

## BEST SHAPE | Own Your Run

### PLAY IT SAFE

Plan your route in advance; check out the apps AllTrails (free; iTunes and Google Play) and RootsRated (free; iTunes), or the website Strava Route Builder ([strava.com/routes](http://strava.com/routes)). Then head out prepared. Carry a small pack, like the SPI H2O Venture belt (\$45; [spibelt.com](http://spibelt.com)), and stash phone, bandages, socks, OTC painkiller and Benadryl inside. Don't forget water and a snack (trail mix and Clif Organic Energy Food Pouches, shown at right, are good options). It's always great to run with a friend, but if you don't, "tell someone where you're going and when you'll be back," notes pro runner Ryan Atkins. Also, consider the RunRaegis app (free; iTunes and Google Play): It lets you share your course via social media and texts your contacts at the start and end of your outing. A panic button alerts local police if you're in danger.

#### WHO KNEW?

**90%**

THAT'S THE PERCENTAGE OF PEOPLE WHO FEEL INCREASED ENERGY WHEN DOING ACTIVITIES OUTDOORS. TWENTY MINUTES IS ALL IT TAKES TO NOTICE A BOOST. SOURCE: *Journal of Environmental Psychology*

#### Health

### Gear Awards

EDITORS' PICKS

## READY, SET, TRAIL!

Suit up the smart way with these off-road essentials.

By ALEXIS RELIFORD

#### 1/HYDRATION STATION

The insulated Camelbak Quick Grip Chill (\$28; [camelbak.com](http://camelbak.com)) keeps H<sub>2</sub>O cold and on hand; put phone and food in its front pocket.

#### 2/RAIN CHECK

Storm clouds? Throw on the wind- and waterproof Brooks LSD Jacket (\$98; [brooksrunning.com](http://brooksrunning.com)). Bonus: It folds up into its own pocket.

#### 3/BRIGHT IDEA

Not only do Mountain Hardwear Scree Gaiters (\$45; [mountainhardwear.com](http://mountainhardwear.com)) protect feet from debris, but the reflective print helps you stay visible after the sun goes down.

#### 4/TERRAIN TACKLERS

With multidirectional lugs and a keep-feet-safe rock plate, the super-cushy Pearl Izumi EM Trail N3 Running Shoes (\$135; [pearlizumi.com](http://pearlizumi.com)) navigate trails with ease.

#### 5/TOP HONORS

The soft, A-line Reebok One Series ActivChill Tank (\$38; [reebok.com](http://reebok.com)) soaks up sweat fast, so you remain dry and comfortable.

#### 6/COOL BREEZE

Mesh panels on the C9 Champion Run Capris (\$28; [target.com](http://target.com)) act like a personal air conditioner, cooling you down when things heat up.

#### 7/SOCK IT TO ME

Made with mohair, Balega Blister Resist No Show Socks (\$13; [balega.com](http://balega.com)) reduce friction on feet; a nifty heel tab prevents them from sliding down.

#### 8/TRACK MASTER

The GPS-enabled Fitbit Blaze (\$200; [fitbit.com](http://fitbit.com)) logs runs while mapping out routes. It answers calls and plays music, too.

#### 9/FUEL FOR ALL

Clif Organic Energy Food Pouches (\$3; [clifbar.com](http://clifbar.com)) offer major power without taking up a ton of space.

SCAN TO SHOP!  
 SCAN THE PHOTO TO BUY THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 6), OR VISIT [HEALTH.COM](http://HEALTH.COM) SHOP NOW.



## Ace These Ultra-Fun Races

Ready to put your skills to the test? Here are three epic upcoming races to add to your calendar.



#### The North Face Endurance Challenge

Want stunning views, crazy climbs or more difficult terrain? This series includes races across the U.S. and Canada for all your nature needs. Plus, there are multiple distances available—everything from a 5K to a 50-miler. ([thenorthface.com](http://thenorthface.com))



#### Rugged Maniac

For an even bigger trail challenge, just add mud—and obstacles. Over the course of one of these three-milers (nationwide), you'll encounter 25 fun hurdles, like a giant trampoline and wooden "lily pads" floating in muddy water. ([ruggedmaniac.com](http://ruggedmaniac.com))



#### GoldenLeaf Half Marathon in Snowmass Village, Colo.

Test your lungs by trekking at elevation in this race, which starts 8,650 feet above sea level. You'll pass ponds and ski slopes along the single-track trail and descend into Aspen to cross the finish. ([goldenleafrace.com](http://goldenleafrace.com))