St. and 4555 N. Lincoln Ave., Chicago. [fleetfeetchicago.com](http://fleetfeetchicago.com)

FIT  
FOR  
LIFE

MAJKEN POULSEN'S

CORE  
101

CALENDAR OF EVENTS  
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