

→ WINTER FITNESS ISSUE ←

RUNNER'S

WORLD

FEBRUARY 2009

Great Abs

15-Minute Workouts
That'll Make You Strong and Fast

25
FOODS EVERY RUNNER SHOULD EAT

(And Proof You Need More Chocolate)

ENDURANCE SPECIAL

Why Older Does Not Mean Slower

+ 10 TIPS
For Surviving Tough Runs

BEGINNERS
RUN MORE,
STRESS LESS

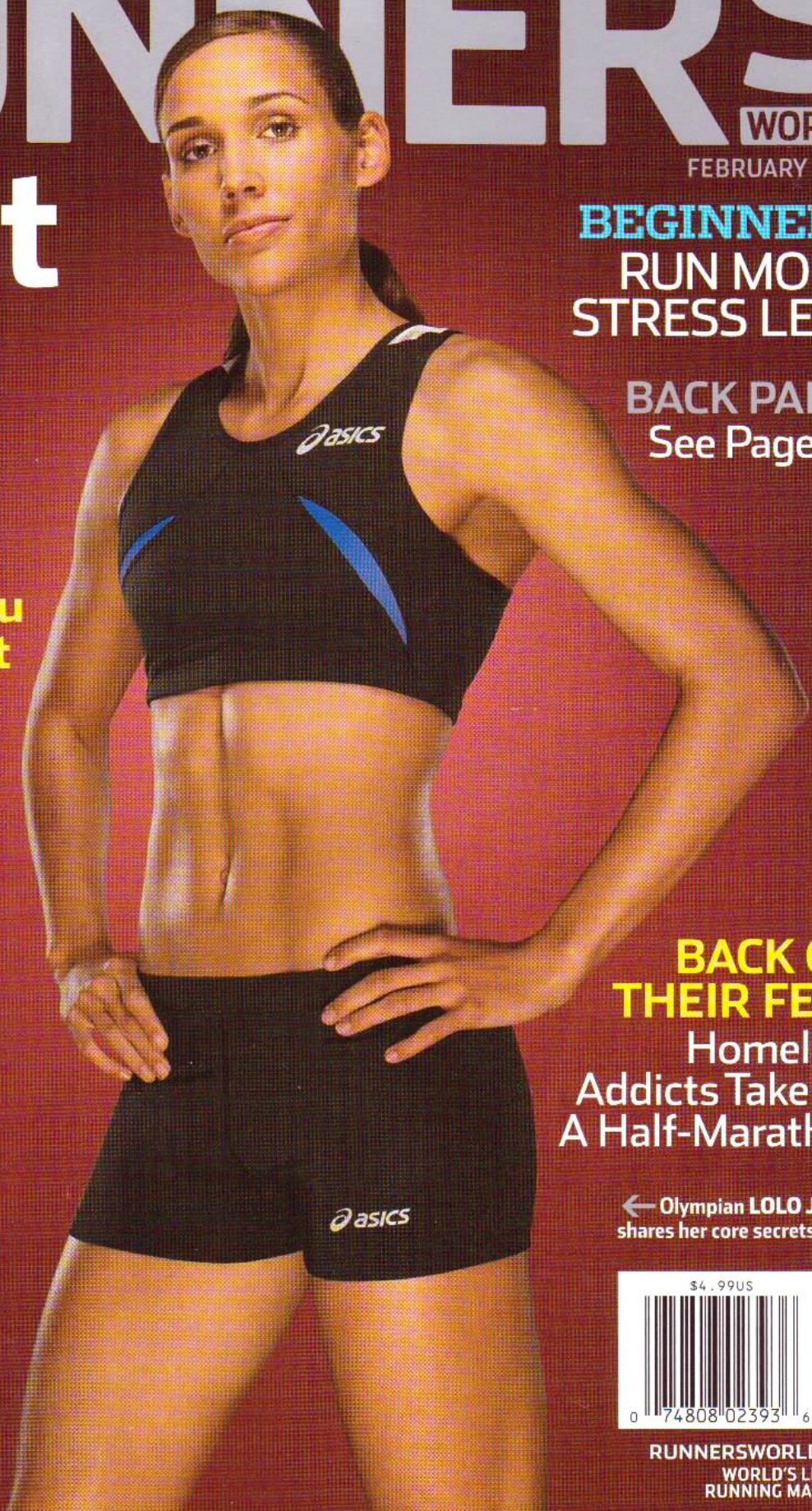
BACK PAIN?
See Page 42

BACK ON THEIR FEET
Homeless Addicts Take On A Half-Marathon

← Olympian **LOLO JONES** shares her core secrets (p. 52)



RUNNERSWORLD.COM
WORLD'S LEADING
RUNNING MAGAZINE



SPORTSART TR21f \$2,599

Fold-up treadmills have gotten a bad rap for being flimsy underfoot, but the deck of the TR21f is rock solid. The steel frame supports up to 400 pounds, and folds up by simply lifting the rear of the deck. Testers liked how the console's numerous speed, incline, and program buttons made on-the-fly adjustments so convenient. Yet while the console is easy to use, the display is frustratingly simple, with distance only measured to a single decimal place (3.2 miles, as opposed to 3.25), and there's no option to show mph instead of per-mile pace.

TESTER SAYS "The panel display clearly shows vital info like speed and distance, and I could easily switch between workouts with one touch."

—DEB NASTRO



BELT SIZE

58"L x 20"W

DIMENSIONS

75"L x 30"W x 54"H

**MAXIMUM SPEED/
INCLINE** 11 mph/15%

PROGRAMS 14

WARRANTY

Lifetime frame and motor; 10 yr. parts
sportsartamerica.com

