

FOCUS ON GADGETS



Real shoes, engineered for real athletes. Visit your local retailer.

Game Ready System

The name says it all — this device will get you game ready. Basically, the system provides controlled cold therapy to speed the healing process. It's an expensive way to treat an injury, but it's super effective and feels amazing. The Game Ready system consists of flexible, ergonomic wraps and a control unit, which has a reservoir that is filled with ice and water. A hose connects the unit with the appropriate wrap (available for the ankle, knee/thigh, lower back, shoulder, elbow and wrist). After securing the wrap on the injured area you can choose one of four compression levels and the temperature range. As the unit circulates cold water into the wrap, heat is removed from the injury site, which alleviates pain, diminishes inflammation and prevents further swelling. At the same time, the unit applies compression for two minutes and then releases for one minute. You have to feel it to believe it.



\$2,225 (unit with one wrap), gameready.com

Polar 625X



This new device from Polar displays and records running pace, speed and distance in large, readable numbers along with, of course, heart rate. The 625X opens a new window of insight into your training in a user-friendly package. Forget expensive lactate threshold tests as this lab-on-your-wrist delivers usable data in real-world settings. But running is only the beginning. The 625X is a bike computer, too, adding not just speed and distance, but cadence (with optional wireless sensor, \$35) or for the truly obsessed, power output and left/right pedal balance (with optional power sensor, \$350). All training information is downloadable to a PC via infrared connection, and the Polar software maintains a detailed training log and allows tracking of training time in target zones, speed, distance, exertion, average heart rate, etc.

\$350, polarusa.com

P90X

This in-home fitness program is the follow up to the body transformation program, Power 90 from Beachbody. The new program, featuring 12 cutting-edge DVD/video workouts, was developed for serious exercise enthusiasts who are looking to build upon their fitness levels. P90X, which is derived from Power 90-Extreme, is a three-month program designed with specific objectives to maximize total body development. The program is hosted by trainer Tony Horton and utilizes a concept called muscle confusion, which challenges your muscles with a new movement just as they begin to adapt to the previous movement. This variety-style workout forces your body to work harder, in turn producing better results. The package comes with 12 DVDs, a fitness guide and a nutrition plan.



