

WHAT'S HOT!

2XU Men's Active 360 Run Jacket and Women's Orix Jacket

RRP: \$150
STOCKISTS: www.2xu.com.au
/ (03) 9819 9700

2XU's commitment to zoning the body with fabrics specifically designed for each anatomical region continues with their new essential micro climate jackets. Boasting 360 degrees reflectivity for unparalleled safety the Men's Active 360 Run and Women's Orix Jackets feature wind and rain resistant VAPOR+ front panels which utilise mesh for breathability. SMD THERMO fabric with denier graded tactal yarns create stretch and unparalleled moisture management while the EXTREME MESH panels on the back deliver a micro climate to meet the highest demands placed upon it.



ASICS Racing Shoes

RRP: Piranha SP 4, \$200; GEL-DS Racer 8, \$200; GEL-Tarther, \$200; GEL-Hyperspeed, \$150
STOCKISTS: www.asics.com.au

R4YL readers will be pleased to know that ASICS are "back in the race". ASICS have been a little thin in the racing shoe area over the last few years, but their 2010 racing shoe line-up has hit with a vengeance.

The Piranha SP4 is the lightest race shoe ever built by ASICS at a mere 132 grams, and ensures the Piranha SP is purely for the serious running and racing competitor. The Solyte midsole and outsole helps to provide some cushioning and feedback from the road.

The GEL-DS Racer 8 makes a welcome return to the racing category and has the Formula One looks to match its performance. It weighs less than its predecessor but still provides support and structure, making it the perfect lightweight racer for road and track distances from 5km all the way through to the marathon.

New to the range in Australia is the GEL-Tarther. This shoe has been a mainstay of the Japanese racing shoe scene for many years. Weighing in at 208g this shoe gives a fast responsive feel in a neutral racing flat.

The GEL-Hyperspeed 4 completes the range and is a lightweight alternative for racing or fast paced training on the road or the track and is a good performer at a reasonable price point.



Adidas adiZero Rocket

RRP: \$140
STOCKISTS: www.adidas.com.au

Looking for a racing flat suitable for 5km through to a full marathon? The adidas adiZero Rocket brings it mile after mile - this racing flat is lightning fast and just as deadly. The shoe features a sleek, asymmetrical upper design with air mesh providing maximum ventilation. Weighing in at just 200 grams the TORSION SYSTEM adds midfoot integrity for the neutral foot striker, while the dynamic full forefoot adiPRENE+ cushioning provides a soft toe-off and aids propulsion. The adWEAR outsole delivers the best durability in high wear areas, while flex grooves offer optimum forefoot flexibility and forefoot lugs give high speed traction on road surfaces. Available at R4YL Emporiums and the Run For Your Life online store - www.runforyourlife.com.au/shop



SKINS 400 Range

RRP: Long Tight - \$169;
Long Sleeve Top - \$140
STOCKISTS: www.skins.net

It's been a long time coming, but the new SKINS range has arrived and the wait was worth it. The new 400 range has clearly been designed with the runner in mind. SKINS figured that yes we want tight compression fabric, but not everywhere. So the fabric up against your muscles compresses like you would expect, but then around the knees there is a thinner more stretchy material that allows a great range of movement, without losing compression. That's not the only thing SKINS have done for this new revolutionary range. Believe it or not, the compression 'MX' fabric has a memory. No matter how much you tense your muscles, the fabric will return to its original shape. The newly designed 400 range wasn't just conjured up by the guys in the graphic design studio either, each seam has been strategically placed to follow the contours of your muscles.



Brooks Green Silence

RRP: \$190
STOCKISTS: www.runhappy.com.au

Running is about as good a mode of transport for the environment as you can get. Now to support our healthy hobby, Brooks have developed an environmentally friendly shoe, the Green Silence which is made from 75% recycled materials. This striking new racing flat comes in at only 196 grams and feels even less than that on your foot, making it perfect for speed training, or that next race. Even though there is only half the number of components as most comparable shoes, no corners have been cut in the development. The upper is formed from a moisture management mesh to help distribute sweat (and that drink station spill), and the HPR green outsole has a skid-resistant compound, for those slippery asphalt runs. These revolutionary shoes even have interchanging colours, with one sole being red and the other yellow.



