

Garmin watch

Coolmax

Toe socks

Mapmyrun

Hydration packs

Sweatproof sunscreen

Mp3 players

Trail running

Formfitting insoles

Internet

Heart rate monitors

Top Running Innovations

I'm a gadget guy, running gadgets that is. Anything new that is related to running that I see, I like to buy to test it out to see if I can live without it or not on the road or trails. This list is not in any particular order, but it is my list. Some of you probably have other things that you can't live without on your runs, so I welcome them in your emails. Here goes!

- **GPS Watch:** I'm not sure when exactly these came on the market, but I'm sure I was one of the first to buy one. Timex, Polar, Suunto, and Garmin (who invented it) all have their version of the satellite tracking watch. It took out the equation of going out in your car and seeing just how far you ran.
- **Technical wear clothing:** Gone are the days of cotton shirts, shorts, socks, and even underwear. Every sports company has their version of technical wear – coolmax, dri-fit, tech-dry. The list goes on and on. We want that sweat to be whisked away from our skin to keep us cool. And it does....for a price. Only the newbies we see around the park wear cotton.
- **Hydration packs:** This has been a life-saver. No more going from water fountain to fountain on long runs. I would say this would have to be the numero uno invention. Camelbak is the leader in this area, but of course other companies have jumped on the wagon to sell their own models. Whatever brand you choose, you have to have your portable aid station with you.
- **Toe Socks:** Toe socks? Yes, toe socks. Not the ones from the 70's. Injinji has made toe running socks for the past 6 years, and they are great. They greatly reduce blisters on the feet and toes. Try a pair. They'll feel weird at first, but you'll get used to them. I can't go on a long run without them.