\$150, beachbody.com

- A SHOES PLACE**
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FOUNTAIN VALLEY CA 92708-3210
714-842-2337
- 1540 E IMPERIAL HWY
MESA CA 92521
714-329-8713
- 24741 AUCIA PARKWAY
LAUREN HILLS CA 92530
949-707-1882
- 340 E COLORADO BLVD
PASADENA CA 91101
626-568-9886
- ABORNAL INC.**
228 SHERBURY VILLAGE
MIL WAUVE CA 94941
415-383-0275
- 150 MCNAB CENTER
GREENSBORO CA 94954
415-467-6588
- 3425 CALIFORNIA STREET
SAN FRANCISCO CA 94113
- ATHLETIC OUTPOST**
1529 BURNHAMMA STREET
WILMINGTON CA 94096-4524
925-943-6453
- ATHLETIC PERFORMANCE**
55 WEST MAIN STREET
LOS GATOS CA 95030
408-354-7365
- FLEET FEET SPORTS**
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APTOX CA 95020
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- 222 WEST 2ND STREET
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920-345-1000
- 615 2ND STREET
DAVIS CA 95616
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- 818 MADISON AVENUE
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916-963-8236
- 22411 GOLDEN LANTERN ST. W.
LAUREN HILLS CA 95077
- 912 5th MOORE CT. #44
MONTREY CA 92040
811-372-3484
- 458 CRYSTAL DRIVE
PLEASANT HILL CA 94523
925-827-4772
- 3104 MAIN STREET
REAGANTON CA 94566
925-426-5578
- 1850 DODGAS BLVD #700
ROSEVILLE CA 95661
916-783-4534
- 2311 J ST.
SACRAMENTO CA 95814
916-442-3336
- 649 SAN ANGELO AVE
SAN ANTONIO CA 78208
817-328-8190
- 3076 CHESTER STREET
SAN FRANCISCO CA 94123-2735
415-971-7188
- 323 MONTANA AVENUE
SANTA MONICA CA 90403
- 643 FOURTH STREET
SANTA ROSA CA 95404
707-549-1494
- 2760 MOUNT HERMAN ROAD
SCOTTSDALE VALLEY CA 95066
831-438-7800
- FORWARD MARCH SPORTS**
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DANVILLE CA 94526
925-820-9966
- 1245 N BRIDGWAY
WINDYBROOK CREEK CA 94596
925-978-9966
- GARRETT PAPE SPORTS**
3218 LOS FELIZ BLVD
LOS ANGELES CA 90029
323-668-0722
- INZER TRACK**
1410 EAST MAIN STREET
VENTURA CA 93001-3228
805-843-1104
- JOGGIN' SHOPE**
1090 G STREET
ARCOLA CA 95021
707-822-3134
- JOGGIN' SHOPE**
226 F STREET
TUREKA CA 95301
707-462-8454
- LUNA DESIGN/ON THE RUN**
1110 9TH AVENUE
SAN FRANCISCO CA 94122-2409
415-682-2024
- METROSPORT**
21347 STEVENS CREEK BLVD #111
CLIFTON CA 95018
408-446-5311
- 899 EL CAMINO REAL #37
PALO ALTO CA 94301
650-321-6453
- 2198 ROBERT ST
SAN FRANCISCO CA 94123
415-927-8433
- MOUNTAIN SPORTS**
831 CHIEF HWY. STE 101
FRESNO CA 93704
760-834-2332
- 4105 LAKE MURRAY BLVD
LA MESA CA 91942-2301
619-466-1836
- 1892 CABINET AVENUE
SAN DIEGO CA 92108
619-373-2310
- 9075 CARMEL MOUNTAIN RD.
SAN DIEGO CA 92129
619-484-2183
- NAPA RUNNING CO.**
942 NAPA STREET
NAPA CA 94556
707-255-6488
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1811 CALIF BARTONIA #134
CARLSBAD CA 92008
760-944-5555
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2828 WILSHIRE BLVD
SANTA MONICA CA 90403
310-829-2930
- NEW BALANCE NEWPORT BEACH**
222 ANGELO AVE
NEWPORT BEACH CA 92660
949-720-1833
- NEW BALANCE PALM DESERT**
72395 E PASADENA
PALM DESERT CA 92260
760-341-0542
- NEW BALANCE SAN FRANCISCO**
222 BUTTER STREET
SAN FRANCISCO CA 94108
415-786-6273
- NEW BALANCE SAN JOSE**
800 S. VINEY HILL BLVD
SAN JOSE CA 95128
408-241-9787
- NEW BALANCE SANTA BARBARA**
807 STATE STREET
SANTA BARBARA CA 93101
805-892-3933
- NEW BALANCE SOUTH BAY**
26611 HAWTHORNE BLVD
TORRANCE CA 90503
- OUTPOSTS**
136 SOUTH HOPE AVENUE
SANTA BARBARA CA 93105
805-687-4333
- PHEDRUS ENCHINO**
15443 VENTURA BLVD
FREMONT CA 91436-2001
916-986-8886
- ROADRUNNER SPORTS**
555 COPPER DRIVE
SAN DIEGO CA 92111
619-574-4475
- RUN WITH US**
213 N. 1240 AVE
PALM SPRING CA 91103
424-548-3331
- RUNNER'S BEST**
1024 OAK GROVE
BURLINGAME CA 94010-2711
858-343-4242
- RUNNER'S HIGH**
9455 E. 37th AVE
LONG BEACH CA 90815
562-400-7932
- 248 137 STREET
LOS ALTOS CA 94022
650-941-2762
- 819 SANTA CRUZ AVENUE
MENLO PARK CA 94023
650-325-9432
- RUNNING CENTER**
2348 EL CAMINO REAL
CARLSBAD CA 92008
760-720-7425
- 1558 BARTON BLVD
ROSELAND CA 92373
909-333-2226
- 27348 YNEZ RD. STE 43
TERRACLA CA 92381
- THE RUNNING REVOLUTION**
311 E. CAMPBELL AVENUE
CAMPBELL CA 95008
408-374-9300
- RUNNING WILD**
333 S. REDWIN CANYON DRIVE UNIT G
PALM SPRING CA 92264
760-322-9433
- 3723 6TH AVENUE
SAN DIEGO CA 92103
619-688-9432
- THE RUNNING ZONE**
7440 LACUNA BLVD. STE. 96
IRVINE CA 92718
916-478-9643
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1817 COLLEGE AVENUE
OAKLAND CA 94612
510-428-2441
- 2910 24TH STREET
SAN FRANCISCO CA 94114
415-401-8338
- THE SHOE SHOPPE**
1028 F. REDWOOD
ROSELAND CA 95030
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- SERRA RUNNING CO.**
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REDDING CA 96002
530-451-0790
- STAIRING LINE**
1144 WASHINGTON ST
MARIETTA DEL AVE CA 90292
310-827-3033
- TOP SPEED RUNNING**
13171 COLLEGE BLVD
LA VERNE CA 91730
909-292-7400
- TRANSPORTS**
8022 CANTON AVENUE
CARLSBAD CA 92008-1328
310-853-6909
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111 CROSBY BLVD
CARMEL CA 93923-8443
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SUITE G-50
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209-523-3441
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REDWOOD BEACH CA 90277
310-375-2626
- 1840 SPRINGDALE BLVD
MANNHATTAN BEACH CA 92666
310-546-1888