

SPECIAL INVESTING DOUBLE ISSUE

# MONEY

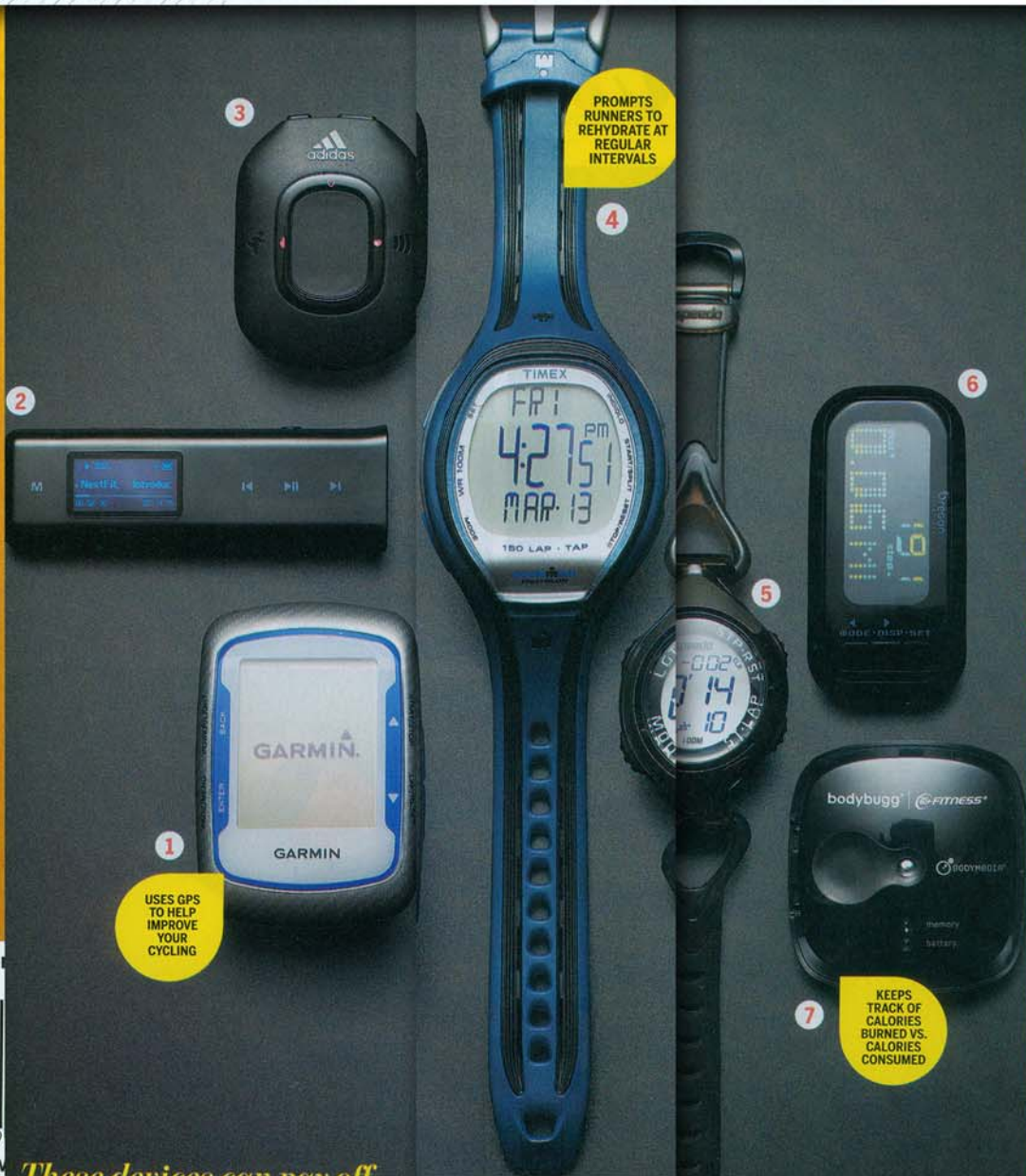
## TECH ▶ New Year, New You

...a newbie runner who wants to keep up the pace

TIMEX IRONMAN SLEEK 150-LAP \$90 [timexironman.com](http://timexironman.com)

4

There's nothing more motivating than achieving a personal best. This supercharged watch makes it easy to stay on the mark to do so. Set your desired pace. Then, as you run, tap the watch face for audible feedback about whether to fire the afterburners.



1  
USES GPS TO HELP IMPROVE YOUR CYCLING

4  
PROMPTS RUNNERS TO REHYDRATE AT REGULAR INTERVALS

7  
KEEPS TRACK OF CALORIES BURNED VS. CALORIES CONSUMED

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...CATCH  
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*These devices can pay off bigtime: According to the USDA, overweight people who reduce their body weight by 10% can reduce their lifetime medical costs by up to \$5,300.*