New Balance Men's Tech Windbreaker

RRP: \$100
STOCKISTS: www.newbalance.com.au

Unfortunately the colder months are coming. The upside is that many companies are producing cold weather running gear that is getting better and better. New Balance has created a new lightweight running jacket that is windproof, with a tapered fit making it perfect for running. Gone are the days when we need to drag out big heavy jackets to keep warm on a run, a simple base layer under this new windbreaker and you will be set for a comfortable cold weather run. You won't need to rip it off as soon as you warm up either, thanks to the mesh lining back vent which allows for excess heat to escape, without the chilly wind sneaking through. Reflective strips for visibility top it all off.



Injinji Compression Socks

RRP: \$55
STOCKISTS: www.injinji.com.au

They're just like gloves on your feet. Injinji socks make sense for many reasons. Once you get past the unique feeling you get by having some material between your toes, the advantages are plentiful. The first thing you will notice is no more friction between your toes, meaning less blisters. During your run, you will notice that your socks don't slip around at all as your toes help to keep them in place. When you return from your run and take your shoes and socks off, you will be thankful that the Injinji socks have absorbed most of the sweat between your toes, reducing your risk of acquiring athlete's foot. Now adding to the range is the Injinji compression socks - designed so you can enjoy the benefit of having gloves on your feet, and compression on your calves at the same time.



Fly Active Wrist Pocket

RRP: \$10
STOCKISTS: www.flyactive.com.au /
(03) 9816 9550

Never know where to put your keys when you go for a run? The girls from FLY Active have accessory storage needs covered with the Fly Active Wrist Pocket. Keep your valuables secure in a lightweight sweat band. Zip up your credit card, money and key, and still wipe away sweat. The Fly Active Wrist Pocket comes in a wide range of colours, and also features a YKK zip with autolock slider and a reflective logo for the night time runner. Available at R4YL Emporiums and the Run For Your Life online store - www.runforyourlife.com.au/shop



The Ultimate 6 Performance Kit

RRP: \$277
WEBSITE: www.tptherapy.com.au

Still looking for a quick, safe and effective way to relieve those tired and aching muscles? The Ultimate 6 Performance Kit might just be the tool you are looking for. This set of patented devices are designed to mirror the feeling of the human hand, and help you to overcome those nagging common overuse injuries such as ITB syndrome, plantar fasciitis, lower back pain, Achilles problems, sciatica and many more. The pack contains the TP Massage Ball, TP Footballer and TP Quadballer allowing you to target almost every muscle in your body. The Ultimate 6 Performance Kit also comes with the highly regarded U6 Guidebook giving you a quick education on biomechanics as it relates to running while also covering the benefits of treating the six areas (Soleus, Quads, IT Band, Piriformis, Psoas and Pectorals) for positive biomechanics, maintaining performance and keeping you injury free. The pack also features the Ultimate 6 DVD - an extension of the book and allows you to follow along and run through correct placements of the tools teaching you how to treat the problem and not just the symptom.



Mizuno Wave Harrier 2

RRP: \$160
STOCKISTS: 1300 796 457

Getting off the road and hitting the trails? Want a shoe that will grip the ground on rough surfaces, but still provide you with a responsive ride? Trail runners all over the world are turning to the Mizuno Wave Harrier 2. The shoe is low profile and lightweight at just 295 grams and with the composite double fan Mizuno wave gives runners a balanced combination of support and cushioning. Including all the key features from Mizuno technologies such as Smoothride, AP midsole and West Traction X10 outsole, this shoe is perfect for all off-road activities whether it be adventure racing, orienteering or cross country.

