

SAVE \$1,500 ON RUNNING (25 TIPS FOR TOUGH TIMES)

RUNNER'S[®]

WORLD

DECEMBER 2008

→ Small
Changes,
→ Big
Rewards

TRAIN SMARTER
RUN EASIER
RECOVER FASTER

5 Superfood
Combos
More Nutrition
In Every Bite

Beat Fatigue
And Fix Other
Mid-Run Troubles

15 NEW-SHOE
REVIEWS
+ 8 Bargain Gifts
For Runners



Heroes
The Runners
Who Most
Inspired Us
in 2008

BEGINNERS
Run Strong
All Winter

SPECIAL REPORT

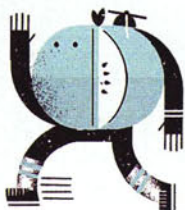
Are Marathons
Dangerous?
The Truth
Behind the Scary
Headlines

The One Stretch
Every Runner
Should Do (p.52)

← Hero of Running
and Navy SEAL
David Goggins



RUNNERSWORLD.COM
WORLD'S LEADING
RUNNING MAGAZINE



Fridge Wisdom

NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

BY LIZ APPEGATE, PH.D.



Goodies for Foodies

Holiday gifts for every runner in your life (including you)

1 ZYLISS SMART TOUCH SALAD SPINNER

This pump-action salad spinner makes my list because the colorful bowl doubles as a serving dish and can also be used to store leftover salad in the fridge. **\$30 (large), \$25 (small)** www.zyliss.com

2 OSTER 3-IN-1 HAND BLENDER

Keep your countertop clutter-free with this small appliance that performs three tasks: The blender attachment mixes soups and smoothies; the chopper quickly dices vegetables; the electric knife easily slices hearty whole-grain bread. **\$40** oster.com

3 CORK CUTTING BOARD

Made from wine-cork scraps, this cutting board won't dull knives, and it naturally repels odors, moisture, and bacteria. Plus, cork doesn't scuff up like many wooden or plastic boards, so it stays looking new longer. **\$20** crateandbarrel.com

4 THE NEW WHOLE GRAINS COOKBOOK

Author and chef Robin Asbell shares her easy and delicious recipes for a wide range of grains, including some gluten-free. My favorite recipe is for millet or teff quick-skillet flatbreads. **\$20** (Chronicle Books) chroniclebooks.com

5 MCEVOY RANCH EXTRA-VIRGIN OLIVE OIL

California sets strict standards for extra-virgin oils, which must contain less than .5 percent acidity, as does

this one from McEvoy Ranch. The lower the acidity, the more flavorful the oil. **\$20 per 375 ml bottle** mcevoyranch.com

6 VITACLAY RICE 'N' SLOW COOKER

It not only perfectly prepares rice and some whole grains, but can also slow-cook stews, soups, and other hearty postrun meals. The unglazed clay liner helps food retain flavors, too. **Six-cup, \$100; eight-cup, \$120** essenergy.com

7 DIAMOND ORGANICS BASKET

Try the dried fruit and nut sampler with Bing cherries, persimmons, and roasted almonds. Or sign up for the seasonal produce of the month. I also like to put together my own basket with goodies like sun-dried heirloom tomato tapenade and organic black botija olive paste. **Fruit and nut sampler, \$70** diamondorganics.com

8 OUTSET GRILL WOK

Finally, an easy way to cook small vegetables like snap peas and green beans on the grill. Plus, its nonstick surface means you can grill without adding oils. **\$25** outsetinc.com

9 FIT & FRESH LIVPURE FILTERED WATER BOTTLE

The replaceable filter in the lid removes 50 percent of the chlorine in tap water and is treated to inhibit microbial growth, giving you the cleanest water this side of a spring creek. **\$13** fit-fresh.com

Stocking Stuffers

WATKINS ORGANIC HERBS AND SPICES

They're packed with antioxidants and come in cute, old-fashioned tins. **About \$5 each** watkinsonline.com



SEASONAL HOLIDAY CLIF BARS

Flavors include Spiced Pumpkin Pie, Iced Gingerbread, and Pear Apple Strudel; snack-a-holics love 'em by the box. **\$15.50 a box** clifbar.com



OXO VEGETABLE BRUSH

These natural, scrubby bristles are just the right texture to remove dirt from veggies without damaging the surface. **\$4** oxo.com



GREEN & BLACK'S CHOCOLATE

G&B makes organic bars with up to 85 percent cocoa. I love Maya Gold—chocolate with orange and spices. **\$3.50** greenandblacks.com



[ME] & GOJI CEREAL

Choose from ingredients like wheat germ and chia seed to create the perfect cereal blend. **\$5 and up** meandgoji.com

